

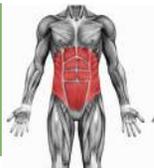
Spot Light On Staff



What is Vestibular Rehabilitation? How can Bethany Jacobsen, PT, ATC, help you? Find out inside on Page 2!

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Sarah's Favorite Things



One of Sarah's favorite abdominal exercises is leg pull ins. Try this and incorporate something into your abdominal strength training besides just the typical crunch!

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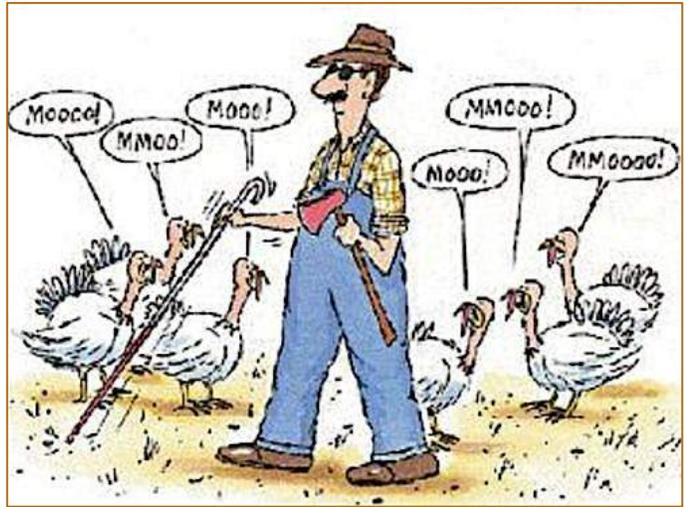
Delay The Disease



This fitness class is designed for anyone with Parkinson's Disease (spouses welcome) to proactively minimize tremors, improve flexibility, stability, balance, and strength. All ages and abilities are encouraged. Details on Page 2!

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Happy Thanksgiving from your friends at Agape Therapy!



**Give back during the giving season:
Shoes That Fit at Agape Therapy!**

ASK HOW YOU CAN MAKE A DIFFERENCE IN THE LIVES OF NEEDY, LOCAL SCHOOLCHILDREN!

PLEASE JOIN MEDIACOM, ONMEDIA TV AD SALES AND LOCAL AREA SPONSORS, IN PROVIDING NEW SHOES AND / OR BOOTS TO LESS FORTUNATE CHILDREN



Shoes That Fit
Every Child Deserves Them

A Community Outreach Program Brought To You By:



FOR MORE INFORMATION ON THE PROGRAM CONTACT:
Megan Kupferschmid
mkupferschmid@onmediaadsales.com

More on Page 3!



*Spotlight on
Staff:*

Bethany
Jacobsen,
PT, ATC

Vestibular Rehab

Agape's therapist, Bethany, has completed additional training and specializes in Vestibular Rehabilitation. The vestibular system includes the parts of the inner ear and brain that help control balance and eye movements. Vestibular Rehab is a form of therapy for dizziness, imbalance, and postural instability that stems from a variety of reasons. It is an exercise-based program where Bethany will first perform a thorough evaluation that begins with a medical history and includes observing and measuring posture, balance and gait, and compensatory strategies. She will then develop an individualized treatment plan that includes specific head, body, and eye exercises that can be performed both in therapy and at home. These exercises are designed to retrain the brain to recognize and process signals from the vestibular system.

If you have observed vertigo and dizziness, imbalance and spatial disorientation, vision disturbance, hearing changes, cognitive and/or psychological changes call 277-3166 for additional information on how vestibular rehab can help you!



Delay The Disease: Preserve Independence and Mobility!

Agape Therapy is offering the community "Delay The Disease," an evidence based program that is tailored for people with Parkinson's disease. Delay The Disease is a fitness program designed to empower people by optimizing their physical function and helping to delay the progression of symptoms associated with Parkinson's. The goal of this program is to motivate participants to develop a habit of consistent exercise routines best suited to their individual needs. Our instructor, Sarah, has attended the Delay The Disease instructor training. The class provided Sarah with an evidenced-based course, educating on the effects of exercise and physical therapy on the symptomatic management of Parkinson's Disease.

Class Information:

Starting Wednesdays, November 12th, 2014

Located at the Agape Therapy Main Clinic
211 6th St. Cedar Falls, IA

Time: 2:00p.m. to 3:00p.m.

Cost: \$22.00 for 6 weeks



For more information contact Sarah Paustian at #319.277.3166 or spaustian@agapetherapy.com



Sarah's Favorite Things:

Leg Pull In

Muscles Worked: Abdominals

1. Lie on an exercise mat with your legs extended and your hands either palms facing down next to you or under your glutes. This will be your starting position.
2. Bend your knees and pull your upper thighs into your midsection as you breathe out. Continue the motion until your knees are around chest level. Contract your abs as you execute this movement and hold for a second at the top.
3. Return to the starting position as you inhale and repeat.

Sarah's Tips: You can hold a dumbbell between your feet to add resistance or you can also use an ankle attachment to add weight. Make sure you focus on contracting your core muscles for the movement and do not use momentum and swing your legs back. Keep it slow and controlled.

Shoes That Fit:

Helping children one pair of shoes at a time.

A not-so-funny thing happens at school when your shoes don't fit, or they are falling apart, or they used to belong to another member in your family – or worse, to a stranger. Suddenly all you can think of are your feet.



Who's staring at my shoes?

They're so tight, I'll have to take them off to walk home.

What if my shoe falls apart playing at recess?

What do I do when some bully teases me and about wearing holey, smelly shoes?

Some kids don't have any shoes to wear at all. Which means they can't go to school and learn. Which means they don't have much hope for a future. That's why Shoes That Fit has already given out hundreds of thousands of new pairs of shoes and new items of clothing. Agape Therapy is excited to announce we are joining the cause to changing lives in schools in the Cedar Valley and we need your help to make that number grow. After all, new shoes provide dignity, hope, pride and self-esteem. That's an awful lot of good things in a rather small box, don't you think?

If you'd like to make a difference in the life of a child, contact
Agape Therapy today to find out how!

319.277.3166 or agape@agapetherapy.com

Fruit Cornucopias!

Fun and healthy for the whole family!

All you need is wafer cones, your choice of fruit,
fill them up and enjoy!



Patient Communication



Agape Therapy



@agape_therapy



agapetherapy.com



agapetherapy.blogspot.com



agape@agapetherapy.com



319-277-3166 (Main Clinic)



The Side Road Newsletter



Locations:

Main Clinic: 211 W 6th St. Cedar Falls

The Den: 668 Main St. Dike

Waterloo Clinic: 927 W 4th St. Waterloo

Key West, Black Hawk Village, Cedar Falls