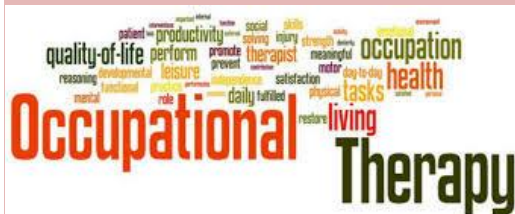


In This Issue

- Occupational Therapy Month
- Mental Health
- Covid 19 update



What is Occupational Therapy?

Occupational therapy is a type of health care that helps to solve the problems that interfere with a person's ability to perform everyday tasks, such as:

- Self care - getting dressed, eating, moving around the house
- Being productive – going to work or school, participating in the community
- Leisure activities – sports, gardening, social activities

Who are Occupational Therapists?

Occupational Therapists, often called OTs, are the primary providers of occupational therapy services. OTs are:

- university educated professionals that apply their specialized knowledge and skills to recommend a course of preventative or corrective action that will help people lead more productive lives
- trained to understand not only medical and physical limitations of a disability or injury, but also the psychological factors that affect the



Mental Health
Awareness

Accelerated Health & Wellness Centre

Mission Statement

Our mission is to provide a positive and healthy environment to accelerate our patient's health by incorporating a wide range of health care services.

Patient Care Commitment

During your visit, our health care professionals will take the time to provide an accurate diagnosis and customized treatment plan to quickly return you to an active and healthy lifestyle. All our professionals specialize in manual therapy techniques and have expertise with Graston, Active Release Therapy (ART), Acupuncture and Dynamic Decompression. We stay up to date with the latest and most effective treatments, equipment, and products available to provide the best service possible.

Our services include:

- [Physiotherapy](#)
- [Chiropractic](#)
- [Vestibular Rehabilitation \(Vertigo and Dizziness\)](#)
- [Occupational Therapy](#)
- [Naturopathic Medicine](#)
- [Massage Therapy](#)
- [Concussion Management](#)
- [Laser Therapy](#)
- [Acupuncture](#)
- Spinal Decompression
- Osteopathy
- [Custom Orthotics](#)
- [Custom Sports Bracing](#)
- Medical Compression Garments
- Hot Stone Massage Therapy
- Nutritional Counseling

functioning of the person

- a regulated medical profession; OTs must be registered with their provincial regulator in order to practice in Canada.

OTs work in a variety of settings which include:

- Home and Community
- Institutions
- Industry and business
- Government

Accelerated Health and Wellness provides Occupational Therapy with Kevin Langelaan, OT Reg (Ont). Call the clinic at 289-897-9099 to schedule your appointment.



CMHA

Mental Health Week

#GetReal

May 4-10, 2020

What Exactly *is* a Mental Illness

A mental illness is a physical illness of the brain that causes disturbances in thinking, behavior, energy or emotion that make it difficult to cope with the ordinary demands of life. Research is starting to uncover the complicated causes of these diseases which can include genetics, brain chemistry, brain structure, experiencing trauma and/or having another medical condition, like heart disease. Mental illness affects 19% of the adult population, 46% of teenagers and 13% of children each year.

There are two common mental health conditions:

Anxiety Disorders – More than 18% of adults each year struggle with some type of anxiety disorder. These include post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), panic disorder (panic attacks), generalized anxiety disorder and specific phobias.

Mood Disorders – Mood disorders, such as depression and bipolar depression, affect nearly 10% of adults each year and are characterized by difficulties in regulating one's mood.

What You Can Do To Help

- **Showing individuals respect and acceptance**-having people see you as an individual and not as your illness can make the biggest difference for someone who is struggling with their mental health.
- **Advocating within our circles of influence** – helps to ensure these individuals have the same rights and opportunities as other members of your school or community.
- **Learning more about mental health** – this allows us to provide helpful support to those affected in our families and communities.



If you or someone you know is suffering from mental health, call the Niagara Region Mental Health services at 905-688-2854 ext. 7262

Coronavirus update;

We welcome you back! We are now open to help you with your Physiotherapy Chiropractic and Massage needs. Slowly but surely as restrictions are lifted we will be able to offer you more of our Clinics services.

Please be aware there are several new safety measures in effect.

Please sanitize your hands upon arrival; the administrator will direct you to the room. (newly installed plexi glass is at the admin desk – please pay by card)

All appointments are required to bring in and wear a mask during your therapy.

All of our physicians and RMT's will be wearing the appropriate governed PPE for their position.

Cleanliness routines have been revised due the coronavirus mandates on the Ontario website governed by our colleges.

We can't wait to see you! Please call for an appointment or any questions you may have.

Thank you for taking the times to read our Newsletter.

As always, Go in Good Health!

Contact Us:

**Accelerated Health &
Wellness Centre**

130 Hwy 20 East , Unit A3

Fonthill Ont

L0S1E6

Office Phone (289)897-9099

www.acceleratedhealthcentre.com

info@acceleratedhealthcentre.com

