

CEDAR RAPIDS**319-294-3527****CORALVILLE****319-248-0270****CEDAR FALLS****319-277-1936****DAVENPORT****563-823-0920**

COMFORT CARE CHATTER

October Birthdays

Happy Birthday to YOU!

Carol Z.	Clin. Sup.	DV	10.3
Connie H.	HCA	CF	10.3
Britney F.	HCA	CO	10.4
Kim B.	HCA	CF	10.6
Shelby L.	HCA	CR	10.7
Lisa F.	HCA	CR	10.8
Terri H.	HCA	CF	10.8
Ashley F.	Social Work	CR	10.9
Renae J.	HCA	CF	10.12
Victoria H.	HCA	CF	10.13
Jackie S.	Office Mngr.	CR	10.15
Kathleen M.	HCA	CO	10.16
Tami C.	Dir. Of Finance	CR	10.16
Amanda S.	Sched.	DV	10.17
Rebecca G.	Social Work	CF	10.19
Rhonda J.	RN Case Mngr.	CR	10.19
Amanda M.	HCA	CR	10.20
Judith T.	HCA	CF	10.21
Carla H.	HCA	CR	10.23

October 2017Also online at: WWW.COMFORTCAREIA.COM**LIKE US ON
FACEBOOK!****SEARCH "COMFORT
CARE" & LIKE US TO
STAY TUNED TO OUR
LATEST EVENTS AND
ANNOUNCEMENTS!****DID YOU CATCH LAST MONTH'S BRAIN TEASER?**

Page 4 has the answers! If you would like to access last month's Chatter, you still can! Visit our website at www.comfortcareia.com and click on the "Newsletter" tab to check it out!

Did you know it's
**NATIONAL PHYSICAL
THERAPY MONTH?**



About Physical Therapists and Physical Therapist Assistants

Physical therapists are movement experts who treat people of all ages and abilities, helping them improve and maintain function and quality of life.

Physical therapists create individual treatment plans to match each person's goals, helping people improve their fitness and function, avoid surgery, reduce the use of opioids and other drugs, and partner in their own care.

Benefits of Physical Therapy

Physical therapists treat people of all ages and abilities. Here are some ways a physical therapist can help you.

Maximize Your Movement

Pain-free movement is crucial to your quality of life, your ability to earn a living, and your independence. Physical therapists are movement experts who can identify, diagnose, and treat movement problems.

Participate In Your Recovery

Physical therapists work collaboratively with their patients and clients. Treatment plans are designed for each person's individual goals, challenges, and needs.

Avoid Opioids

Opioid risks include depression, overdose, and addiction, plus withdrawal symptoms when stopping use. In some situations, dosed appropriately, prescription opioids are an appropriate part of medical treatment. However, the Centers for Disease Control and Prevention (CDC) is urging health care providers to reduce the use of opioids in favor of safe alternatives like physical therapy for most long-term pain.

Avoid Surgery

Before you undergo expensive or invasive surgery, try physical therapy. For some conditions, including meniscal tears and knee osteoarthritis, rotator cuff tears, spinal tears, spinal stenosis and degenerative disk disease, treatment by a physical therapist has been found to be as effective as surgery.

BRAIN TEASERS

Happy Hauntings costume store threw their annual Halloween party, complete with food, dancing, and a little friendly competition. The company arranged 5 competitions (bobbing for apples, ring toss, scavenger hunt, pumpkin carving, and a scariest costume contest), with 5 different prizes (movie premier tickets, theater tickets, 4 passes to a local amusement park, and 2 gift certificates to a local restaurant). Each competition was won by a different employee, wearing a different costume purchased from the Happy Hauntings store. Can you determine the full name of each employee, what costume they wore, what contest they won, and which prize they received?

- 1) Belinda did not bob for apples, but she did win a gift certificate, which she shared with the man who won the tickets to the theater. She was not dressed as the ghost.
- 2) The 5 employees were: Amy, Mr. Brown, the one who dressed as a bat, the one who won the theater tickets, and the woman who won the pumpkin carving contest (who did not win movie tickets).
- 3) Robert, John, and Mary have the same last initial.
- 4) The women's costumes were: the one worn by Ms. Smith, the one worn by the woman who won the ring toss, and the skeleton.
- 5) During dinner, John sat at the same table as Frankenstein, the skeleton, and the woman who won the apple bobbing contest (who was not dressed as Dracula). The bat sat 2 tables over.
- 6) The man who won scariest costume received a \$50 gift certificate, which he later used to take Ms. Black to dinner.
- 7) Later that week, John Beals went to dinner with the woman dressed as a bat, after they went to the theater, using the prizes they won at the party.

FIRST NAME	LAST NAME	COSTUME	CONTEST	PRIZE

REMINDER

CLIENTS & COMFORT CARE STAFF, PLEASE REMEMBER TO CALL THE OFFICE WHENEVER YOU HAVE A SCHEDULE CHANGE!

BRAIN TEASERS (cont'd)

Last month's answer: 80 different ways.

-Start with the R in the top left-hand corner.

Go to the A on the right.

Now go straight on to the D.

You can now complete the word in four ways, because there are four A's available through which you may reach an R.

-There are four ways of reading through the right-hand A.

There are the same number of ways through the A that is immediately below the starting point.

The total is now eight.

-If you take the third route diagonally through the A, you will have the option of using any one of the three D's,

You may now complete the word in four ways.

-You can spell RADAR in twelve ways through the diagonal A.

-Twelve plus eight equals twenty readings, that all start from the R in the top left-hand corner.

-The four corners are equal.

Four times twenty equals **eighty** different ways of spelling RADAR

Do you have a big announcement? A thank you? A great photo? Send your input for the Chatter to Taylor and she will add it to next month's newsletter!

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