

[Katie Johnson:](#) Good morning and welcome to Apple a Day, Lake Region Healthcare's health and wellness program where we feature news and information you can use to live a healthier life. I'm Katie Johnson, your host, and I have two guests on the show today, Michael Nelson and Ashley Johnson, both occupational therapists from our Rehabilitation Therapies Department. Good morning. Thanks for joining me today.

[Michael Nelson:](#) Good morning.

[Ashley Johnson:](#) Good morning.

[Katie Johnson:](#) We have an event to talk about. We've kind of been talking about our therapies quite a bit lately because there's been so much going on with moving to a new space and a lot of growth in the department. That's the reason that we're having this special event. It's a free screening night being offered to the public, both to show off the new space and to offer the opportunity for anyone and everyone who might have a need for speech, occupational, or physical therapy to get screened and find out how perhaps they could be helped by some rehabilitation therapy. Let's start by talking about the event itself. When is it going to be, and what time? What can people expect at the event?

[Ashley Johnson:](#) Our open house will be on Tuesday, April 9. That'll be from 5:00 to 7:00 p.m. You will come to the hospital side of Lake Region, so not the clinic, the hospital side. You can take the elevator to first floor. That is where our new occupational therapy and speech therapy space is located. This is also a space that we have all of our pediatric therapy located. It's a really fun and exciting space to see, so come on out and take a look.

[Katie Johnson:](#) Yeah, and you've only been there a few months. People might remember this was the space on first floor that used to be acute rehabilitation. It's been repurposed into a fabulous space to let our Rehabilitation Therapies Department just breathe. You were really crammed in down on ground level. Tell me a little bit about how it's been going to have the extra space and the new space now that you've been there for a couple of months.

[Michael Nelson:](#) We've been there a couple of months. The transition, I think, has gone surprisingly really well. There's more room for us to try new things with patient, do different things. We've gotten a chance to be closer to the Pediatric Therapy Department for us who work with the adults in occupational therapy. The transition has gone really well. I think it's really going to open up some space down for physical therapy as well as their department gets to grow over and take some of the spot that occupational therapy held down there.

[Katie Johnson:](#) With over 25 therapists on the team, it's really nice to have that extra space. When we talk about pediatric, occupational, and speech therapy screening happening that night, let's talk a little bit about what people can expect. What

will the screening look like? Is this intensive or pretty limited? What will people experience if they do come for the screening?

[Ashley Johnson:](#)

What we in Pediatric Occupational Therapy, Speech Therapy, and Physical Therapy want the public to know is if you have a concern about your child's development, pretty much any concern, just to give a few examples, if you feel like your child isn't meeting their motor milestones, if they're having trouble with their speech, their communication, it's hard to understand them, or maybe they've having difficulty with different sensory needs as far as they won't wear certain clothing, they're sensitive to noise, they're having difficulty with their emotional regulation, this might be a time for you to bring your child in and get them screened. These screening sessions will be 15 minutes where you will meet with a pediatric therapist to go over your concerns. That will be our time to just get a little snapshot of what your child can or cannot do and make recommendations from there to see if they would benefit from any of the pediatric therapies, whether it be speech, occupational, or physical therapy.

[Katie Johnson:](#)

That's a little bit on the pediatric side. If you have a child that could benefit from or you just have those questions, whether your child is meeting those milestones or not, great time to get those questions answered. It's also for adults, right? We're offering free screening for adults as well. Who might benefit from a screening? What kinds of symptoms might they be having?

[Michael Nelson:](#)

Right. There's a really broad spectrum. Originally when we had this idea, it was for the pediatric. But we go, "You know what? Adults hurt, too. Adults have problems too, so let's take a look that." Again, for adults we're going to be looking at physical therapy, occupational therapy, and speech therapy needs. If you go, "Well, I don't know what it is that I need," don't worry, we'll help you figure that out. If you come in with, let's say it's more nagging physical problems, you have an achiness in your back that's not going away, maybe you're having numbness in your hands and it's really weird, you're sleeping and you wake up, and man, my hands are numb. There's a broad variety on the physical aspect of what is it that I'm struggling to perform. Okay, I've had this ache before, but it's gone away typically in two weeks. Now it's just lingering. Let's come on in and see if it's something more serious that we can't take a look at, do an assessment, and figure out more. Maybe you use a wheelchair, and you're not sure if it's fitting you properly anymore. That's something else that we can take a look at.

The broad spectrum is also going to include things like memory problems. If you're worried about your mom or dad, "Hey, I'm noticing that I don't know if they're remembering things correctly or if they're hearing me correctly," we can do a little assessment on that range as well. Then in regards to speech therapy, maybe you notice you're having more trouble swallowing or your voice is sounding a little different. Maybe it's a little softer or a little more hoarse. If you come in, we can maybe take a look at that and do a little assessment and see what's going on.

[Katie Johnson:](#) Like you said, a really broad range of things. I'm thinking I might be a candidate when you say you've got that nagging pain. Yeah, I've got some nagging pain. We probably all could benefit because really when you think about physical therapy, it ties really closely to just being active, keeping our joints and our muscles moving and strong. This is just really a great opportunity for people. You mentioned 15-minute increments. I don't know how many people that equals out to, but do you have a plan for what if we have more people than that that come, which would be great?

[Ashley Johnson:](#) Yes, that would be a great thing if we had a lot of people show up. Let's say that you do come and it is just a packed house. Does that mean that you are ineligible for a screen? No, we will take down your name and number and get back to you at a later date to set up a free screen at another time. If you are coming in and identifying that you have concerns about something, we are not going to shoo you away.

[Katie Johnson:](#) Yeah, definitely. We definitely want everyone to come and check out the space. Like you said, if the wait is too long or there's too many people, we'll make arrangements to make that happen. It's definitely worth coming in to get your name on the list, to check out the space, and to see the exciting things that are happening in occupational, speech, and physical therapy, and the expansion here at Lake Region Healthcare. Since it's an open house, I'm guessing maybe some refreshments, some prizes, maybe some fun things like that, too?

[Ashley Johnson:](#) Yes, while you're here for the screening night, there will be refreshments for you to enjoy while you check out our exciting space. For the kiddos, there will also be some prizes and goodies for them to get, so that'll be exciting for them.

[Katie Johnson:](#) Anything else that we haven't covered that we want our listeners to know about this event that's coming up on April 9 or about our Therapy Department in general?

[Ashley Johnson:](#) I would say if you have further questions, you can give our Therapy Department a call. That number is 736-8388, and ask to speak with a therapist regarding your concerns.

[Katie Johnson:](#) Michael Nelson and Ashley Johnson, occupational therapists at Lake Region Healthcare, my guests today. Inviting everyone to stop out and check out the new and expanded occupational and pediatric therapy space on first floor in the hospital during this open house and free screening night on Tuesday, April 9. Again, it'll run from 5:00 until 7:00 p.m., first floor of Lake Region Hospital Building, which is at 712 South Cascade Street in Fergus Falls. We really hope to see all of you there. Michael and Ashley, thanks for your time today.

[Michael Nelson:](#) Thank you so much.

[Ashley Johnson:](#) Thank you.

[Katie Johnson](#):

Michael, Ashley, and Katie on Apple a Day this morning reminding you there is so much to do here. Stay healthy for it. Have a great day.