



DMARehability NEWS

Summer 2020

INTHISISSUE

Featured Service

Message from the Managing
Partners, Our New World

Welcome!
Dynamic New Team Members

Your Home Office
Workstation-Important Tips

Mental Health & Wellness Tips

Supporting Our Communities

We Warmly Welcome the Following Professionals to Our Team

- Ines Lincho, Social Worker,
(SW), Cambridge
- Justyne Russell,
Occupational Therapist,
(OT), Hanover

Returning from Maternity Leave

- Colleen Grossi, Speech
Language Pathologist,
(SLP), London

Please contact our Intake Team at:
intake@dmarehab.com or call
(866) 309-0046 x 226, if you wish
to retain our professional services.

Our New World ...

A Message from Agnes Agnelli & Jan King

Well, I think we have reached a point that we have stopped shaking our heads in disbelief and waking up in the morning realizing it wasn't a bad dream but simply a new reality. Aretha Franklin's "Who's Zoomin' Who?" has brought us a whole new meaning! And for those of you who bought Zoom stock, wise choice!

While we have remained open and accessible to patients in need, we effectively shut down the office as of March 16th and our focus has been supporting our staff and their families through these difficult times. We were deemed essential when phase 2 was introduced and we have been slowly and effectively rebuilding, albeit not back to any sense of what normal was.

Our staff have been commendable in doing their part to "stop the spread" while still maintaining ties to clients whose reactions to the lockdown presented in many different ways. Throughout most of the lockdown we continued to see essential clients, either in person or virtually. Our staff demonstrated a resilience, and we are grateful to them for doing their part. While we are rehabilitation professionals, we are all also human, and the uncertainty was difficult for us as well. Colleagues supporting each other was definitely what made us make it through this difficult time.

For us at DMARehability, we are open now with clinicians seeing clients for treatment and assessments, in the clinic and in the community, while still doing virtual therapy when necessary. We have implemented schedules for clinic/office time, phone and in person screening including temperature checks upon arrival and mandatory masks. Clients are calling their clinician from the parking lot and they are met at reception and not permitted to bring family members unless medically necessary.

We believe this will be our new world for the unforeseeable future and we will continue to modify our protocols as directives change and be steadfast in our commitment to providing necessary services while still making safety for our clients, staff and community our priority.

Given that we are rehab folks, and we inherently look for the silver lining, one positive out of all of this that we are hearing frequently, is the shift in our world of work that has given us unplanned family time and the time to connect with the important people in our lives.

We look forward to seeing you all in the near future, no more than 10 at a time!

Agnes & Jan

Your Home Office Workstation – Important Tips

Author: **Debbie Kemp**, Senior Occupational Therapist, DMAREhability



Debbie Kemp, BScOT, OT Reg. (Ont) Senior Supervising OT

Since joining DMAREhability in 1996, Ms. Kemp has been assisting injured individuals recover from an accident or serious injury. Ms. Kemp has considerable knowledge and experience treating individuals with multiple trauma, orthopedic and soft tissue injuries. Her work has allowed her the opportunity to gain expertise conducting Functional Abilities Evaluations for the purpose of establishing realistic and attainable Return to Work plans. She has prepared and presented to a number of groups on the benefits of Office Ergonomics and has been a lecturer at Western University, Occupational Therapy Department on numerous occasions.

In 2015, she sought and was trained as a Qualified Administrator of the Assessment of Motor and Process Skills (AMPS). In addition, Ms. Kemp has qualified by a Justice of the Superior Court of Canada at trial to provide expert opinion in occupational therapy.

Seating - Ideally your feet can rest flat on the floor. You could put your feet on a footrest or a box. The height should be such that your thighs are parallel to the floor.

Your low back & hips should fit snugly against the back of the chair. Add a pillow if needed.

Work Height at the Computer - Your elbows should be bent at around 90 degrees, with forearms parallel to the floor and wrists are relatively straight when you have your hands on the keyboard. Shoulders should be relaxed.

Monitor Position - Check monitor height – gaze at the computer and determine if your eyes are at the top 1/3 of the screen. Allowing you to use a downward gaze when reading lower parts of the screen, avoid bending your neck.

If you do not have a monitor riser, a pack of printer paper will provide 2 inches of height. Use more than one pack if needed to achieve appropriate height.

Experiment to find the best height in which your head can be level for reading.

Position Screen directly in front of you. If you use two monitors equally, position them on either side of the midline.

Have someone look at you while you are reading the screen. Check head position. Is your chin poked forward or are you leaning into the screen? If so, slide your monitor closer. If you are too close you will subconsciously be leaning back. Therefore, move the monitor back.

Laptop Positioning- It is challenging to work long periods on a laptop, as it is impossible to have both an ideal screen viewing position and ideal keyboarding posture. If possible, plug in a separate monitor or keyboard.

Take More Breaks - It is all the more important when working in less than ideal ergonomic situations to take more breaks.

Set a timer to get up every 20-30 minutes, take a short walk or perform some stretches. Take your laptop to a kitchen counter or breakfast bar to work from standing for 10 or so minutes.

Rest your eyes. 20/20/20 Rule – Every 20 minutes, take 20 seconds and look 20 feet away.

DMARehability has been providing rehabilitation services to injured individuals throughout the province of Ontario for more than 25 years. Our multidisciplinary team of Clinicians is made of Occupational Therapists, Physiotherapists, Social Workers, Speech Language Pathologists, Nurse/Case Managers, Vocational Counsellors, Kinesiologists, Rehab Therapists & Behaviour Therapists.

Everything we do is about *Quality*. Our commitment is to deliver the highest level of service, whether it be in the workplace, home or community, each and every time.

Wellness Tips for Managing Your Work from Home

(Adapted from Eileen Feliciano, Doctoral Level Psychologist in NYS with a Psy. D. in the specialities of School & Clinical Psychology).

- * **Designate Office Space**
Solely for working, no matter how small.
If a beautiful view helps you stay focused & calm, set up your desk in front of a window.
- * **Maintain a healthy work-life balance**
Set boundaries for both work and non-work related activities.
Go to Sleep & wake up at a reasonable time.
- * **Healthy Snacks**
Limit temptation....keep fresh fruits, vegetables, nuts, granola bars handy. Stay hydrated.
- * **Dress for Success**
Awake each morning, shower, get dressed, as if you are going into the office.
Studies Support that getting dressed for work improves productivity and focus.
- * **Exercise & Move**
Set a timer, every 20-30 minutes, stand, walk about up and stretch. Get out doors for a walk.
- * **Humour & Laugh**
There is a lot to be concerned with, and with good reason. Counterbalance this heaviness with something funny each day.
- * **Moment by Moment**
We have no road map for this. We do not know what this will look like 1 day, 1 week or 1 month from now. Focus on whatever bite size piece of a challenge that feels manageable.
- * **Reach Out to Other**
Skype, phone calls, texting, zoom –connect with other people to seek and provide support.
- * **Social Media**
Limit social media and Covid conversation. Find a few trusted sources that you can check in with consistently, limit it to a few times each day.
- * **Help Others**
Find ways, big and small to give back to others. Support restaurants, offer to grocery shop, check in on elderly neighbors.

LBIA - Mike's Superhero Virtual 5K Walk – May 23'20
The Groovy Superhero's of DMARehability
Together we raised \$3400!!



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Summer
2020



Keeping YOU Healthy, Well & Productive

Set up your Zoom presentation today.
Email Cheryl: cscollard@dmarehab.com

A) Resources for Re-Opening Your Business

- ✓ Stay informed & up to date of new developments
- ✓ Comply with government requirements & health & safety guidelines
- ✓ Consider how government guidelines will affect your work
- ✓ Establish & practise safe measures to reduce the spread of COVID-19
- ✓ Communicate with Your Team – Your Plans for managing the 'new' office

B) DMARehability is proud to offer two Live Webinars

- 1) Pause for Wellness
- 2) Home Office Ergonomics

DMARehability is a proud member of the Ontario Rehab Alliance



Providing community driven disability and rehabilitation management services throughout Ontario, for more than 25 years.

For more information on our professional services and/or to arrange for an in – service, please contact Cheryl Scollard at: cscollard@dmarehab.com or intake@dmarehab.com.