



April 2021 Edition

In this newsletter, I highlight Occupational Therapy Month. Occupational therapists help people maximize skills for everyday activities, such as eating, range of motion, dressing, and tolerating sensory cues in the environment. April 7th also happens to be National Coffee Cake Day so I know what I'll making for dessert. Coffee cake is one of my all-time favorite foods.

Let me know who or what inspires you! Drop me a line at jenni@jennibasch.com. If you aren't already receiving this newsletter in your email, please join my list at jennibasch.com.

Have you heard of The Hoyt Foundation?



The Hoyt Foundation is a nonprofit established in 1989. Their mission is to build the individual character, self-esteem, and self-confidence of disabled youth through inclusion in all facets of life. This includes family and community activities, sports, home, schools, and the workplace. Team Hoyt's primary spokespeople were Dick and Rick Hoyt. They spoke to professional and community groups about their push-assist races. See the "Inspiring Stuff" column below for more information on Dick Hoyt.

The Hoyt Foundation partners with Easter Seals, Boston Children's Hospital, The Arc, and Venture Community Services.

Click [here](#) for more information.

April is Occupational Therapy Month!



Did You Know?

- According to DataUSA, there are approximately 132,000 occupational therapists working in the United States.
- Occupational therapy services can include home and job site evaluations, range of motion exercises, feeding evaluations, and adaptive equipment recommendations.
- Occupational therapists work at school sites, in medical therapy units, in private rehabilitation centers, and in private practice.
- Since symptoms and needs vary, occupational therapists will perform an assessment and develop treatment goals with each individual.



For more information about Occupational Therapy, check out this website for resources and useful information:

<https://www.aota.org/>

Awesome Product Alert!

So here's a great way to increase hand strength and flexibility. Check out **FlintRehab Therapy Putty**. This comes with four variable resistance containers of putty. It is non-scented and non-toxic. Can be used to decrease joint pain and stiffness, as well as increase flexibility and strength in the hand and fingers. It's also great for fidgeting, decreasing, stress, and staying mindful. Let me know if you try it!

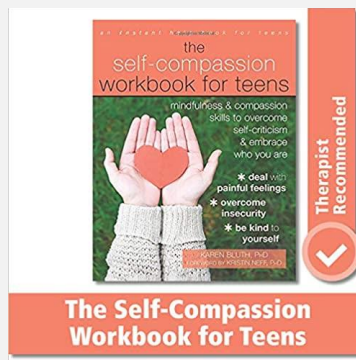
You can find it [here](#)



Book of the Month

The Self-Compassion Workbook for Teens by Karen Bluth and Kristin Neff is awesome! This workbook offers tools to help teens increase self-confidence and self-acceptance, as well as tools to decrease self-criticism and self-judgments. Using fun and tactile exercises, the workbook helps teens practice the art of compassion towards others and oneself. Even though it's targeted toward a teen audience, there is nothing wrong with an adult using the techniques. We could all use more self-compassion!

Bluth and Neff's Workbook:



Get it [here](#)

Inspiring Stuff!

I want to honor Dick Hoyt who died this March of congestive heart failure. Dick was an inspiration for many, including me. Dick's son Rick was born in 1962 with quadriplegic cerebral palsy. When Rick was a teenager, he told his father that he wanted to participate in a running fundraiser. Dick pushed his son's wheelchair for the five mile race and a new passion was born. Dick and Rick ran in over 1000 races together including the Boston Marathon, triathlons, and even a 3,735 mile run over 45 days in 1992. Dick was an amazing father who inspired other push-assist teams around the world.



Check out more information on Dick Hoyt and his amazing son, Rick:

<http://www.teamhoyt.com/index.html>

I hope this newsletter provided useful and inspiring information. Keep healthy and drop me a line if you have questions or comments.

Until next time,
Jenni Basch