



# ***Long COVID-19 Resources And Provider Shortages Solutions***

**Barbara E. Ward, MPH**



**Barbara Ward**

Master of Public Health  
Temple University

- ✓ Resided in Latin American and Caribbean Countries, and 6 states
- ✓ Multi-cultural Family located throughout the US

### **Skills:**

- ✓ Epidemiology
- ✓ Cross-cultural Competency
- ✓ Establishing Working Partnerships
- ✓ Interest in Public Health History and Activism

### **Employment Experience:**

- ✓ 25 Years Public Health  
Disease Control and Prevention  
HIV / AIDS Epidemiology

### **Interests:**

- ✓ Long COVID Advocate
- ✓ Smartphone Photography
- ✓ Board Member: Technology Club of the Newark Senior Center
- ✓ Civic Engagement Committee of The Newark Partnership



# Contributors

Janet Arenson, MS, Retired Nursing Instructor

Charonda Johnson, COVID Survivors for Change

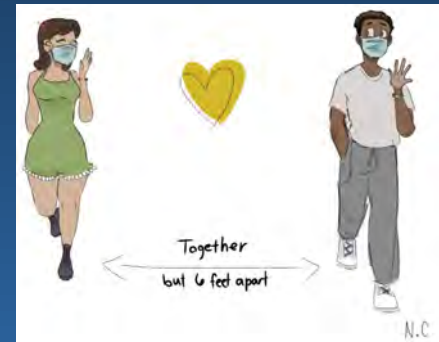
Julia Centrella, Psy.D., Christiana Care, Behavioral Health Dept.

Long COVID Support Groups Members



*"Photography is how  
I am recovering from  
Long COVID. "*  
**Barbara Ward**

*Illustrations by  
Natasha C.  
COVID: Silver  
Linings / Dark Clouds  
– UUFN service*



IN AMERICA

Remember.



Pamela Jean Ward

July 24, 1958 - October 26, 2022

Pamela Jean Ward

Lost to COVID-19 July 24, 1958 -  
Madill, Oklahoma October 26, 2022

I sing to you the songs you love.  
Love, Larry Ward  
your high school sweetheart  
and husband of 33 years

*In America  
Remember Flag*

*Dedicated to:  
Pamela Jean Ward*

*Lost to COVID-19  
October 26, 2022  
Madill, Oklahoma*

*I sing to you the  
songs you love.  
Larry Ward*





# Brief Epidemiology Points



# Disease Iceberg Theory

The total burden of a disease in a population is unknown

**1 /10** - only a portion of any disease cases  
are diagnosed, reported or receive treatment.



**9/10** Latent, Sub-clinical  
Carrier State, Mild Cases,  
Unrecognized Cases

## Iceberg Tsunami of Long COVID

An image of an iceberg floating in the ocean. The tip of the iceberg, which is visible above the water, represents the small fraction of COVID-19 cases that report symptoms. The much larger, submerged part of the iceberg represents the vast number of cases that go unreported, including those with long COVID. The text is overlaid on this image.

***1 in 9 cases report symptoms from  
COVID-19 > two months post-infection***

**Long COVID also  
occurs in the  
vaccinated population**

**Half of the U.S. population has had COVID, but many cases are going unreported**

James F. Smith December 14, 2022

[https://www.hks.harvard.edu/faculty-research/policy-topics/  
health/half-us-population-has-had-covid-many-cases-are-going](https://www.hks.harvard.edu/faculty-research/policy-topics/health/half-us-population-has-had-covid-many-cases-are-going)

# Long COVID



- \*\* Fully vaccinated individuals have developed Long COVID**
- \*\* Not well understood and there are > 100 Long COVID conditions**
- \*\* Symptoms are not easily differentiated from other conditions**

- \* Only one condition reportable to CDC**
- \* Providers struggle to provide care**
- \* Can be difficult to access care and treatment**





**We're still in the  
“high plains plateau” of  
of the COVID Epidemic.”**

**Michael T. Osterholm, PhD, MPH**

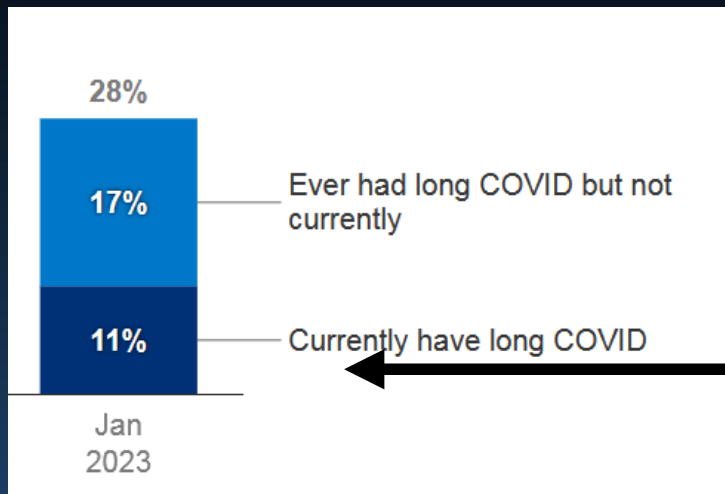
**Weekly Podcast - Episode 127**

**His first COVID-19 infection is  
Discussed in the March 23, 2023 podcast.**

**<https://www.cidrap.umn.edu/covid-19/osterholm-update-covid-19>**



# Estimated Delawareans with Long COVID



**333,306**

**Confirmed Delaware  
COVID-19 Cases**

myhealthycommunity.dhss.  
delaware.gov/locations/stat = 4/7/23

**36,666 > may have  
Long COVID in Delaware  
now with the number  
to increase**

<https://www.kff.org/policy-watch/long-covid-what-do-latest-data-show/>

**Long COVID: What Do the Latest Data Show?**





# COVID Orphan Groups

Who have lost family or friend(s)

## \* Children < 18 years old

The Division of Family Services does not know how many children under their care are orphans due to COVID.

## \* Adults > 18 years old

## \* Seniors > 50 years old



"Please do not  
leave me."

*Delaware COVID Deaths - N= 3,665 4/7/23*  
<https://myhealthycommunity.dhss.delaware.gov/locations/state/deaths>



# Solving the Resource Shortage

*DE Psych Assoc. COVID Advisory Group  
April 17, 2023 – Barbara Ward*



## AI Tools to supplement intervention



**eric\_akin\_md**  
**Instagram**

Neurosurgeon  
& fitness coach

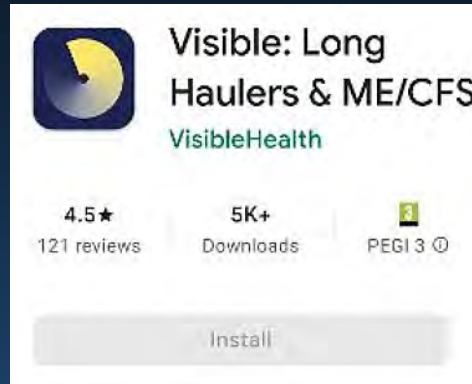
**Exercise as medicine.**  
**Great coach to listen to start your day.**

**“The key to success  
is how you  
respond to failure.”**



# APPS

AI tools to supplement intervention



- \* Morning heart rate variable to predict daily stamina
- \* Track symptoms
- \* Track activity levels



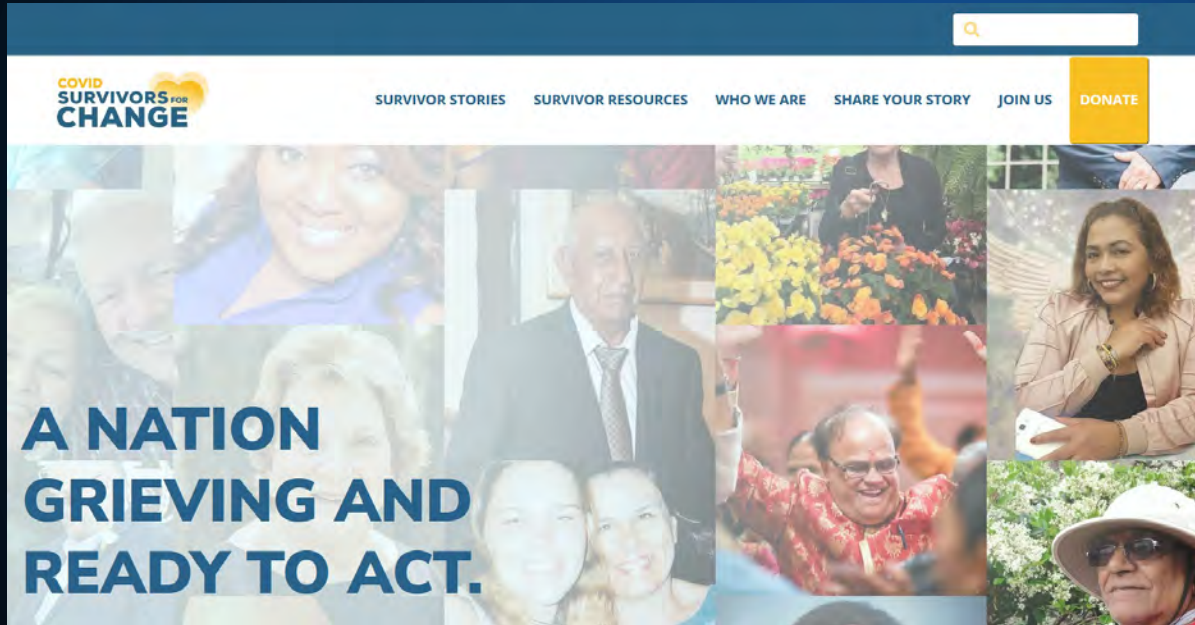
- \* Education and tools for self-care to improve emotional well-being
- \* Trackers to check your mood and goals
- \* Graphs to visualize progress over time

# COVID Survivors for Change

<https://covid survivorsforchange.org/>

## Advocacy Group

*Many resources*



***Cindy Johnson Offers  
iRestore / Grief Yoga Class  
Sign up for email notification***



COVID Survivors for Change via Mobilize

Instructions for iRestore Fitness & Grief Yoga with Cindy

# Advocacy Group

**National Online Since 2020  
Virtual Support Group Team  
Thursdays - 8:30 pm Eastern Time**

***Program of Rotating Topics  
followed by a Discussion.***

***Easily replicated.***

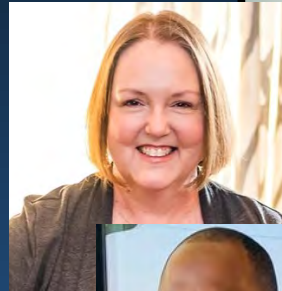
**Amy Stewart, LCSW-S**

Emma Mahn, LCSW  
Alejandra Stoltzfus, LMSW  
Brandon Willis, LCSW  
Brenda Mitchell, Pastor  
Esmirna Corona, LCSW  
Doreen Dodgen-Magee, PhD  
and

***Also has Lay Peer Mentoring Program***

## Engaging with Post-traumatic Growth

- Engage with the world around you, and appreciate all the good things that it has to offer
- Allow yourself time to talk honestly about how you feel, particularly with people who share your experience
- Reflect upon what you can do to cope with your grief and practice those skills
- Accept offers of help
- Help others
- Be open to new experiences and opportunities, including new friendships
- Take on new challenges, learn new skills



**COVID  
SURVIVORS FOR  
CHANGE**



<https://www.survivorcorps.com/>



[About](#) [COVID Positive?](#) [Long COVID](#) [Resources](#) [News / Media](#) [En Español](#)



Survivor Corps is one of the largest grassroots COVID-19 and long COVID movements, providing education and resources for COVID-19 patients, connecting them with medical and scientific research efforts, and helping with the national response.



COVID Positive?



Long COVID

PCCC

Post-COVID Care



COVID LIVE Webinars



## *Advocacy Group*

### Posting:

While I was home recovering from COVID my 80 year old mother caught it from me and died.

This Facebook narrative reflects the diversity of Long COVID experiences



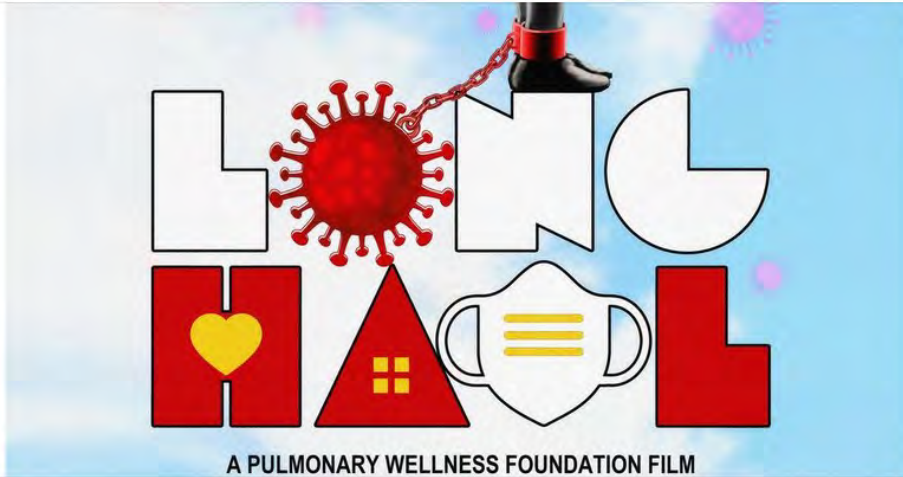


Noah Greenspan

March 15 at 2:58 AM · 🌐

<https://www.survivorcorps.com/>

Today is National/International COVID Awareness Day! If you want to see and hear firsthand accounts of what it's like to have Long COVID, check out the Pulmonary Wellness Foundation's Documentary at



LONGHAUL.MOVIE

[Home](#) | [Long Haul Movie](#)

**Posted March 15, 2023**

**MOVIE: Long Haul**  
**A Pulmonary Wellness**  
**Foundation Film**

**March 15, 2023**  
**National COVID**  
**Awareness Day**

*Advocacy Group*

<https://longcovidalliance.org/>



**LONG COVID**  
ALLIANCE

Join  
Us

About  
▼

Resources  
▼

Press  
▼

For  
Members ▼

Contact

LONG COVID IMPACTS

23MIL

Americans...and  
still counting

JOIN TO TAKE ACTION NOW >



**Offers  
Mental Health  
Resources**

# Delaware Resources







***MHA has an established peer- led  
recovery training program***

***A similar program could be developed to  
model Long COVID recovery.***

### **Contact**

Phone: 302-654-6833

Email: [Peereducation@mhainde.org](mailto:Peereducation@mhainde.org)

### **A Peer Recovery Specialist is:**

An individual who has lived experience with mental illness, addiction, co-occurring conditions, AND recovery. Peer Recovery Specialists are specially trained professionals who support others going through similar life challenges they once experienced. They assist individuals in developing the skills and resources they need to live an independent and productive life in the community.

# Community-based Support Groups Can Help with the Journey of Long COVID Recovery

Support groups exist for cancer, diabetes, lung, and other reasons.

Schools  
Libraries  
Faith Based  
Senior Centers  
Community Centers



Yikes! Others do not know how hard this is.





<https://www.healthydelaware.org> ;

## Healthy Delaware: Support for Chronic Diseases

To stay well, you need to be well informed. **Healthy Delaware** — Delaware Cancer Consortium — is a resource you can trust. Here, you will learn how to live better ...

### Self-Management Programs

Don't put off taking care of your health. Sign up for a virtual ...

### Healthy Living Overview

The path to good health starts with little choices. Discover what you ...

### Diabetes

Know more about diabetes to make the right decisions for ...

### Diabetes Self-Management

Learn how Delaware's Diabetes Self-Management Program ...

### Cancer Prevention, Screening ...

Lifesaving information for individuals about Delaware's ...

### Delaware Cancer Consortium

The Delaware Cancer Consortium was originally formed as the ...

# healthydelaware.org

## NIH developed programs provided by trained lay leaders.

## Delaware Division of Public Health

### Self-management programs help you learn how to live better by managing your disease.

Free six-week step-by-step self-management workshops are offered to adults who have or care for someone, living with a chronic condition, a cancer diagnosis, or diabetes.

#### How can Self-Management Programs help you?

All programs are highly interactive and led by a team of professional lay leaders. Lay leaders are people from the community who have experience in dealing with the same difficulties as those participating in the programs. They have received comprehensive in-person training to deliver the program content from a highly detailed manual. During the sessions, you will:

- Learn how to build skills to manage your disease
- Share experiences with others like you
- Help each other solve problems encountered
- Offer support to each other



# An Example of a Faith-based Initiative



## Coping with Chronic Conditions & Aging Across the Life Span

### A Six Week Program

Unitarian Universalist Fellowship of Newark, DE  
Barbara Ward, MPH  
Janet Arenson, MS

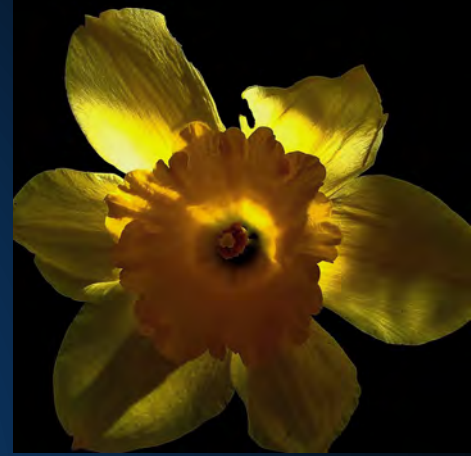
*It helps to share  
our experiences.*



# An Example of a Faith-based Initiative

Coping with Chronic Conditions  
& Aging Across the Life Span

A Six Week Program



**Purpose:**

Support for those living with  
aging or chronic illness.

**Goal:**

Enhance self-compassion  
to increase resilience.





# **An Example of a Faith-based Initiative**

**Coping with Chronic Conditions  
& Aging Across the Life Span**

**A Six Week Program**

**1. Introduction and Overview**

**2. Productive Living thru Our Life Spans**

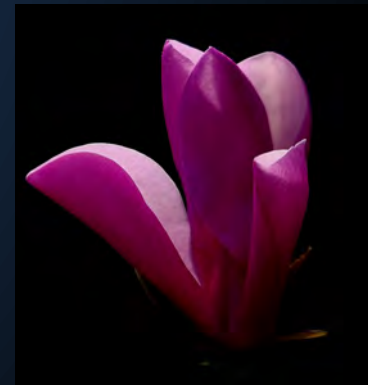


**3. Self-Compassion**

**4. Acknowledge Emotions**

**5. Grief and Trauma**

**6. Resilience and Joy**





# Other Delaware Resources

**Julia Centrella, Psy.D.**

Support Group Leader for Persons with Long COVID  
Christian Care

Results for Participants:

***\* Facilitates Improved Medical Care***

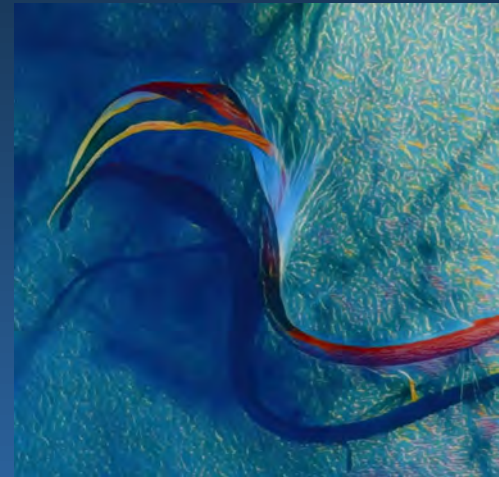
**\* Education on Long COVID Management**

**\* Support**

**\* Resilience**

**\* Self-Compassion**

**\* Joy**







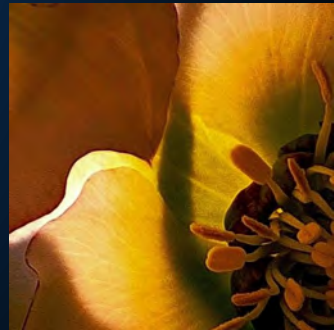
Mental Health  
Professional

# Other Delaware Resources

**Chantel Bratcher-Coleman, LPCMH / CAADC**  
**Shaping Minds, Newark DE**

- \* Survived a COVID-19 psychosis.**
- \* Her husband and son advocated for her care**
- \* They researched treatment solutions for medical providers who did not know how to treat her condition**

**Sharing her story and journey of recovery**  
**Can help develop resources.**





Candidate  
for Unitarian  
Universalist  
Ministry

# Other Delaware Resources

## Heather Petit, MDIV

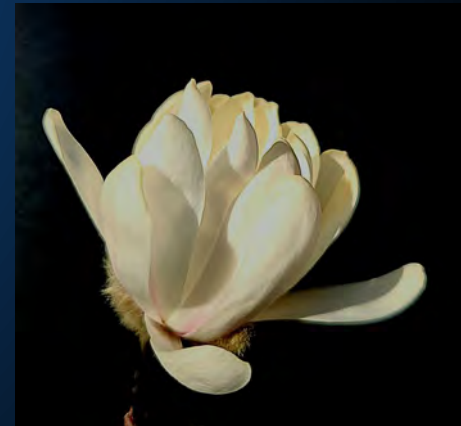
In 2020 had a mild case of COVID lasting 3 days

- \* Long COVID symptoms started 10 days later and is **WORSE** than the initial infection

- \* Affecting the following areas

- ^ Physical
  - ^ Cognitive
  - ^ Respiratory

She can facilitate connections to the faith communities while sharing her ongoing journey of recovery, to support the development of resources.





# Other Delaware Resources

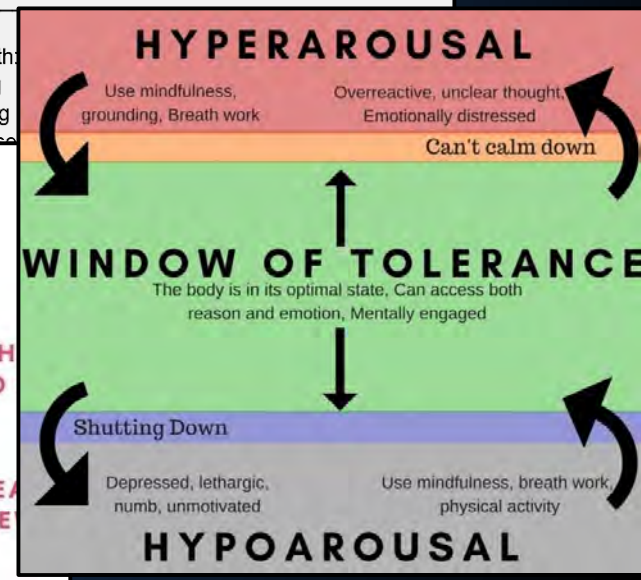
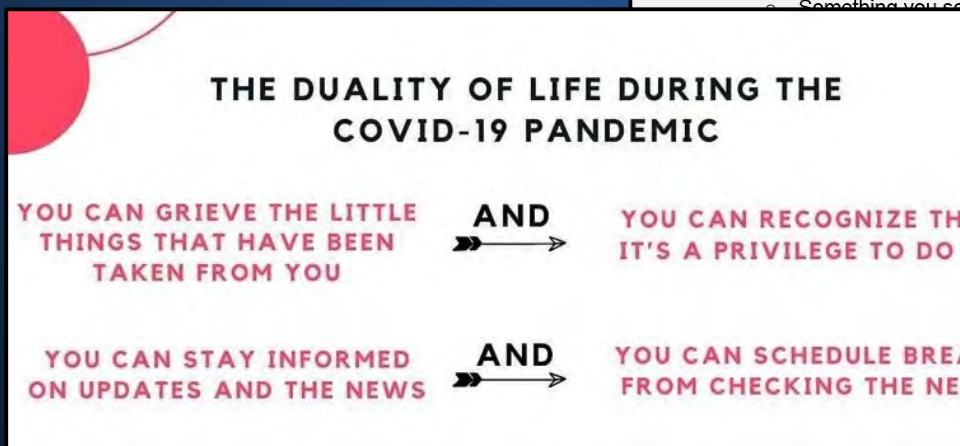
**Berkeley Antonioli, PhD, LCSW, Med  
Trauma Specialist**

**Coping with COVID-19  
Isolation Support  
Group – 2020**

## Coping with Covid-19 Support Group - Self-care Ideas

### Wellbeing daily to-do list / ideas:

- Essential tasks:
  - Shower
  - Medication
  - \_\_\_\_\_
- Clean one thing / space
- Tend to something growing:
  - Plant
  - Child
  - Self
  - \_\_\_\_\_
- Be mindfully present with:
  - A sound or song
  - A sensory feeling
  - Something you see



# Other Delaware Resources

***Dennis J Carradin, Jr.,***  
*LPCMH, NCC, BCETS*

***Trauma Specialist***

***Clients include:***

- \* First Responders***
- \* Long COVID Survivors***
- \* Health Care Professionals***

***Began treating a person  
With Long COVID in 2020***

***Action steps:***

- \* Goal Setting***
- \* Nature Bathing***
- \* Speech Therapy***
- \* Trauma Recovery***
- \* Trigger Management***
- \* Gradual Return to Work***
- \* Keep a Journal of Progress***
- \* Cognitive Rehabilitation Recommendations***







## Other Delaware Resources

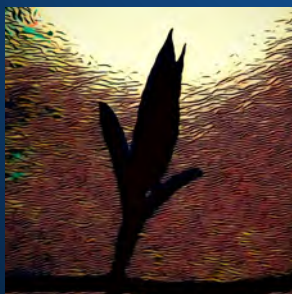
*Dr. Judith Pierson, ED.D.*

***“Learning to Love Your Aging Self”***

*Positive aging and grief specialist, Sussex County, DE*

*Her work could be adapted to*

***“Learning to Love Yourself while Recovering from Long COVID.”***



***“Without prior experiences coping with of chronic disease or aging, the suddenness of recovering from Long COVID conditions can be challenging.”*** - Melissa Higgins PT, DPT





*“One day,  
we will go our separate ways, but  
we will remain in each other’s thoughts,  
remembering the support of this group.”*

*Delaware Long COVID Survivor  
Support Group Member*





*National and local resources can help  
Delaware find the way forward to develop  
services through mental wellness  
providers and community-based initiatives  
transforming our lives to hope and resilience*

---



*Photos by Barbara Ward*

# Questions?

## Postscript Resources



# Support for rehabilitation: self-management after COVID-19-related illness

second edition



Name:

Onset of COVID-19 symptoms (date):

Date this leaflet was given:

Name and contact details of health care  
professional providing leaflet:

Name and contact details of  
local health care services:

Name and contact details of  
rehabilitation support services:

**WHO**

**Resource**

**Physical Therapy Guidelines**





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## PROGRAMS

### Virtual Programs

Widows Voice Blog

Widowed Village Online Forum

Newly Widowed Virtual Program

Pen Pal Program

Regional Social Groups

### In-Person Programs

Camp Widow® Events

Regional Social Groups

### Resources for the Newly Widowed

<https://soaringspirits.org/programs/>

Soaring Spirits connects widowed people with each other.

Live and and virtual support

Help people transformation to hope after loss

Offer resources, community, and hope.

**SENIOR PLANET**

FROM AARP

<https://seniorplanet.org/>

[Donate Now](#)

## All Online Events Newsletter

April 16, 2023

Virtual arm of AARP

Technology Education  
Wellness Activities  
Support Groups

### Upcoming Classes

[View all classes](#)



**FREE**  
MON, APRIL 17  
10:00AM ET / 9:00AM CT / 8:00AM MT /  
7:00AM PT

#### Morning Stretch

Online

Start your day with a short morning stretch!



**FREE**  
MON, APRIL 17  
11:00AM ET / 10:00AM CT / 9:00AM MT  
/ 8:00AM PT

#### Intro to Translation Tools

Online

This lecture will introduce digital translation tools and apps, such as Google Translate.

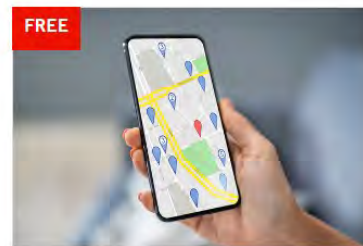


**FREE**  
MON, APRIL 17  
12:00PM ET / 11:00AM CT / 10:00AM  
MT / 9:00AM PT

#### Fit Fusion Workout

Online

Get your heart pumping during this fun, high-energy workout!



**FREE**  
MON, APRIL 17  
12:30PM ET / 11:30AM CT / 10:30AM  
MT / 9:30AM PT

#### Google Maps

Online

During this lecture, you'll get an introduction to Google Maps and a demonstration of how to use it.

# Productive Aging Occupational Therapists help people overcome internal and external limitations to obtain better quality of life

## What is distinct about the approach of occupational therapy professionals?

Occupational therapy practitioners work with aging adults and their caregivers to promote safe performance of occupations (daily activities) at home and in the community.



Occupational therapy practitioners seek to understand who the person is; what occupations (activities) the person wants, needs, and is expected to do; and where the person does these activities.

Based on diagram by Law et al., 1996

[https://  
www.aota.org/-/  
media/corporate/  
files/practice/  
aging/distinct-  
value-productive-  
aging.pdf](https://www.aota.org/-/media/corporate/files/practice/aging/distinct-value-productive-aging.pdf)

# ***If You Didn't Know How Much You Mean to Me...***

***By Wes Morrison***

***<https://www.iona.org/if-you-didnt-know-how-much-you-mean-to-me/>***

- \* Note how long you been friends.**
- \* Mention significant memories good and bad.**
- \* Offer of support to the person in pursuing a specific goal.**
- \* Thank the person for supporting you.**
- \* Tell the person what you appreciative about them.**
- \* Ask for them not to respond to this at this time stating we will talk another time.**



**Developed during the  
COVID-19 Epidemic.**



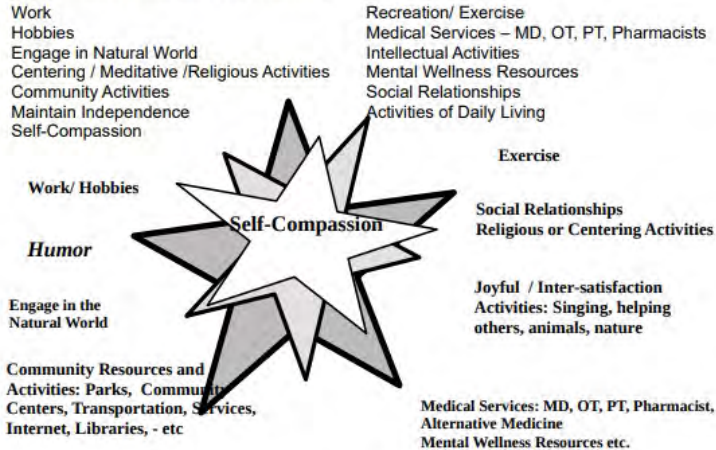


## Living Productively with Chronic Conditions Across the Life Span

Whether or not we have acute or chronic conditions, degenerative changes due to aging or otherwise, with any limitations. We the Health Consumer can use the tools and resources of the community to better achieve a quality of life.

- **Keystone Provide by the community**
  - Access to medical care and resources
  - Education to enable people to manage the disease
  - Support of health care providers resources to provide care
- **Keystone beliefs**
  - Acceptance of the condition in order to allow one to take action
  - Self-acceptance and self-compassion. (Acknowledge the hard work.)
  - Address beliefs in a culturally appropriate manner.
  - One can manage their disease
  - One is responsible for ones own health
  - Medical providers are one's consultants unless it is acute condition
- **Keystone Behavior**
  - Working with your medical care partners to manage your condition
- is a sustainable core strengthening, however mild, that despite other limitations helps maintain balance, daily activities, manage chronic disease and increases ability to function.

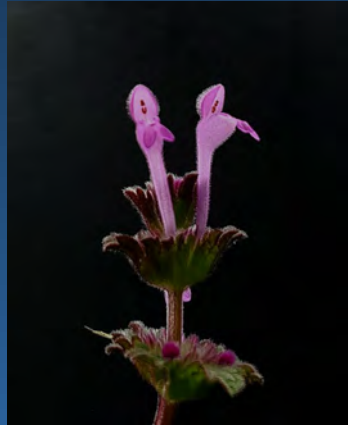
Your resources include those listed below.



Adapted and Expanded from Productive Aging – Occupational Therapy  
<https://www.anta.org/-/media/corporate/files/practice/aging/distinct-value-productive-aging.pdf>

**For a copy contact  
Barbara ward  
clematis2023bw@gmail.com**

**Expanded from Productive Aging**





# The Only Long COVID Reportable Condition To Date

***COVID-19: Multisystem Inflammatory Syndrome***  
***Children (MIS-C)***  
***Adults (MIS-A)***

Ongoing fever PLUS more than one of the following:

Stomach pain

Bloodshot eyes

Diarrhea

Vomiting

Skin rash

Dizziness or light headedness

(signs of low blood pressure)

**Rare Serious Inflammation of**

Heart Brain Eyes

Lungs Skin GI Systems

<https://www.cdc.gov/mis/about.html>



Sarah Schenck, MD

# “Dream Team”

***Clients may now self-refer directly to Dr. Schenck via Christiana Care Portal***



Julia Centrella, Psy.D.

Christian Care COVID Clinic

Sarah Schenck, MD

James Becker, MD

Terry Brooks, RN

Randi Durbano, CMA/PDA

Bradley Sandella, DO (Sports Medicine)

Dominic Valentino III, DO (Pulmonology)

James Lenhard, MD (Endocrinology)

Henry Weiner, MD (Cardiology)

Allison Potter, MD (Neurology)

Julia Centrella, Psy.D. (Psychology)

Sean Lasota, Clinical Pharmacist Specialist

<https://recovercovid.org/>

Study Enrollment



 En Español



[HOME](#) | [WHAT IS LONG COVID?](#) | [RESEARCH](#) ▾ | [NEWS & EVENTS](#) ▾ | [ABOUT THE INITIATIVE](#) ▾

# RECOVER: Researching COVID to Enhance Recovery

The National Institutes of Health (NIH) created the RECOVER Initiative to learn about the long-term effects of COVID.

Whether or not you have had COVID, you may be able to participate in RECOVER research.

[FIND AND JOIN A RECOVER STUDY](#)





<https://www.nhlbi.nih.gov/BreatheBetter>



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[Learn More Breathe Better®](#)

<https://www.lung.org/lung-health-diseases/lung-disease-lookup/covid-19>



 **Call the Lung HelpLine**  
 Ask a Question

**Lung Disease Information  
Education  
Research  
Support**

**Many with Long COVID  
develop asthma or  
Or previously had asthma  
that is worse after infection**



### **How to manage and control asthma**

Get tools to help monitor symptoms and understand if asthma is well-controlled, tips to recognize and reduce triggers.

### **Long COVID Support Community**

Join our online support community to connect with others who have lingering or delayed symptoms from COVID-19.

**JOIN COMMUNITY**

# Grief Resources



A COVID-19 Remembrance Memorial Ceremony Tuesday, May 3, 2022, in Dover Tuesday, May 3, 2022, outside of the Jesse Cooper Building.  
JERRY HABRAKEN, DELAWARE NEWS JOURNAL



# IN AMERICA

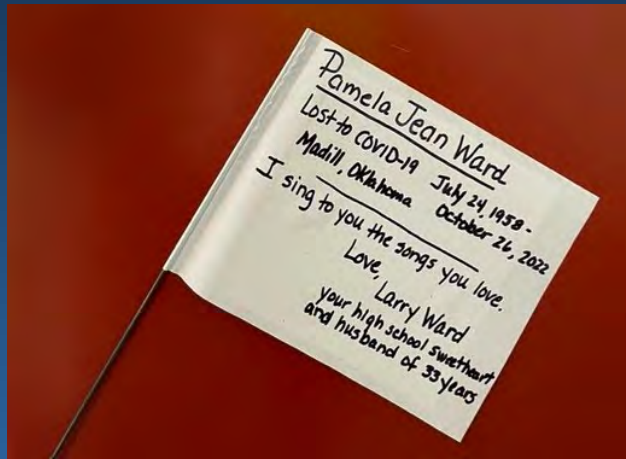
Remember.



September 17 - October 3, 2021  
Visitors were invited to personalize  
flags for someone they loved.

Exhibit now closed but the project continues.

Honoring Lives Lost





<https://www.longhauler-advocacy.org/our-work>



ABOUT C-19LAP

LONG COVID DASHBOARD

JOIN/ SUPPORT C19LAP



DONATE NOW

<https://www.facebook.com/groups/delonghaulers/>

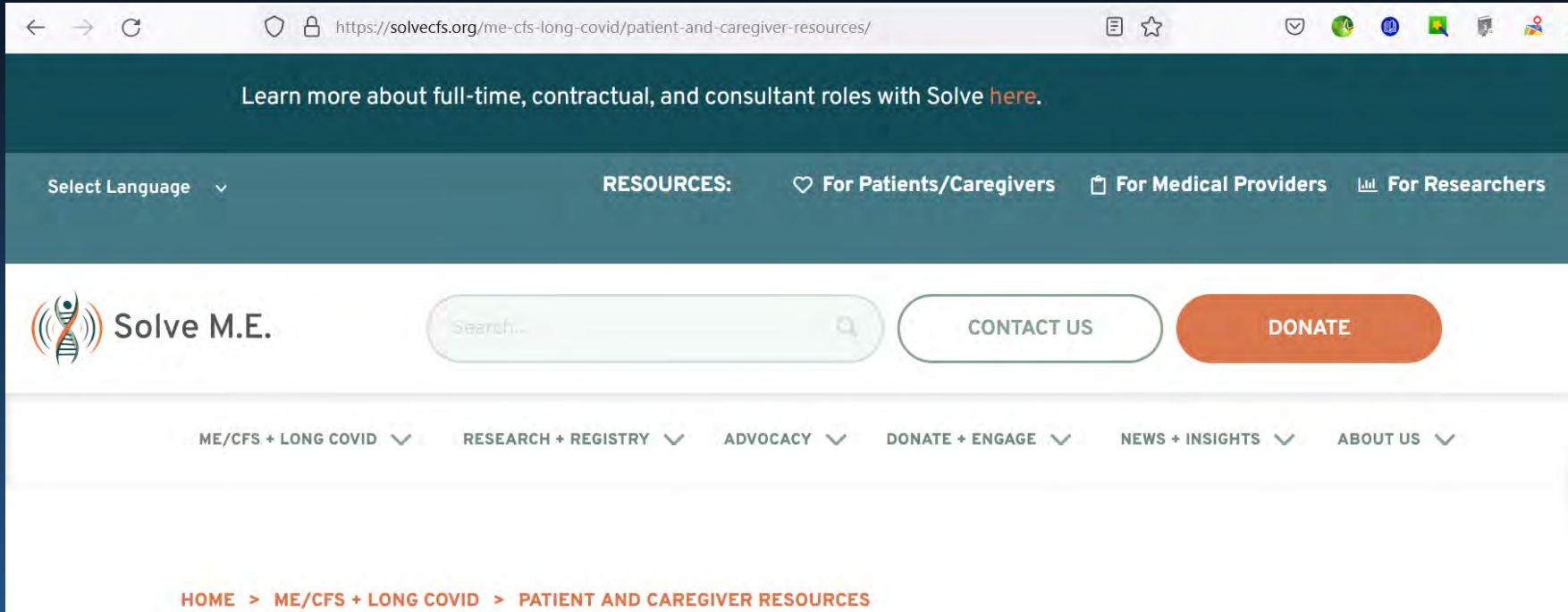


DELAWARE

STATE CHAPTER & ADVOCACY TEAM

Group by C-19 Longhauler Advocacy Project

<https://solvecfs.org/me-cfs-long-covid/patient-and-caregiver-resources/>




The screenshot shows a web browser displaying the URL <https://solvecfs.org/me-cfs-long-covid/patient-and-caregiver-resources/>. The page features a dark teal header with the text "Learn more about full-time, contractual, and consultant roles with Solve [here](#)." Below this is a navigation bar with "Select Language" and "RESOURCES:" followed by links for "For Patients/Caregivers", "For Medical Providers", and "For Researchers". The main content area includes the Solve M.E. logo, a search bar, and buttons for "CONTACT US" and "DONATE". A secondary navigation bar lists categories: "ME/CFS + LONG COVID", "RESEARCH + REGISTRY", "ADVOCACY", "DONATE + ENGAGE", "NEWS + INSIGHTS", and "ABOUT US". At the bottom, a breadcrumb trail reads "HOME > ME/CFS + LONG COVID > PATIENT AND CAREGIVER RESOURCES".

[←](#) [→](#) [↻](#) [🔒](#) <https://solvecfs.org/me-cfs-long-covid/patient-and-caregiver-resources/> [📄](#) [★](#) [📧](#) [🌐](#) [📱](#) [📺](#) [📍](#)

Learn more about full-time, contractual, and consultant roles with Solve [here](#).

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RESOURCES: [♥ For Patients/Caregivers](#) [📁 For Medical Providers](#) [📄 For Researchers](#)

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Search...

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ME/CFS + LONG COVID ▾ RESEARCH + REGISTRY ▾ ADVOCACY ▾ DONATE + ENGAGE ▾ NEWS + INSIGHTS ▾ ABOUT US ▾

HOME > ME/CFS + LONG COVID > PATIENT AND CAREGIVER RESOURCES

## Example of Personal Rehabilitation Program 4/14/2023

### Management of Asthma and of Degenerative Changes of Spine

*Rotating Cross training, core strengthen and restorative treatment: 30 – 60 minutes daily*

*Asthma and Program – Avoids harming pinched nerve in lower back and slipped disks*

*Adapted and integrated slowly over time*

\* *Asthma Management* - Medications as prescribed, follow asthma trigger recommendations, Manage asthma incidents. (including Ipratropium w bromide via Nebulizer 2 x day or PRN) Manual Incentive Spirometer use 2- 4 x day. Breathing exercises, control asthma induced GERD control. Make of incidents as progress report.

\* *Winter: Humidify Home and Sun Lamp Use – 20 minutes daily*

\* *Home 6 days a week – 30 – 60 minutes daily*

*Rotating PT exercises from Back Clinic and 4 QiGong movements – OT balances and Matter of Balance Program*

\* *Acupuncture* - 2 x month – treats deep fascia degenerative changes of the back

Justin Toltison Moa - Chrysalis Natural Medicine

\* *Wednesday Evening – Via virtual Meditation*  
Unitarian Universalist Society of Newark

\* *Monday & Friday – Newark Senior Center*  
Seated Qigong – Scott Martin

[HTTP://earthbalance-taichi.com](http://earthbalance-taichi.com)

[qi-gong-for-health/eight-pieces-brocade/](http://qi-gong-for-health/eight-pieces-brocade/)

At home my coach is – Seated Eight Pieces of Brocade Youtube program

8 Brocades Sitting Form: Medical Qigong

(Ba Duan Jin) Eight Pieces of Silk Brocades – Bing video



\* *Saturday- Yoga with Cindy (mostly stretch movements) – Survivors of Long COVID*  
Survivorsoflongcovid.org ) - visit site to sign up

\* *BACK Clinic – 2 x week - TX to maintain core function due sciatica*  
Water Pt Therapy - Ice / Heat and / EMS TX / *Needling (stimulates the muscles)* / Traction / ELS  
Supervised Exercise – balance, core strengthening, elliptic bike, assign of PT home PT

\* *Interests / other – As able –*  
Walking mild and Photography – Sunlight Exposure  
use core strengthen and locking of muscles to take photos  
Small seated bike use - gradual so not to cause neuropathy



\* *BACK Clinic – Home PT Program*  
Pelvic Clock – front to back  
Straight leg raises (alternate leg bent)  
Short arc quad w coffee can wrapped in towel  
EMS – home up to 3 x a day for pain per body site  
Sit to stand – slow controlled to build core strength / at 20 -  
Heel on Knee – pull and push on knee- stretches back muscles concurrently

Shoulder rehab laying down – or standing

- \* alternate reaching arms overhead
- \* arms out side palms up
- \* Reach up both arms

- \* Finger Wall Crawl – 2 directions
- \* reach up alternate arms
- \* Reach down to feet both arms

\* *Balance OT from PH student – Home PT Program – waiting in line etc 10-30 seconds*

- \* feet together time 30 seconds
- \* feet heel to toe (one foot in front of other)
- \* side step and knee bent return
- \* one foot half step ahead (paired)
- \* forward step knee bent & back
- \* leg stretch heel on floor 20 sec

# “Show up until it works!”

## Example of Personal Rehabilitation Program

\* Diet

\* Exercise

\* Interests

\* Spiritual

\* Physical Therapy

- Something everyday -

- Take breaks as needed -

For a copy contact

Barbara Ward

clematis2023bw@gmail.com

#### Supplements

- Magnesium 400 mg
- High quality Vit D 1000 IU
- Probiotic
- Potassium 99 mg
- B Complex



Diet High in Mono-fats: I eat avocado, oatmeal and nuts almost daily



Performed seated while watching TV or waiting in anywhere Matter of Balance a Comprehensive Set of Core PT Exercises Modified PT Exercises (Developed by NIH as a fall prevention program and increased flexibility)

[https://www.youtube.com/watch?v=2U\\_b2B3jyQ](https://www.youtube.com/watch?v=2U_b2B3jyQ)

1. Deep Breathing and Good morning stretch push out
2. Shoulder rolls 5 front, 5 back
3. Diagonal Arm Press Across the body 5 to 10 each direction
4. Seated foot circles heel on floor 5 x in each direction
5. Seated Knee Raises – Marching 5 – 10 X
6. Diagonal Arm Press Across the Body and Toward the Floor 5 – 10 X each direction
7. Diagonal Arm Press Across the Body and Slightly overhead 5x10 each direction
8. Rowing Exercise 5 to 10 X
9. Seated Leg Extension 5 to 10 X
10. Not Alternating – Seated Leg Raises 5 -10 X
11. Toe Stands (Heel Raises) 5 – 10 X
12. Alternating Steps Holding on Chair 15 – 30 Seconds
13. Wrist Raise and Fall 5 X or more
14. Finger Spread 5 X or more and wrist spread 5X
15. Touch Elbows stretch front back (chicken wing) 3-5 times
16. Support elevated foot circles 5 each foot in each direction
17. Ear to shoulder hold 10 seconds repeat 3 x each side
18. Moving slowly look left, middle and right repeat 5 X
19. Good morning stretch and giant bear hug

# “Show up until it works!”

## Example of Personal Rehabilitation Program

- \* Diet
- \* Exercise
- \* Interests
- \* Spiritual
- \* Physical Therapy

- Something everyday -
- Take breaks as needed -

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