



# UI TIMES

## Quarter Four 2019



Hello Readers,

The newsletter committee is proud to present to you our Quarter 4 issue of the UI Times. Universal clients have dedicated their time and efforts to the activities, events, and work presented to you in this issue. We are also happy to present submissions from our Michigan and Long Branch locations.

We hope you enjoy reading as much as we enjoyed putting this together for you.

**Above:** Our Mascot, Mush, representing Team U with a tie-dye shirt made by our clients.

**Right:** Gerard and Erin Lasso paid our table a visit at the Caldwell Street Fair.



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Message from Sean, the Editor:

“October is the end of baseball, middle of football, and the start of hockey season. It’s also time to begin some exciting festivities at our rehab locations. Many of our upcoming events will be tailored around the season and upcoming holidays. We are excited to feature all that is happening in our future newsletters.

I have been dreaming for all the Universal locations to come together through this newsletter platform. I have got my wish! I present to you contributions from our Long Branch and Michigan locations. Thank you everyone for your support!”





# GREETINGS FROM LONG BRANCH!



**Above:** AJ soaking in the summer at the local pool only a few days before it closed for the season.



**Above:** Mike in one of his OT sessions working on balance while enjoying the view!



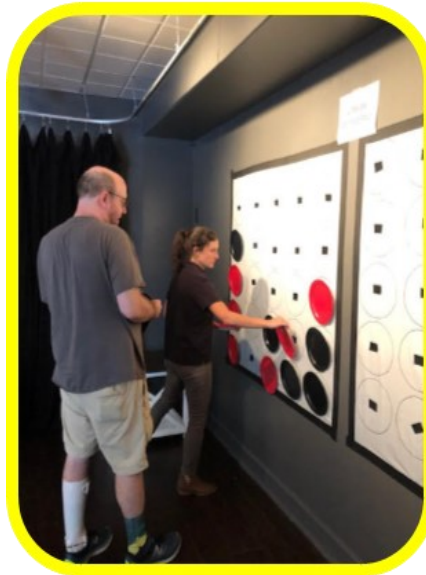
**Above:** Our long branch location hosted its own personal concert when “Lady Gaga” visited in August.

# Hello from Royal Oak Michigan,

I'm excited to inform you about our Labor Day event that was held at TR Collections, Wednesday, August 28, 2019. I would like to take the time to focus on and highlight all the activities that were had by all.

The purpose for the Labor Day event was to focus on team planning. Nicole, with the help of Natalie, planned activities that would involve the entire team and staff of TR Collections. Nicole organized several games like Bingo, Uno, Play Station, Dominos and Life Size Connect Four! We also played Pictionary.

Overall, we had a great time enjoying each other's conversations and winning Etsy prizes. We had several winners! And let's not forget the delicious food that was provided! We look forward to more events like this in the near future.





# JT's Refreshing Review



Well hello, welcome to my new column. I'm Jason T. from TRU Design & Marketing in Michigan. Each version I will highlight an awesome business that is available in all of the Universal Institute and Therapeutic Rehabilitation locations. I hope you enjoy!

Are you looking for an awesome drink that will give you energy? If yes, then this is the smoothie for you. The FRESHII Energii Bite Smoothie is the drink you will want to consume. This smoothie is packed with coconut milk, energii bites, banana and ice. It will not only give you lots of nutrients that will help power you through the day but it's also extremely refreshing! So, stop on in to your local neighborhood FRESHII and try the Energii Bite Smoothie today before it is gone!

You can find a FRESHII location in Michigan at Auburn Hills, Orchard Lake, Royal Oak and Detroit.

New Jersey patrons can find a location in Middletown and Flemington.

Pennsylvania residents will find FRESHII in Pittsburg, Philadelphia and Cranberry Township.

You can go to [www.freshii.com](http://www.freshii.com) to see all of the exciting offerings at FRESHII.



"Thank you for this marketing product. It really drew my attention and makes me want to buy it. It makes us in Livingston, NJ want to start a marketing program like yours. Thanks for sharing, Jason!"

- Sean N.—Editor of the UI Times

Hi, I'm Danny. I've been writing restaurant reviews for the newsletter for the past 2 years. I enjoy writing about & recommending great places to eat. I hope you enjoy the read!



# Tito's Burritos

[www.titosburritos.com](http://www.titosburritos.com)

**Monday-Saturday 11:00am-9pm**

**Sunday Noon-8:00pm**

**Phone-(973) 267-8486**

I found a new favorite place to eat since my move to Morristown. Tito's Burritos has an amazing menu. It is a chain and has 4 locations. I used to frequent the location in Summit while I was living in Springfield. It is counter service only. Therefore, it is casual and reservations are not required.

They are famous for a lot of their food choices, but I find all the burritos to be amazing. I especially like one of their burritos named Spicoli. Everyday they have different specials available. Other food choices I like a lot from there are, chicken or beef empanadas, Tito's favorite nachos, and their quesadillas. They also have excellent salsas. You have a choice of mild or hot. For an average size person 1 burrito is plenty for a meal. You can even cut a burrito in half and have enough to serve two people.

My only complaint would be that they don't deliver. They use Door Dash as their delivery service. I tried to place an order last week using Door Dash but they do not accept cash upon delivery. Only credit and debit cards are accepted for delivery.

When dining at the actual restaurant they have an excellent salsa bar. I am going there tonight for my birthday dinner and can't wait. My friend texted me this morning that their menu looks great. This will be my 3<sup>rd</sup> time having Tito's this week. The guys at my house also love Tito's Burritos. Although Tito's is not the healthiest, it is definitely worth treating yourself once in a while.

Thank you for reading and let me know if you decide to stop in.

***Review by Danny S.—Livingston, NJ***

# Sensory Art Group

Written by Alyson Guerriero, *Certified Occupational Therapy Assistant*

The sensory system involves our ability to tolerate gustatory (taste), visual (sight), auditory (hear), olfactory (smell), vestibular (balance), proprioceptive (muscles/joints), and tactile (touch) input on a daily basis. The sensory system provides a balance between our body and our brain in order to carry out everyday functions. However, when there is an interruption between one or more systems at a time, individuals may have difficulty interacting with life skills as well as their peers. During occupational therapy sessions, I work on integrating various sensory systems for a client that may require either more or less of a specific system in order to regulate their body. I have also noticed that art has played a significant role for our sensory system when working with our clients. With a minor in fine arts, I have always been interested integrating art into therapy sessions.



Shawna Gottshall (Therapeutic Enrichment Program Director) and I collaborated to provide a Sensory Art Group for our clients in the Life Skills Center. During art group we focus on several sensory systems including auditory, tactile, visual, olfactory, and proprioceptive input. Sensory Art group also provides the clients with the ability to interact with peers to promote socialization skills and overall cognition. Each month we are completing projects with an overall theme. For example, for the month of September we have completed art projects that have involved apples, leaves, and pumpkins. We have included aroma therapy oils such as apple, pumpkin pie, and grass to incorporate the olfactory sensory system. We have observed that some clients have a positive feedback to the aroma therapy as well as incorporating various sensory systems to our art projects such as a decrease in self-stimming behaviors, increased interactions with therapists and staff by making choices, and an overall increase in attention. Below are examples of how we incorporate several systems into the Sensory Art Group.



**Auditory Stimuli (Hear):** Attaching bells and maracas to paint brushes for auditory feedback when painting.

**Tactile Stimuli (Touch):** Providing the clients with various textures while completing tasks (i.e bubble wrap, yarn, blown up balloons/beach balls, textured balls, ice cube painting, electric toothbrush)

**Olfactory Stimuli (Smell):** Adding various aroma therapy oils to the paint (i.e apple, pumpkin pie, grass, fall harvest, cinnamon)

**Proprioceptive Stimuli (Muscles/Joints):** Utilizing various items to paint with that provides input through our joints and muscles (i.e stamping with flip flops, electric toothbrush, blown up balloons)

**Visual (Sight):** Every project we complete during art group is designed to be vibrant to increase their ability to tolerate visual input.





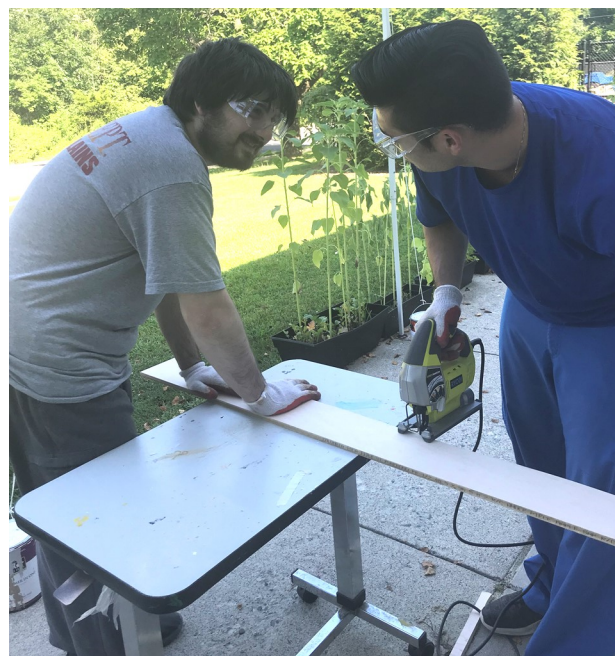


Our **Physical Therapy Team** hosted their **Annual Breast Cancer Walk**.

Clients and staff all gathered in their pink gear and took laps around the building in honor of Breast Cancer Awareness month. Participants all received certificates awarding them for the number of steps or laps taken.







# Shop Group

The team has built two picnic tables for the main rehab and has completed their first Adirondack chair!

**Left:** Edwin, Joe, and Brian working together to sand their newly assembled picnic table.

**Right:** Ryan and Cody cutting wood in preparation for their next table.





# Creative Expression

## The Fragrant Flower

The infinite colors  
Begin its life blooming  
All flowers are beautiful and delicate,  
With a fragrant aroma  
The glorious petals  
Brightens up the day  
The sweet smell  
Attracts life to reveal how pretty  
They've become.

**By: Maria Lynn**



**Above:** Our flowers showing off their vibrant colors before the warm months come to an end.



**Left:** Tosh's most recent piece of art work. He has spent weeks sketching the individual shadows and highlights prior to applying the paint.

## Artistic Expression

In my life, I was always told to be honest; upon reaching maturity, I learned to edit my language accordingly, while maintaining the same resolve. Thusly, during the onset of my disease, I began expressing myself through poetry.

It offers me the freedom to express myself without my language (expression) being curtailed (changed or guarded). When I began to write poetically, I felt free, and unburdened.

**By: Quinell**

## Dreams and Goals

Don't let your injury  
Stop you from achieving  
Your dreams and goals  
God's timing is  
Perfect. Right.  
Some day some how  
You will achieve them  
And those moments  
Will feel magical  
Dreams do come true.

**By: Niecey**



# ON THE JOB



**Above:** Jenn showing Willie & the rest of the group a good stretch.

Jenn recently obtained a job opportunity facilitating an aerobics group with our Tech Center clients. We did an interview with Jenn to learn more about her position. Here's what she had to say:

## **What is your job title?**

"An aerobics group facilitator for the tech center clients."

## **Can you describe the group to us?**

"The exercise group is one hour long. I do upper body exercises because all of the participants are in

wheelchairs, including myself. The participants are a group of clients who attend Universal in the Livingston location. It's a fun way to be active and reap the benefits of exercise. The benefits include strengthening your heart muscles and increasing blood circulation."

## **Why did you begin facilitating these groups?**

"I like helping people achieve their goals. My prior job, before getting rehab here, was working in a gym. I have a fitness certification and now I am using my knowledge to run the aerobics group."

## **Do you see yourself facilitating these groups anywhere else?**

"Yes, I would love to resume teaching exercise classes to others for their health benefit. I would love to teach in a local community setting."

# First Glance: A Look into the Future of cUIRated Gallery

The **cUIRated Gallery** has some positive new things coming its way. Our interviewer, Eric L., worked with Lauren, Community Enrichment Coordinator, to learn more.



**Eric:** What excites you the most about the gallery's future?

**Lauren:** Certainly all of the potential! I love the downtown, central location, as well as the unique and aesthetically pleasing vibe of the space. Definitely, what excites me the most is utilizing the awesome location to create a variety of community partnerships.

**Eric:** How will you make sure that people hear about cUIRated Gallery?

**Lauren:** I believe strongly in utilizing our client projects, word of mouth, social media, and future shows/events to get the word out that such a unique place exists! From my experience, once people from the community have the opportunity to work with our company and our clients, they tend to keep coming back for more.

**Eric:** What can we expect to see happen in regards to changes made at cUIRated Gallery?

**Lauren:** cUIRated Gallery will be transformed into a place of community involvement and creativity for our clients. I have a vision of collaborating with all different companies and organizations. I see us hosting shows, meetings, and creating volunteer and vocational affiliations based on the variety of interests of our clients.

**Eric:** Where do you get your inspiration from?

**Lauren:** Everywhere, but mostly from Universal clients. I'm inspired by the fulfillment that our clients feel when they are doing something that they love. All you need is energy and a vision; the sky is the limit!



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Michigan  
Artwork



Code EMP30

Etsy.com under TRCollections



30% Off  
Employee  
Discount

**Thank you all for reading!**

**A huge thank you to everyone who contributed to this edition. For more information on how to get involved in our Universal Newsletter, please email Tiffany Cabreja (Tiffany.Cabreja@uirehab.com).**