



First Colony Aquatic  
and Rehabilitation Center

2024  
**NEWSLETTER**

**HAPPY  
4<sup>TH</sup> OF JULY**

**CELEBRATING INDEPENDENCE: EMPOWERING  
SENIORS FOR FUNCTIONAL FREEDOM**

## Inside:

- Comprehensive PT Promotes Lasting Independence
- Delicious Recipe
- New Website!

SCAN THE QR CODE  
TO SCHEDULE YOUR  
APPOINTMENT TODAY!



**SUGARLANDPT.COM**



## CELEBRATING INDEPENDENCE: EMPOWERING SENIORS FOR FUNCTIONAL FREEDOM

As we gear up for the Fourth of July festivities, let's take a moment to reflect on the essence of independence—a value deeply cherished by all Americans. At First Colony Aquatic and Rehabilitation Center, we believe that maintaining independence is not just a celebration of freedom but also a crucial aspect of ensuring a fulfilling and enriching life, especially for our senior community.

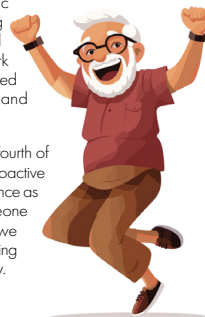
As we age, our bodies undergo changes that can sometimes challenge our ability to perform daily activities. From diminished muscle strength to decreased balance and flexibility, these changes can lead to functional decline if not addressed proactively. However, with the right approach and support, it's possible to maintain independence and continue to lead an active lifestyle.

According to the U.S. Census Bureau, by 2030, all baby boomers will be over the age of 65, comprising more than 20% of the total population. With this demographic shift comes an increased focus on promoting healthy aging and preserving independence among seniors. Here at First Colony, we are dedicated to helping our senior patients achieve these goals through personalized rehabilitation programs tailored to their unique needs.

### COMPREHENSIVE PHYSICAL THERAPY PROMOTES LASTING INDEPENDENCE

In addition to aquatic therapy, our comprehensive rehabilitation programs incorporate a variety of evidence-based techniques and modalities designed to address the specific challenges faced by seniors. From strength training and balance exercises to gait training and fall prevention strategies, our skilled therapists work closely with each patient to develop a customized treatment plan that promotes independence and enhances quality of life.

As we celebrate the spirit of independence this Fourth of July, let us not forget the importance of taking proactive steps to preserve and protect our own independence as we age. Whether you're a current patient or someone who has completed therapy with us in the past, we encourage you to prioritize your health and well-being by staying engaged in your rehabilitation journey.



COME BACK TO PHYSICAL THERAPY | [SUGARLANDPT.COM](https://www.sugarlandpt.com)

**SUGAR LAND**  
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**ROSENBERG**  
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**SPORTS THERAPY CENTER**  
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## DELICIOUS RECIPE

### JUICY LUCY BURGERS



#### Take action today by considering the following tips to maintain independence:

- Stay active: Engage in regular physical activity to improve strength, balance, and flexibility.
- Eat a healthy diet: Fuel your body with nutritious foods that support overall health and well-being.
- Stay connected: Maintain social connections and engage in activities that bring you joy and fulfillment.
- Follow medical recommendations: Attend regular check-ups and follow your healthcare provider's recommendations for managing chronic conditions.
- Seek support when needed: Don't hesitate to reach out for help when you need it, whether it's from family, friends, or healthcare professionals.
- This July, let's come together to celebrate not only the birth of our nation but also the resilience and determination of our senior community. Together, we can empower each other to live life to the fullest, embracing independence every step of the way.

Don't let functional decline hold you back – take the first step towards reclaiming your independence by scheduling a consultation with us today. We look forward to welcoming you back to First Colony Aquatic and Rehabilitation Center and helping you embark on your journey towards a healthier, more independent future.



#### INGREDIENTS

- 1 ½ pounds ground beef
- 1 teaspoon black pepper
- ¾ teaspoon garlic salt
- 4 slices American cheese (such as Kraft)
- 4 hamburger buns, split

#### INSTRUCTIONS:

1. Mix ground beef, pepper, and garlic salt together in a bowl until well combined. Form into eight thin patties, each slightly larger than a cheese slice.
2. Stack all cheese slices and cut into four squares. Place one small cheese stack in the center of a beef patty; cover with another beef patty and tightly pinch the edges together to seal around the cheese. Be sure to seal tightly, or the cheese will burst through when cooked. Repeat with the remaining cheese and patties.
3. Heat a large cast-iron skillet over medium heat. Cook patties in the hot skillet until well browned, about 4 minutes; they will puff up due to steam from the melting cheese. Flip patties, prick the tops to release steam, and cook until browned on the other side and no longer pink in the center; about 4 more minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).
4. Serve on hamburger buns.

REQUEST YOUR  
APPOINTMENT TODAY!



GET STARTED ON YOUR RECOVERY TODAY!  
CALL SUGAR LAND AT **281.226.9802**  
ROSENBERG AT **281.559.7429** OR  
SPORTS THERAPY CENTER AT **281.816.6093**

OR VISIT OUR WEBSITE  
AT **SUGARLANDPT.COM**

# WE HAVE LAUNCHED OUR NEW SITE!

**VISIT OUR NEW WEBSITE  
AT SUGARLANDPT.COM**



## PATIENT SUCCESS STORY

“My doctor recommended physical therapy for my hip pain. I called around a few facilities to inquire about my insurance coverage. First Colony Aquatic and Rehabilitation Center’s front desk was the only one that proactively contacted my insurance company and provided me with the details about my insurance coverage and my copayment. The therapist Ms Yen was very helpful. She evaluated my issues during my initial appointment, crafted the therapy plan, and guided me through the exercise. The short exercise videos available at the FCARC website or mobile phone app are very helpful to practice at home after the therapy session. The therapy helped alleviate my hip pain issue. Overall, I am very satisfied with the staff and service at FCARC and would recommend the facility for those who need physical therapy. **-W.T.**”

**SHARE YOUR  
SUCCESS STORY!**

## EXERCISE ESSENTIALS

### ANGEL ON BACK

Start by lying flat on your back with your arms straight down by your sides, your palms down, and your legs together. Slowly slide both arms straight up over your head and simultaneously slide both legs outward. Slide your arms back down and your legs back in. Repeat 3 sets, 10 reps each.



**By sharing your physical therapy success story, you can inspire others to find relief from their pain and start living a healthier, stronger, and more active life.**

**Scan the QR code to visit our review page and share your success story with others.**

