

# TRIO



REHABILITATION  
& WELLNESS  
SOLUTIONS

MAY  
25

EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



## BOOKS

*what we're  
reading*

- » *The Teaching of Talking* by Mark Littleman: Conversational and practical guide for adults with aphasia or dysarthria.



*featured  
google review*

"My surgeon insisted I go to TRIO for my PT, not geographically desirable for me. BUT I now understand why and am so glad to make the trek!! The therapists are highly experienced and specialized in their respective field and provide excellent care. The facility offers ample free parking in a park-like setting. Thank you, TRIO, for your patience, care, and kindness!" - Estella Laguna

# “

*words of wisdom*  
CORNER

"A setback is a setup for a comeback."  
Willie Jolley



## Unleashing Potential with PWR! at Trio Rehabilitation & Wellness

At Trio Rehab, we're proud to offer **PWR!** — a cutting-edge, research-based exercise program specifically designed for people living with Parkinson's disease. PWR! builds on the science of neuroplasticity to improve movement, strength, balance, and function through purposeful, high-effort, and high-amplitude exercise.

Each session incorporates the **PWR!Moves**, a set of powerful, foundational movements (UP, ROCK, TWIST, STEP) that can be tailored to any ability level and applied to everyday life. Whether someone is newly diagnosed or has been living with Parkinson's for years, PWR! provides tools to **retrain the brain and body**.

### What makes Trio Rehab's PWR! classes unique?



**Neuro-trained instructors** with certifications in Parkinson-specific approaches



**Community connection** that fosters motivation and joy



**Multidimensional care** that targets both physical and cognitive challenges



"PWR! has helped me move with more confidence and less fear. I feel stronger every week." - Trio Rehab participant

We believe **movement is medicine**, and with the right tools and support, every person with Parkinson's can thrive. Join us and see the power of PWR! **Now enrolling for spring sessions!** Learn more at [triorehab.com](https://triorehab.com), or call 830-266-9539.

## HAPPY WORK ANNIVERSARY!

In recognition of her one-year anniversary as Referral Coordinator, we celebrate Evelyn and the contributions she has made over the past year.



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### our vision

Provide individualized therapy in order to improve all persons quality of life.

### our mission

Trio Rehabilitation & Wellness Solutions provides Physical, Occupational, and Speech Therapy for adults in a one-to-one setting.

Our experienced therapists will teach you how to improve independent function and fully participate in life.



Provide personalized care.  
We provide individual treatment plans.



Never overbook or leave our patients unattended for long periods of time. We care about our clients and their time.



Receive ongoing education and training to ensure we stay up-to-date on the latest and best treatment programs available.



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## WHY IT'S AMAZING TO HAVE FOUR STROKE REHAB EXPERTS IN ONE CLINIC

*Big news!* Our clinic now has *four therapists* who are specially certified in stroke recovery. This special training is called CSRS™ (Certified Stroke Rehabilitation Specialist), and it means they've gone above and beyond to learn the best ways to help people recover after a stroke.

Here's why that's a big deal:



**Smarter Teamwork:** Our therapists work together, sharing ideas and strategies to give you the best care possible.



**Consistent Quality:** No matter which therapist you see, you're getting care from someone with expert-level training in stroke recovery.



**Better Results:** With advanced techniques, we can help you make progress faster—whether it's walking, using your arm, or speaking more clearly.



**Stronger Support:** You're not alone. Our team is here to guide you every step of the way.

If you or someone you love is recovering from a stroke, this is the place to be.



**READ MORE HERE**

## MAY IS NATIONAL SPEECH-LANGUAGE-PATHOLOGIST MONTH!

We're proud to recognize May as Speech-Language-Pathologist Month, a time to highlight the essential role of Speech-Language Pathologists (SLPs) in supporting communication, cognitive health, and swallowing safety.

For many older adults, changes in speech, memory, or swallowing can affect quality of life and independence. SLPs provide targeted care to help individuals regain communication skills, manage voice or language disorders, and reduce risks associated with swallowing difficulties.



This month, we honor our dedicated Speech Language Pathologists, Karen Ross MS, CCC/SLP and Kristi Pelletier SLP, for the expertise and compassion they brings to every patient interaction. Thank you for helping our patients stay connected and thrive!

## let's be social



Did you know we have a Facebook and Instagram account?

[Facebook: @triorehabilitationandwellness](https://www.facebook.com/triorehabilitationandwellness)

[Instagram: @triorehabwellness](https://www.instagram.com/triorehabwellness)

Hit like and follow!



## REQUEST AN APPOINTMENT HERE

We provide the following services:

- ✓ Physical Therapy
- ✓ Occupational Therapy
- ✓ Speech-Language Pathology
- ✓ Vestibular Rehabilitation (Dizzy Therapy)
- ✓ LSVT Big & Loud (Parkinson's Disease Therapy)
- ✓ Pelvic Floor Therapy
- ✓ Stroke Rehabilitation (Stroke Certified)
- ✓ Swallowing Therapy
- ✓ Certified Hand Therapy (CHT)
- ✓ Cognitive Therapy
- ✓ Lymphedema Therapy
- ✓ Dry Needling