

A NOTE FROM DR. LEMONS...

Wow! What a start to the New Year. Covid-19 has had a major impact on everyone from our school children to our senior citizens. The economic impact is mind bending and in my opinion is not the major problem. Social distancing, fear of the virus and, what appears to be, some who are taking advantage of the situation to further their own agenda. All of this causes a great increase in the level of stress for everyone. As we teach at our Center, "stress is like pouring gas on a fire." Stress effects chronic pain as well as all other medical conditions. If one does not have good stress management techniques, the medical condition continues, often gets worse and spreads. This is based on physiological facts that are activated by the stress response. All of this makes it crucial for everyone to have adaptive methods to cope with the stress in our lives.



1st Quarterly Newsletter 2021

COVID - 19

With new safety measures and the same compassionate whole-person care we are known for, you can feel confident you and your loved ones are safe and protected in our care. As the global situation with the novel coronavirus (COVID-19) continues to develop, we have regularly monitored the latest recommendations from the Centers for Disease Control (CDC) and county public health websites. We have implemented the following routines to protect the health and safety of our clients and staff:

- ✓ Daily Temperature checks and questionnaire
- ✓ Mask Mandates followed per County/State level requirements
- ✓ Regular Hand Washing required
- ✓ Daily Cleaning throughout office
- ✓ Individual designated areas and storage for all clients
- ✓ Daily & Weekly linen changes
- ✓ Limited visitations from individuals outside of the Lemons Center



Did you notice the name change? 🐼

What is Chronic Pain Rehabilitation?

Chronic pain is multifaceted and therefore requires a multidisciplinary approach to treating chronic pain. Our team works very closely with one another for an individualized treatment approach. Chronic pain rehabilitation is exactly what our clinic has been doing for many years now, but the name change better describes us.

RELAX, JUST RELAX

Practicing relaxation before bed can help you fall asleep easier and achieve more restful sleep. Try some of these...

Breathing exercises
Taking a warm bath or shower
Praying

Reading
Having a light snack
5 minutes of yoga or stretching

Writing in a journal
Listening to soothing music
Guided Imagery