

In Touch

Newsletter

"Little Hands, Big Achievements"



The Spotlight

Deanna has been a speech pathologist assistant for three and a half years. She graduated from Lamar University where she received her B.S. in communication disorders. She began her career working for HISD and has enjoyed working in both of the settings she has worked in, but home health with Personal Touch Therapy feels "like home" to her.

Deanna was born and raised in Houston and is the youngest of three girls. She has a three year old son, Lex (short for Alexander), who is the greatest thing in her life. Deanna's favorite movie is The Notebook, and any movie that a man has to secretly admit to loving is pretty awesome too. Deanna's favorite sport is volleyball which she received a scholarship for! Volleyball has given her the opportunity to travel all over the United States, and now a dream of hers is to one day visit Greece. She also enjoys cooking, exercising and watching TV. She's a sucker for prime time TV and her DVR is full.

Note from Deanna: My experience at PTT has been one of many emotions, many smiles, a couple of tears and love. It's an experience that I am truly thankful, grateful, and blessed to have. I have the most amazing supervisor who acts as a boss, mentor, and friend, and I love her dearly. Relationships and bonds I've made with the families of the children I see, I wouldn't trade for the world. The friendships I've made with other employees at the company hold a special place in my heart, and the experience and knowledge that I've acquired is priceless. I started with PTT when it was a baby company, and I am proud of how it has grown, and excited to see what the future holds.

"Guard your heart, for everything else and all that you do, flows from it."

Proverbs 4:23

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Food For Thought

During the course of a year, the typical American consumes about 24 pounds of candy! This converts to 48 cups of sugar per year from candy alone. Break that into teaspoons and you get 2,304! That's a lot of sugar. The USDA recommends that children get <3 teaspoons of sugar per day, women get <5 teaspoons and men <9 teaspoons.

Keeping that in mind, here is the sugar content for some common Halloween candies:

- **Butterfinger Fun Size bar:** 10 grams (2 ½ teaspoons)
- **Mini Twix (3 pieces):** 15 grams (3 ¾ teaspoons)
- **Reese's Peanut Butter Pumpkin:** 16 grams (4 teaspoons)

For less sugar, try swapping those choices for sugar free gum, Three Musketeers (fun size), or one peanut butter cup.

What's your favorite Halloween treat?

OCTOBER 2013 www.PersonalTouchTherapy.net						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5 
6	7	8	9	10	11	12
13 	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 		

October Birthdays!

- ❖ Sara Raasch – October 1st
- ❖ Luisana Hernandez – October 13th
- ❖ Gilda Treviño – October 17th



Feedback

Personal Touch Therapy welcomes your comments and opinions. You can contact us via the following:

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Announcements

We've now made it easier than ever for you to submit referrals! Visit our website www.PersonalTouchTherapy.net and by clicking the referral tab you will now see an online referral form that is incredibly user friendly and so easy to complete. All you will need is the patient and physician information and you're done! We do all the leg-work! Should you have any questions about this process please feel free to call our Office Manager, Lynn Menzies at (713)510-0489 or <mailto:lmenzies@personaltouchtherapy.net>. Thank you for your referrals and for the opportunity to serve your patients as our own!



Register for the [2013 Komen Houston Race for the Cure®](#) and join 26,000 participants helping to eradicate breast cancer on Oct. 5, 2013 in downtown Houston.

Individuals can still register online for the 23rd Annual Komen Houston Race for the Cure until Friday, Oct. 4, but will be required to pick up their Race packet at the walk-in registration location, Ikea Houston. Checks, credit cards and money orders will be accepted with proper identification.

Registration will be open the morning of the Race at the designated tent from 6 to 7:30 a.m.; only cash and checks will be accepted on Race day. All Race participants will assist Komen Houston in continuing its commitment to raise funds and awareness in the fight against breast cancer.

The 23rd Annual Komen Houston Race for the Cure® is sponsored locally by Marathon Oil Corporation and hopes to raise more than \$4 million for breast cancer research, education, screening and treatment to be used right here in Southeast Texas.

www.Komen-Houston.org

Personal Touch Therapy Sudoku

9			5	1	8		7	4
	5	4				8	1	9
6		8	7	9			5	
	4	7		8			9	6
2		1	6	5		4	3	
5	9		4	7	3			
4		9		3	7	1	2	5
		2		4	5		6	
	3	5	9	2	6		4	

***For the solution to the Personal Touch Therapy Sudoku visit our Instagram page!**

LET'S GET SOCIAL!

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