

Live Well

April 2026

Provided by The Glienke Agency, LLC



E-Scooter Safety Tips

While e-scooters may seem like a fun and casual way of getting around, they can involve significant risks. Commit to the following safety tips:

- **Put in practice time.** Take at least a few minutes to get the hang of handling a scooter, especially before riding in high traffic areas.
- **Consider your equipment.** Make sure you wear a helmet while riding, and consider donning bright colors or reflective gear to help motorists see you.
- **Obey traffic laws.** Adhere to local regulations regarding scooter use, such as riding in the street or using bike lanes.
- **Ride responsibly.** Use defensive driving tactics, as scooters offer little protection against collisions. Never share a scooter with another person.



Celebrating National Donate Life Month

Since being established by Donate Life America in 2003, National Donate Life Month has strived to raise awareness and encourage Americans to register as organ, eye and tissue donors. This annual campaign also focuses on honoring those who have made such gifts.

Why Donating Organs Can Be Important

There are over 100,000 people on the national organ transplant waiting list. According to the American Society of Transplantation, every organ donor has the ability to save as many as eight lives by registering.

What to Know About Registering

Being a registered organ donor refers to what is known as deceased donation. This means that you agree to donate your organs and tissue after your

death. Alternatively, approximately 6,500 living donations take place each year, such as a donor giving away one of their kidneys or a piece of their liver.

One of the simplest ways to register as an organ donor is to express your desire to do so when receiving your driver's license. Alternatively, you can go to organdonor.gov and click on your state to be guided through the appropriate steps.

Learn More

[Click here](#) to learn more about National Donate Life Month or to get additional information on donor-related topics.

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Understanding the Benefits of Occupational Therapy

April is National Occupational Therapy Month in the United States. This annual campaign recognizes the essential services and dedication provided by occupational therapists and highlights their impact on patients' daily health and quality of life.

What Is Occupational Therapy?

Occupational therapists and their staff play an essential role in helping people of all ages and with varying health conditions, such as illnesses, injuries or disabilities. Patients can learn to manage various daily tasks, pursue exciting new aspirations and reclaim their independence.

How Can It Help?

Whether you have children who need some extra help or are recovering from an accident and attempting to retrain your mind or body, occupational therapy can make all the difference. Specifically, it may help with the following:

- Bathing
- Dressing
- Eating
- Fine motor skills
- Coordination
- Time management
- Organizational skills
- Regulating emotions

In addition to helping patients learn and develop life skills, occupational therapists can assist with and make recommendations regarding outfitting your home with essential equipment and resources, such as stair lifts, shower chairs and other devices intended to make daily living easier.

Learn More

For more health and wellness resources or additional information on occupational therapy, contact us today.

Celebrate National Walking Day With a New and Healthy Hobby

The first Wednesday of every April is marked as National Walking Day. Established by the American Heart Association, this initiative encourages people of all ages to get out for a stroll.

Although it may not seem like the most vigorous form of exercise, taking regular walks can have many health benefits, including:

- Weight loss
- Improved cardiovascular fitness
- Reduced heart disease and cancer risk
- Stronger bones and muscles
- Increased energy levels
- Improved mood and mental health
- Strengthened immune system
- Lower stress levels
- Better sleep patterns
- Improved balance

Additionally, taking walks can help encourage you to get outdoors and present ample opportunities to socialize or catch up with friends and acquaintances.

Reach out today for more information.