

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



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From the Desk of Chris Gordos

Heroes:

When I was a little boy, I had sports heroes. Others have music, artistic, Hollywood, and other forms of heroes. These heroes are people who can run fast, jump high, play an instrument in amazing ways, are on TV or movies, and are capable of many other improbable human feats that as children are nearly impossible to even try to recreate. The problem with these “heroes” is that rarely does one get to meet these people. Even if we do meet them, we may be let down by the interactions we have with them. They often do not live up to the pedestal we put these people on in our own minds.

One of the Batman movies was on at work the other day and Batman makes the comment that heroes are people who put a coat on a young boy and promise him that the world is not coming to an end. Heroes are the local volunteers for the fire department who leave work, wake up in the middle of the night, and leave family parties and functions to help those of us in need. Heroes are the retired people who volunteer their time to help a child who is unable to read or perform math pass their next test at school. Heroes shovel the driveways of their neighbors who are sick, away, or incapable of shoveling snow. Heroes go overseas to defend our sense of freedom even if the people they are trying to help do not want them to be there.



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Often heroes are people in our own lives, at any age that we do not appreciate fully until they are gone. I lost one such hero in January. My Grandmother Lillian passed away at a great age of 93. She was a hero to me, my family, and her local community because of the lessons she taught us, her willingness to listen, and her conviction to always do what was right no matter what anybody else thought. She was a hero because she often put into action the idea that everybody around you is more interesting than yourself, and all they want you to do is to acknowledge their accomplishments.

So I have a favor to ask of each of you: If you have such heroes in your lives, take a moment and say thank you and tell them that you appreciate their sacrifice for you and your loved ones. You may not get another chance to say thank you. My Grandmother told me one of the worst things in life is regret. You cannot go back in time to redo those lost opportunities. In honor of my hero, I'd like to share the poem I wrote for her a few years ago.

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From the Desk....

The Matriarch

She led the family:
Against long odds through the dry Serengeti
known as perseverance;
Toward the watering-hole of fulfillment;
To the oasis in the desert entitled hope.
Through birth and death,
love lost, and friends found.
She is the Rock of Stability.
The true wisdom and knowledge
that only Life's experiences can impart.
Her Love warms us,
and her Joy lights our way.
She is the eternal candle of kindness.
She is today's missing Hero.
She taught us all the meaning of family.
Most know her as Lillian.
I simply call her:
Grandma.



RETURN TO GARDENING



When springtime arrives and our gardens are calling, we must remember that the most important gardening tool we have is our body. The first few mild weekends send many people outdoors to tackle raking, mowing, weeding and gardening. Inactivity during the winter months can increase the chances of injury. Thirty minutes of yard work provides great health benefits, including increased flexibility, strength, and endurance. So get out there, but follow these tips to help avoid aches and pains caused by gardening.

BEFORE YOU BEGIN..WARM-UP & STRETCH!!!

- Warm-up activities may include a 5 minute walk or easy raking to warm-up your muscles.
- Start with gentle stretching of the arms, legs, and back before gardening. Tight musculature may restrict movement and forceful movement may cause a strain to a muscle or sprain to a ligament.
- Hold each stretch for 30 seconds.
- Strength is important to back care and helps with stabilization of the spine.

TIPS FOR SPECIFIC OUTDOOR/GARDENING ACTIVITIES

Raking: Keep your tools close to your body and back straight; use your arms and avoid twisting your trunk; use long-handled tools suited to your height.

Weeding or planting: Do not bend from the waist. Squat or kneel on a kneeling pad and use the support handle for assistance when getting up from the ground. Use long-handled tools to avoid stooping or kneeling. Squat or sit when using a trowel.

Digging or shoveling: Insert the head of the shovel vertically into the ground, step on the base, and lift small amounts at a time. Bend your knees and use your legs, not your back, to lift the load. Do not twist. Use a smaller shovel so you do not lift loads that are too heavy.

Lifting or carrying: Bend your knees (not your back) keep the load close to your body, do not lift items that are too heavy for you to handle. Use a wagon or a wheelbarrow to transport supplies or carry heavy items.

Pruning or trimming: Get as close to the tree or bush as possible, use a step-stool or ladder if you are pruning or trimming above shoulder height. Your hand should remain in line with your forearm, grip the tools lightly to avoid injury.

STOP BY THE OFFICE FOR A COMPLETE STRETCHING AND STRENGTHENING EXERCISE PACKET



Slow Cooker Steak & Guinness Pie

Ingredients:

1/4 cup flour
 Kosher salt and freshly ground black pepper
 2 lb boneless beef chuck, trimmed of excess fat, cut into 1-inch pieces
 2 large carrots, cut into 1/4-inch-thick rounds
 1 large yellow onion, coarsely chopped
 3 large cloves garlic, minced
 2 sprigs fresh thyme
 12 oz Guinness (or other stout)
 1 cup beef broth
 2 large russet potatoes (about 1-1/2 lb), washed and cut into 1-inch cubes
 Nonstick cooking spray
 1 sheet frozen puff pastry (about 9 oz), thawed overnight in the refrigerator



Directions:

1. In a large bowl, combine the flour, 2 tsp salt, and 1 tsp pepper. Toss the beef in the flour mixture to coat. Transfer the mixture (including excess flour) to a 6-quart slow cooker and then add the carrots, onion, garlic, and thyme.
2. Slowly pour in the Guinness and then stir in the beef broth. Cover and cook on low for 6 to 7 hours or on high for 4 to 5 hours. Add the potatoes and continue cooking until the meat and the potatoes are fork-tender, about 1 hour more.
3. Position a rack in the center of the oven and heat the oven to 375°F. Line a large rimmed baking sheet with the parchment. On a lightly floured surface, roll the puff pastry sheet into a 10×14-inch rectangle. Put it on the prepared baking sheet and bake until golden-brown, 15 to 18 minutes. Remove from the oven, let cool slightly on a rack, and cut into quarters.



Happenings from IMG-PT

We welcomed Cesar Avila to our staff of employees in January. He is our newest aide. He is a resident of the Fleetwood School District and is currently going to Alvernia.



Congratulations to Claire M. on her many accomplishments since August 2016 when she graduated with her Physical Therapy degree from University of South Florida. She passed her boards for her license in October 2016 and then went with her sisters to the Bahamas to celebrate!! When she returned to reality she started working at a rehab facility in Tampa. We wish her well with all her future plans.

Jon L. graduated from Temple in May 2016. He and his wife, Krystal and daughter Willow, welcomed Maile (Miley), September 15, 2016.



And the reason why most of you are excited for March: **March Madness is BACK!!!** Will Eric and Chris or the Aides have to do something embarrassing? This is the last chance for Kaylie and April to win and make Eric and Chris do something embarrassing. We need your votes and ideas on the reward/punishment for the losing side. Here are some ideas, please vote or send in your suggestions:

Eric: Cookie Monster Onsie
Chris: Dressed up like Old Man River

The Mary Kay Bet: The winner gets to put makeup on the loser.

Aides: Embarrassing Female Duo outfits (some examples below)
Tweedle Dee and Tweedle Dum
Anna and Elsa
Flinstone Females
Game of Thrones Females
Looking for suggestions

IMG-PT



S E N D P R J E Z A C G S K S
 T T U D G O K X P M N X T A E
 R B N M A I L R R I P K N Y D
 A T W E B B I E N F T F E L I
 M M S M D L D I D R S B I I A
 P I R I D U A E E A C Z T E T
 O A V F R T T A N I N Z A E S
 L M X P R H D S R I X C P N E
 I A L E X M C E J P S P I I U
 N N T S I P A R E H T E L N A
 E N E L E C T R I C S T I M G
 E F L B I C Y C L E R A S E C
 A E U S C N H E A T T L R P B
 F L K N E S G M A V H M B U I
 E U G F V D T N O E F P F Y W



AIDES
 BICYCLE
 DENISE
 ERIC
 ICE
 POLE DANCING
 TRAMPOLINE

APRIL
 CESAR
 ELECTRIC STIM
 FUN
 KAYLIE
 STUDENTS
 TREADMILL

ARMBIKE
 CHRIS
 ENTERTAINING
 HEAT
 PATIENTS
 THERAPIST