

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



November 2019

From the Desk of Andrea Miller

Hello everyone! I hope this newsletter finds you all in good health, refreshed, and loving this fall weather! I will admit that I am feeling more refreshed than I have in a long time as the IMG-PT staff was kind enough to let me get away on two excursions in the past month and a half. My first excursion was to Greece with two of my cousins. (Yes, I left my husband behind with my fur children). My second excursion was a road trip up to New England with my husband. So why am I divulging this information to all of you? Well, getting away from the "Vortex" always gives me time to reflect and honestly grow more appreciative of my everyday life, and I wanted to share some of those reflections and lessons that I have learned with you.

First of all, going to Greece was the first time I have ever been out of the country. This was slightly terrifying but as long as I had my passport and my cousin along (who is an avid traveler) I'll be okay, right? I quickly realized that navigating an airport and using a passport is not nearly as stressful as I thought it was going to be. Lesson #1 to myself- stop stressing about the small things and letting that fear stop you from trying new things.

I will admit that my first impression of the locals was not the greatest but I then realized that this was my own fault as A) I was grumpy from not sleeping on a 10+ hour plane ride and B) I was the one who failed to learn any Greek; therefore, my ability to order my coffee correctly was limited. Lesson #2- I need to decrease my daily caffeine intake and #3- take the time to learn basics in any language prior to traveling to a new country. Your effort goes a long way with most locals.

Lesson #4- not all plumbing is created equal. I won't go into too much detail but basically you cannot flush toilet paper in Greece, you cannot drink the water, and most showers do not have walls...

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On a more pleasant note, the food and drink in Greece were to die for. We never had a bad meal and meals were never rushed. In fact, most meals took at least 2 hours. Lesson #5- stop rushing meals, especially while with friends and family! Take that time to really talk to each other and put the phones away! The digital world can wait.

Athens, Mykonos, and Santorini were all beautiful in their own way. Athens had the Ancient Ruins, Mykonos had the old Windmills and crystal-clear beaches, and Santorini had the most incredible views of the entire island and was also home to the Blue Dome churches. Lesson #6- appreciate every little thing you see, touch, and hear. Live in that moment as you will truly never get it back or get to experience it again in the same way again.

Although New England didn't have those crystal-clear beaches and Blue Dome churches, it did have some amazing food, views, colors, and people! Andrew and I had a very busy trip as we only had about 1-2 days in each location and then spent a lot of time driving. We were blessed, however, to have had the opportunity to spend time with some of Andrew's family in the Finger Lakes and one of my cousin's and his fiancé in Boston. When we couldn't stay with family members, we tried to do some neat AirBNB experiences instead of staying in hotels to indulge in the culture as much as possible.

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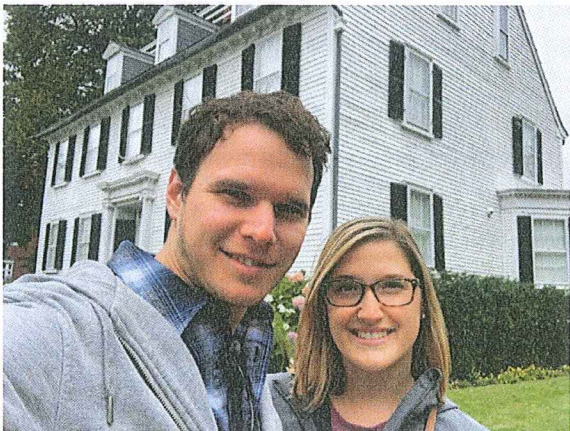
We made sure that in each location we tried out the local favorites for food and drink and of course had to do the most touristy things, such as walking the Freedom Trail in Boston, having a full lobster in Portland, and doing the Salem Witch Museum and ghost tour in Salem. And of course, being fall in New England, we also got to experience the foliage, which is something Andrew and I had both dreamed of seeing. Although the weather didn't always cooperate, we were still able to enjoy the amazing colors, and most importantly, each other's company. What I left out prior to this was that Andrew and I were also supposed to visit Cape Cod. We didn't make it as I admittedly got home sick. Lesson #8- there's no place like home.

I'm sorry this is such a long opener to the newsletter but like I said, I am more refreshed which has given me a lot more energy and excitement in getting back to my "normal, every-day routine", including work duties. I realize that not everybody feels this way, but I encourage all of you to find what refreshes you and gets you excited about every day! If you are unable to do those things due to pain, weakness, or mobility restrictions, let us help you! Get refreshed and energized again!

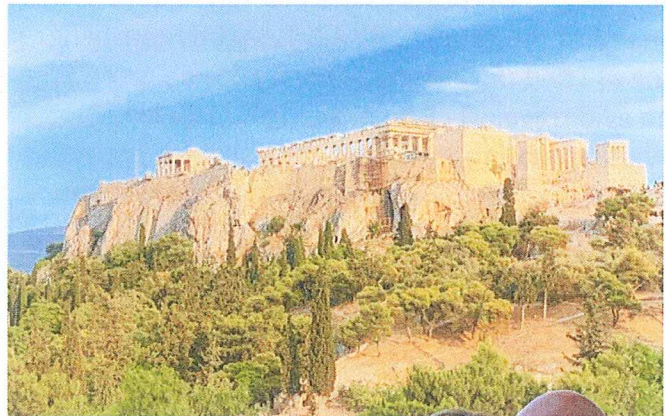
Mention "getting refreshed" for a free screen when you call us at (610)-944-8140! Openings are limited so call soon!

Wishing you all a Happy Thanksgiving from our family to yours!

P.S. Don't forget to stop in and see our Christmas display following Thanksgiving! Complete with Eric's awesome train display and my personal favorite, the rotating Christmas tree!



Salem- Hocus Pocus house



Acropolis



Santorini



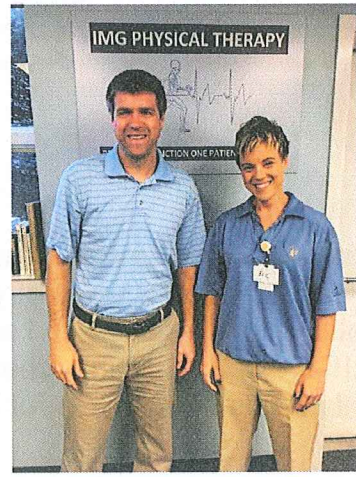
Mykonos windmills



Three Blind Mice-Jordan, Meghan and Andrea



Briley (4) and Mason (7)



Eric & "Eric"



Andrew (18), Mackenzie (15) and Maddie (12)



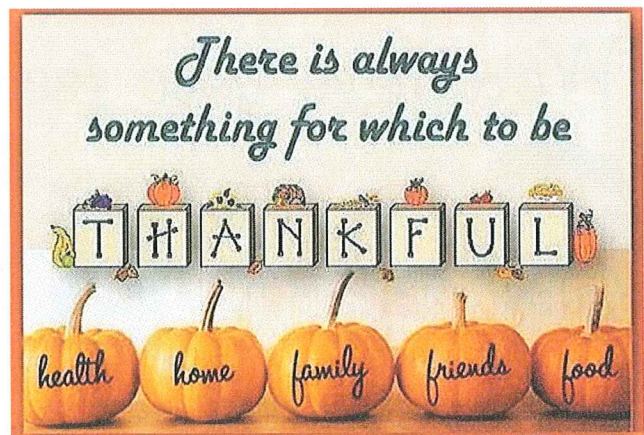
Shaylie (5) and Kendall (7)



Jacob (11) and Jordan (9)

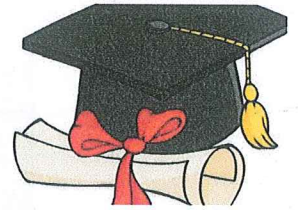


Donovan (10), Ellie (9), Layda (10)





THEY DID IT!!



"IMG staff are a fantastic group of people. They are always prepared when I arrive and always willing to work with my schedule. I would highly recommend them for all your PT needs."

Nancy B. 10-24-2019

" I have been to a lot of PT offices, this by far is the best learning experience I've had. I'm grateful to have come and to meet all of you wonderful people. Thanks!"

Joan W. 9-12-2019

IMG-Physical Therapy
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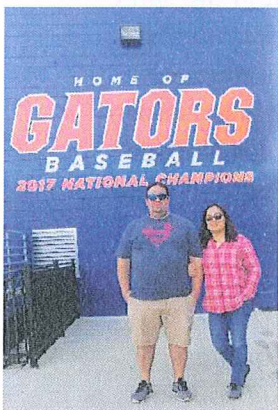
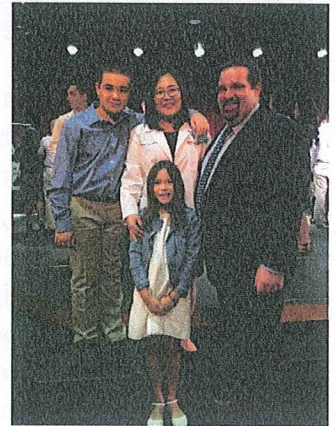
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Say Hello To: Eunjung Smith

also known as **EJ**

Hello! My name is Eunjung Smith and I usually go by EJ. I am a 3rd year PT student at Alvernia University. I will graduate in May 2020! I joined IMG in October for my 3rd full time clinical internship for 12 weeks. I live in the Reading area with my husband, Josh and two kids, Jacob and Jordan. I have been always interested in Movement Science and wanted to study Physical Therapy after taking my son to Physical Therapy for his torticollis. I appreciated Physical Therapists for helping people to improve their movement and function with therapy and education

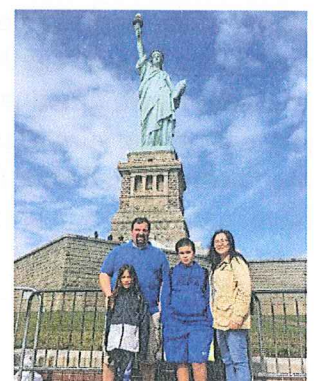
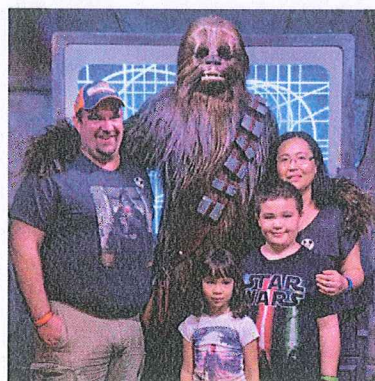
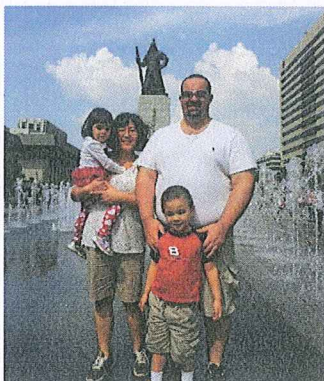


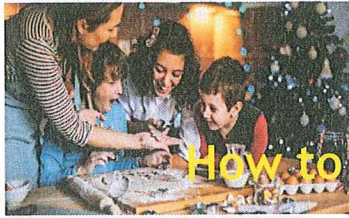
I was born and grew up in Seoul, South Korea. My whole Korean family: 93 years old grandma, parents, two older brothers, and their family still live there. (I am a kind of black sheep of the family!) I went to Seoul National University and studied Chemistry at Undergraduate and Master program. In 2006, I came to the U.S. as an exchange student at University of Florida and I met my future husband, Josh in a Chemistry lab. He was a Chemistry student in Ph. D program. Josh taught me “Beer Thirty” and rules of football. We enjoyed watching baseball and football games. Go Gators!

In 2007, Josh started teaching Chemistry at a college in Savannah, GA and we married next year. I have been a stay-at-home mom for 8 years since Jacob and Jordan were born in Savannah. In 2011, we moved to Dayton, OH since Josh began working as a researcher at the Wright-Patterson Airforce base. In 2015, we moved to Berks County, PA when Josh got a job teaching Chemistry and I went back to school to study Biochemistry at Alvernia University.

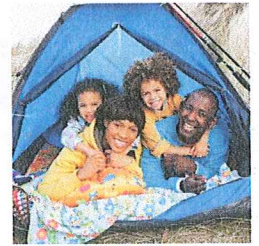
In 2017, I got admitted to the Doctor of Physical Therapy program at Alvernia University. While I enjoyed taking classes and learning, I also loved volunteering at a Pro Bono Clinic as a student council member and at Parkinson’s exercise program. Last September, I received the 2020 Servant Leadership award at the White Coat Ceremony, which was an honor. Without my family’s support, I could not have studied Physical Therapy and served the community.

I hope that we have settled in the Berks county for the rest of my life. (No more moving!!!) However, we love traveling all over the U.S. from the east coast to west coast and beyond. Especially, we cannot wait to make a trip to Seoul, South Korea next year after my graduation!!!





Staying Connected



How to Keep Your Family Close in a Busy World

If you feel like you've hardly seen your kids since the school year started, you're not alone. Americans are way too busy - from childhood onward, we're always running hither and thither, packing in as many after-school activities, work-related meetings, and social engagements as possible. It's a problem so pervasive that it has a name: time scarcity.

Families feel time scarcity keenly after school starts in September, when children's schedules explode with engagements. But all hope for close ties isn't lost; there are ways to stay connected with your spouse and kids, even in an increasingly busy world. Here are some ideas from counselors, teachers, and psychologists who claim to have mastered the art.

Remember Your Rituals

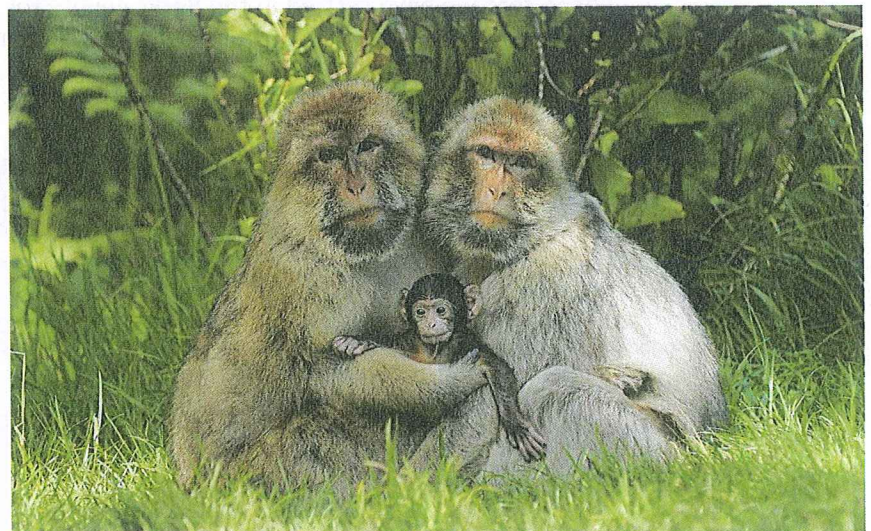
Rituals make up the backbone of individual families and society at large. Most people wouldn't dream of abandoning their holiday traditions, so why forgo the smaller rituals that bring families together? Whether it's eating dinner at the same table each evening, watching a movie together every Thursday night, or going on a monthly getaway, make sure these traditions aren't canceled. If your family doesn't have many rituals, a great way to connect is to start some.

Make Every Moment Count

As cliché as it sounds, when you don't have much time together, it's crucial to be present for every minute of it. If you have a rare half hour at home with one of your kids, make a point to spend it in the same room and try to start a conversation. If you squeeze in a romantic dinner with your spouse, turn off your phones before the food comes. Listening to each other without distractions will strengthen your relationship.

Hug It Out

Physical contact is vital for closeness. When you get the chance, hug your kids, hold hands with your spouse, and do physical activities as a family, like hiking, biking, or even playing group sports. It's been scientifically proven that physical closeness leads to emotional closeness, so if you're low on time, take advantage of that shortcut!



Pumpkin Whoopie Pies

INGREDIENTS

3 c all-purpose flour
1 tbsp. pumpkin pie spice
1 tsp. kosher salt
1 tsp. baking powder
2 c packed brown sugar
1/2 c vegetable oil
1 c (2 sticks) butter, softened, divided
1 (15-oz) can pumpkin puree (about 2 c), chilled
2 large eggs
3 tsp pure vanilla extract, divided
8 oz cream cheese, softened
3 c powdered sugar
2 tbsp maple syrup



YIELDS: 16

INSTRUCTIONS

1. Preheat oven to 350 and line two large baking sheets with parchment paper. In a medium bowl, whisk together flour, pumpkin spice, salt, baking powder, and baking soda.
2. In a separate large bowl using a hand mixer, beat brown sugar, vegetable oil, 1/2 cup butter, pumpkin puree, eggs, and 1 teaspoon vanilla until smooth. Add dry ingredients and stir until combined. (the dough will be sticky and soft.)
3. Using a medium cookie scoop, scoop dough onto prepared baking sheets, leaving at least 2" between each cookie. Bake until springy to touch, about 15 minutes. Transfer cookies to a cooling rack to cool completely.
4. Make filling: In a large bowl using a hand mixer, beat together remaining 1/2 cup butter and cream cheese. Add powdered sugar, maple syrup and remaining 2 teaspoons vanilla and beat until fluffy.
5. Spread filling onto the bottoms of half of the cookies. Place the remaining cookies, bottom side-down, on top. Serve immediately or store in fridge in an airtight container for 2 to 3 days.

*Happy Thanksgiving
from Owl of Us!*



Hollbrook