

PT HAPPENINGS



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November 2020

From the Desk of Eric

Filling the Bucket.....



Hello All,

I hope this newsletter is finding everyone and their families safe and healthy. I can't believe that I am already writing the November news letter, where does the time go? Fall is my favorite time of the year, mostly because that is soccer season for me and my kids. Also I love the cooler weather and the changing leaves and fall colors.

This year I find myself taking on a new challenge for the fall during the Covid-Pandemic. I am sure some of you have also taken on this same role. What am I talking about you might ask? I have become a part time at home teacher, with a lot of the assistance from my daughter's teachers. I thought that this was going to be a very challenging task, given that I have a 6 year old and an 8 year old. My 8 year old is doing well, but as most of you might have guessed the 6 year old has the attention of a gnat. She would rather be doing anything other than listening to her teacher on the computer, and that includes drawing on her pants, playing with the light on her desk, folding paper, pulling things off her desk, and staring out the window among many other things. Having had this experience I know that I am very thankful for teachers and all that they do and put up with on a regular basis. While trying to keep my 6 year old from drawing on the wall next to her desk, I was impressed with an idea that the kids were working on. The task was to color a picture of a bucket, and the teacher was talking about filling the bucket with kindness. The analogy was that by doing or saying nice things to others that would fill their bucket and help them to have a better day and lift others up. I know that this seems like a very basic concept, but thought it would be good for me to try at the office over the last month. My co-workers were surprised at some of the nice things I was saying to them, and the catch phrase of "filling your bucket" caught on for a little bit. I must admit I have done some back sliding since starting my filling the bucket philosophy, but I do like the visual idea of trying to fill other

peoples buckets. I have even enjoyed some of the fun kids songs the first grade start the day with. A little singing and dancing to get yourself going in the morning puts a smile on my face, especially seeing how much my 6 year old enjoys it.

While getting to, in some ways, go back to 1st grade. By helping my daughter out, it made me think of a play I saw based on the Poem, "All I ever really needed to know I learned in kindergarten". I went back to look at the poem and found another quote by the author, Robert Fulghum. It really struck me about how in small ways we affect each other's lives and how thankful I am for the people in my life and the relationships I have formed throughout the years. Here is the poem

Without realizing it, we fill important places in each other's lives. It's that way with the guy at the corner grocery, the mechanic at the local garage, the family doctor, teachers, neighbors, coworkers. Good people who are always "there," who can be relied upon in small, important ways. People who teach us, bless us, encourage us, support us, uplift us in the dailiness of life. We never tell them. I don't know why, but we don't.

And, of course, we fill that role ourselves. There are those who depend on us, watch us, learn from us, take from us. And we never know.

You may never have proof of your importance, but you are more important than you think. There are always those who couldn't do without you. The rub is that you don't always know who.

Try to let those people in your life know how much they mean to you and how thankful you are for them, and fill each other's bucket every day.





Speaking of buckets and lifting, maybe your knees are sore and achy from doing a lot of bending and lifting and walking at home. For the month of November we are doing **free screens** for the **knee**. We have ways of using kinesiotaping to help stabilize your knee and help prevent and lessen pain with activities like walking longer distances, stairs, and

most daily activities. Call us this month to schedule your free consultation and to see if this form of knee bracing may be right for you. From the IMG PT family to yours, thank you so much for trusting us with your care over the years, we would not be here without all of our great patients. Have a safe and healthy Thanksgiving!



"Thank you IMG-PT staff. I was a patient 10 years ago, and followed faithfully with the gym program - 3 days a week. I wasn't able to continue with the gym because of "the virus", and in short order needed therapy. I look forward to the gym program again when they can restart it. Thank you again."
Bev C. 8-27-2020

"I came in 3 weeks after back surgery. I wasn't able to bend, walk or do stairs without quite a bit of pain. Now after 16 therapy sessions I'm able to do most things I couldn't before without pain. Thanks to everyone at IMG-PT."
Todd D. 10-14-2020

"My experience here was great. Everyone was so nice could not be treated and better. Love all the workers here!" Judy R. 10-14-2020

"Everyone here was great. I told everyone this is the place to go if you need physical therapy!! Before I came here, when sitting it took me forever to get out of the chair & walk to the phone or wherever. The pain was horrible. After a few meetings my hip & knee are great--no pain and I can lift almost anything. Again, all of you are outstanding & so friendly. Thank you, to everyone." Janet P. 7-23-2020

Hello Meredith Hartz

Hi! My name is Meredith Hartz and I am a 2nd-year Physical Therapy student at Misericordia University. I am at IMG-PT until mid-December for my first full-time clinical experience. I have had a great time so far getting to know the staff and patients at IMG-PT, and I have already learned so much.

I completed my undergraduate degree in biology at Misericordia in 2018. I also ran for the cross country and track teams for 4 years, and have kept my love for running since then. Running and playing sports is really what sparked my interest in physical therapy. My interest has expanded greatly over the past few years to many other areas of physical therapy besides just sports.

Besides doing school work and running, you can probably find me walking my dogs, cooking, vacationing in Maine, or spending time with my family and friends. I grew up in the Fleetwood area, so I am excited to be able to work here at IMG-PT for a few weeks. Thank you to Chris, Eric, Andrea, and all of the wonderful staff here for being so helpful and welcoming me into the clinic!



Texas Pecan Pie

Ingredients

- 1 cup all-purpose flour
- 1/4 teaspoon salt
- 1/3 cup shortening
- 3 tablespoons cold water
- **FILLING:**
- 1-1/4 cups chopped pecans
- 1 cup plus 1 tablespoon light corn syrup
- 3 large eggs
- 1/2 cup plus 1 tablespoon sugar
- 1-1/2 teaspoons vanilla extract
- Pinch salt



Directions

- 1. In a bowl, combine the flour and salt; cut in shortening until crumbly. Gradually add cold water, tossing with a fork until a ball forms.
- 2. Roll out dough to fit a 9-in. pie plate. Transfer crust to pie plate. Trim crust to 1/2 in. beyond edge of plate; flute edges. Sprinkle with pecans; set aside.
- 3. In a small bowl, beat the corn syrup, eggs, sugar, vanilla and salt until well blended. Pour over pecans.
- 4. Bake at 350° for 45-50 minutes or until a knife inserted in the center comes out clean. Cool on a wire rack.



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