

PT HAPPENINGS

RESTORING FUNCTION ONE PATIENT AT A TIME



Integrated Medical Group-Physical Therapy (IMG-PT), 805 N. Richmond St. #103, Fleetwood PA 19522
www.imgpt.com - email: imgpt@imgpc.com - 610-944-8140

September 2018

From the Desk of Chris Gordos

When trying to decide what I wanted to talk about this month, I was debating between 3 topics. My family's multiple trips to Disney, my anniversary with my amazing wife (yes she reads this...love you), and my daughter starting high school at Berks Catholic. What theme/common thread can I talk about that can tie them all together? Then it hit me. Comfort along with a little sense of excitement.

When I first started to go to Disney with my in-laws it was a military operation. We had a schedule to keep and rides to conquer. I had fast passes to run and collect. I believe I would do about 12-15 miles of running/walking per day. Up early, sweat the middle of the day, and go until you drop. Nervous breakdowns of parents and meltdowns of children were expected, but not accounted for in the daily schedule. A funny thing happens when you have been to Disney more than 15 times. You no longer have to see everything. You can go at a little more leisurely pace and enjoy yourself. Maybe even get a nap, sleep in, go to the water park, and yes you will still sweat in the summer. The other thing about Disney is that there is something always new and exciting. When you have comfort, nostalgia, and excitement all in one place you have a gold mine. Disney literally prints money in their parks based on this concept and the idea that they will do anything and everything to make your trip memorable.

My daughter starts high school this month. It is hard to believe that I am old enough to have 2 children in high school!!! She is so excited. But also very nervous because of all the possibilities the new school holds. So where is the comfort part? She has been going to the school for 2 years with her older brother and all of the sporting events. BC is smart in the fact that every year your class goes on a field trip to the school. This indoctrination breeds a sense of comfort. Just like Disney they are able to blend excitement of a new experience and the comfort we all crave into one experience of starting high school. I am sure she will do great and make me as proud as she has during her first 8 years of school.

INSIDE THIS ISSUE

| | |
|-----------------------|---|
| From the Desk of... | 1 |
| School Pictures | 2 |
| Employee Profile | 3 |
| Happenings | 4 |
| Patient "Graduations" | 5 |
| What's For Dinner | 6 |

This year I am celebrating my 18th anniversary with my wonderful wife. Every year gets better. Forget the wrinkles, strands of grey hair, and the arthritis that have graced my body since we met. By the way she looks amazing!!! I cannot imagine being more comfortable with anybody in the whole world. I have spent more years on this planet in a relationship with her versus before I met her. I may have been a little slow to propose (6 years), but have not regretted it a day since. Did I mention that I proposed to her at Disney in front of Cinderella's Castle while the fireworks were going off?? I got down on one knee and her answer was "What are you doing? Get up!! People are going to stare!!!" Never mind that everybody was staring at the amazing firework show. I look forward to years of excitement and comfort yet to come!!

This sense of comfort, excitement, and a little nostalgia is what Eric, Denise, the girls, and myself are trying to create at our office. Nothing puts a smile on our face when patients tell us they would never go anywhere else for their therapy. Even better is when a new patient tells us that their friend or family member sent them here for therapy. We are hoping to catch a little Disney magic here at the office. So in honor of Disney and their sense of creating a happiness for people every day: Eric and I are doing a contest for the next 30 days. Refer 1 patient during the next 30 days and you will be entered into a contest for a package including our world famous shirts, a hand held tool box, a phone charger, and a \$25 gift certificate to a local restaurant of your choice. Even better...The person you referred will be entered with you and get the same prize pack!!!! We will pick 1 winner to be drawn by **October 12, 2018**. If you refer more than 1 person you will get multiple entries. Good Luck and thank you from the bottom of our hearts.



Andrew 16
Mackenzie 14
Maddie 10
Leah



Amanda 20



Kendall 6



Shaylie 4



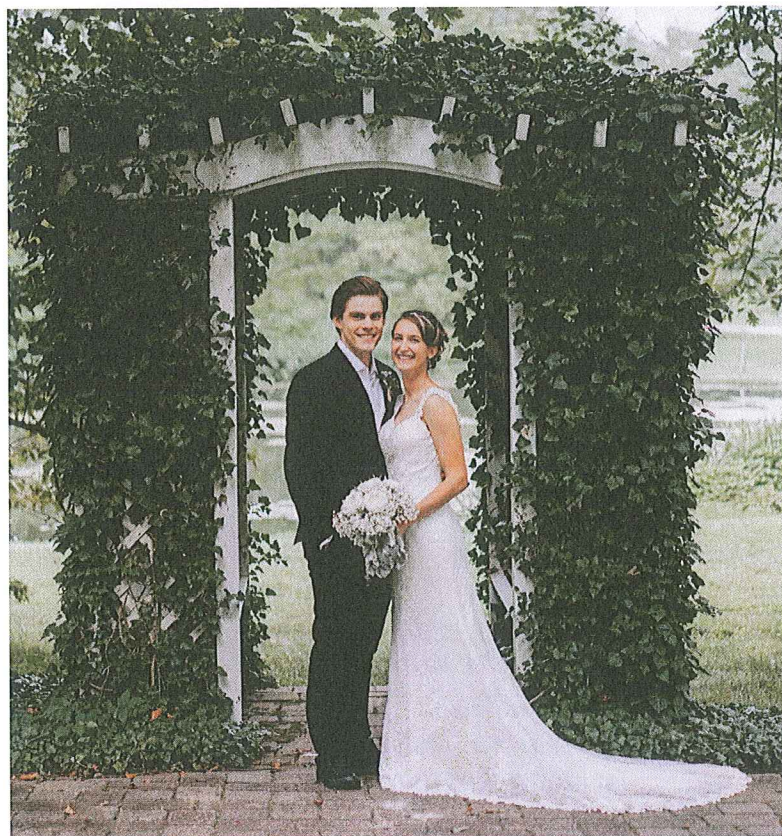
Mason 6
Briley 2



Employee Profile: Julia Eberly

Hi Everyone! My name is Julia Eberly and I started working as a physical therapy aide here at IMG-PT the beginning of June. Later that month, on June 23rd, I married my better half Rylan, and we are loving married life! We currently live in Lancaster County, home of the buggies. I grew up in Woodstown, NJ, where I was surrounded by woods, corn fields, and dairy farms. Don't worry, I am a good driver. I am entering my last semester as an Applied Health Science major at Messiah College and I will be graduating in December.

I recently submitted my application for grad school to become a physical therapist, so now I'm waiting to hear if I get an interview! The physical therapy profession combines my love for connecting with people and my fascination with human anatomy and physiology. After I become a DPT, I'd like to work in a nursing home and/or specialize in geriatric care.

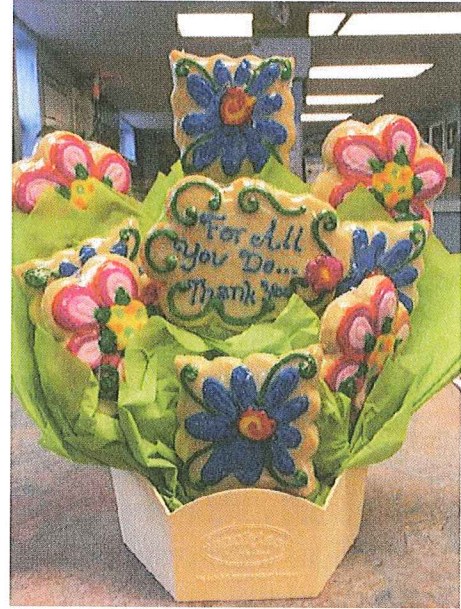


Outside of work and school, I enjoy running, reading, and spending time with my lovely husband, friends, and family. Also, I love dogs and I often daydream about what kind of puppy (or two) we'll have someday. I am so thankful for the opportunity to learn, laugh, and grow at IMG-PT and I'm excited for what's to come in the following months!

Happenings at IMG-PT



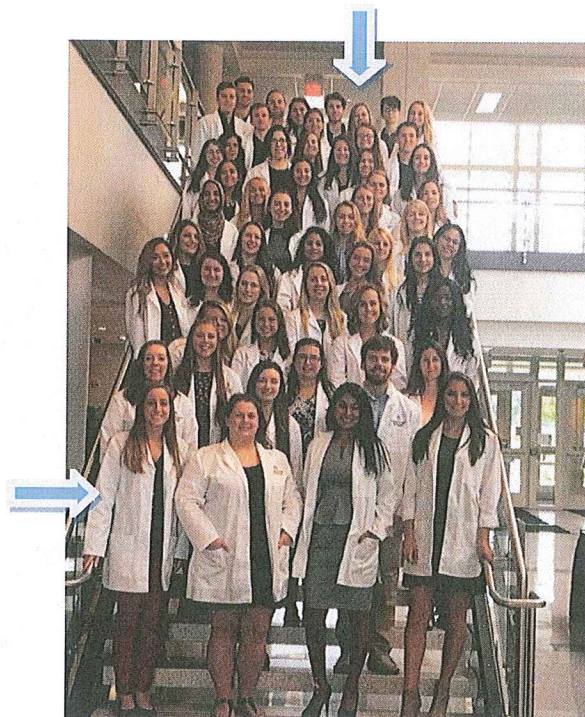
Taylor, Megan, Victoria, Morgan, Chris & Eric



We have the BEST patients!!!



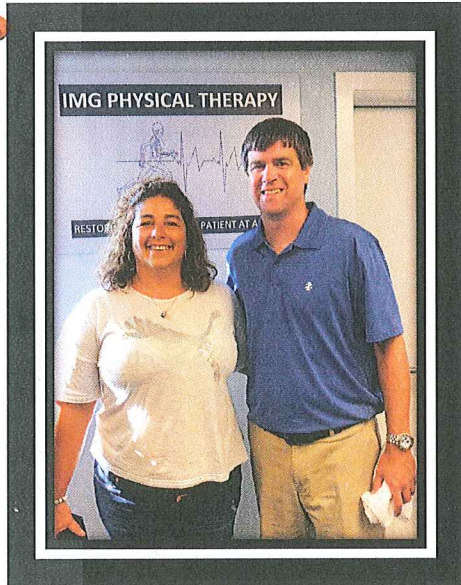
Caitlin will begin working at Lehigh Valley Hospital in October. Congratulations Caitlin!!



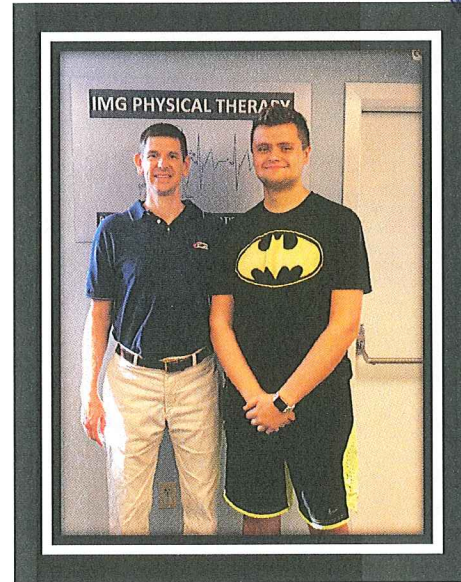
Caitlin, "Gator", and April's graduation class from Desales accelerated nursing program. Can you find them?



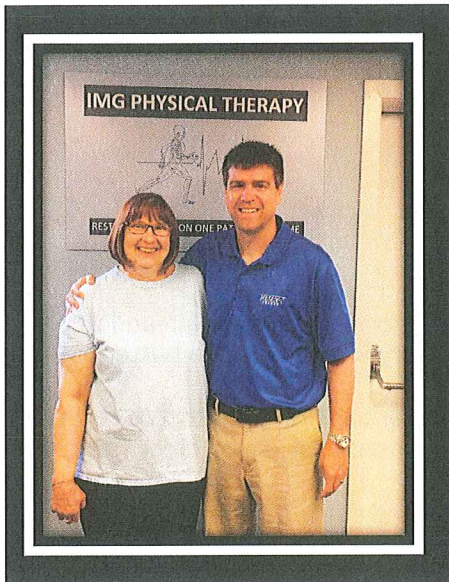
Patient Graduations!!



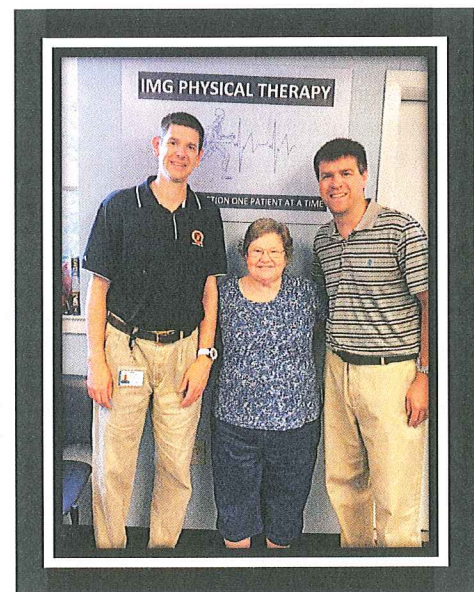
"As usual it is a pleasure to come here. I'm gonna miss you guys. Everybody is very friendly and they do a good job. I'm sure I'll be back and will recommend you to friends, customers and family!!"
Daniela P.



"Throughout the countless hours I have spent here, I have always felt more than welcome here and was always greeted with the greatest of spirits. I would highly recommend IMG to anyone in need of PT."
Josh W.



"I am very pleased with the care I received. When I first came I could barely turn my neck. Now I'm turning it so much better. My PT was very helpful in taking such good care of me. The care he gave me was terrific. I could not ask for better care from him and the staff. Everyone was so helpful with my exercises. I wouldn't hesitate to come back here for any care I might need in the future."
Joy H.



"Before I came in I couldn't walk or stand for long periods. I could not bend without hurting. Thanks to Eric and Chris I can do it all and more. There was never a dull moment. They are like family."
Linda P.

What's For Dinner??



Creamy Braised Chicken

Ingredients

- 1/2 pound pearl onions 1 cup thinly sliced onion 1/2 cup thinly sliced carrot 1/2 cup thinly sliced celery
- 1 tablespoon plus 2 teaspoons butter, divided
- 6 boneless skinless chicken breast halves (4 ounces each)
- 1 cup chardonnay or other dry white wine or reduced-sodium chicken broth
- 1-1/3 cups reduced-sodium chicken broth
- 1 tablespoon minced fresh parsley
- 1 teaspoon salt
- 1 teaspoon dried thyme
- 1/8 teaspoon white pepper
- 1 bay leaf
- 3 tablespoons all-purpose flour
- 1/2 cup fat-free evaporated milk
- 1/2 pound fresh mushrooms, quartered

Directions

- 1. In a Dutch oven or large kettle, bring 6 cups water to a boil. Add pearl onions; boil for 3 minutes. Drain and rinse in cold water; peel and set aside. In the same pan, sauté sliced onion, carrot and celery in 1 tablespoon butter until tender. Remove vegetables; set aside.
- 2. Add chicken to pan; brown on both sides. Remove and keep warm. Add wine; simmer until reduced to 1/2 cup. Stir in broth and seasonings. Return chicken to pan; cover and simmer for 5 minutes or until juices run clear. Remove chicken to a serving platter; keep warm.
- 3. Combine flour and milk until smooth; gradually stir into pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Return vegetables to pan. Remove from the heat; cover and set aside.
- 4. In a nonstick skillet, sauté pearl onions in remaining butter until tender. Remove and set aside. In the same pan, sauté mushrooms until tender. Add the onions and mushrooms to serving platter. Discard bay leaf from sauce; spoon over chicken and vegetables.