

BIONIC BEATS

A Monthly Publication



Making Positive Impacts: Our Bionic Successes

Quotes from Cheryl Sprague,

Appleton, WI:

Vanessa: She has been with Bionic for a year. She possesses the ultimate "can do" attitude. She makes each patient that comes to our office feel welcome and comfortable with her energetic personality and smile. Vanessa volunteers to help out at any time with any task. She is a great go to person to help others with training. Vanessa is an asset to the Bionic team and we are very lucky to have her.

Green Bay, WI:

Whitney: She started with Bionic in May of 2020. Whitney produces a high volume of work while consistently maintaining high standards for quality and accuracy. She takes time to listen to patients and their concerns and tries to find a resolution to the problem quickly. She is always eager to learn something new so she is able to help more people. She is always willing to share her knowledge with others. It is a pleasure to have Whitney part of the Bionic team.

Madison, WI:

Mackenzie- Mackenzie is our newest office administrator but nothing short of spectacular. She has a caring and accepting personality. She is always motivated to jump in and help when needed. She learns quickly and always excited to learn more. While working full time in our Madsion office she is also in school to become a Prosthetist/Orthotist. Everyone that comes in contact with her always has positive things to say. She is a valuable member of our team.

IMPORTANT NEWS, UPDATES, AND IDEAS

- 1 - *Bionic Successes*
- 2 - *Adaptive Climbing Tour: Louisville & Pet Spotlights*
- 3 - *Calendar/Recipe*
- 4 - *New hire spotlight*
- 5 - *Employee of the Month, Reducing Stress Article*



Adaptive Climbing Tour: Louisville

The sport of climbing is a complex, thrilling, and physically demanding experience. But for our patients, and everyone who joined us at the Louisville stop of the 2022 Adaptive Climbing Tour, it was just another challenge to overcome!

Adaptive sports are competitive or recreational sports for people with disabilities, which often use specialized technology to empower participants to reach their full potential. In the case of adaptive climbing, a variety of devices can be employed, but most who participated used their existing prosthetic devices alongside a “belay buddy” - a volunteer on the ground hooked onto the same rope as the climber who provides counterweight to slow their descent in the event of a fall.

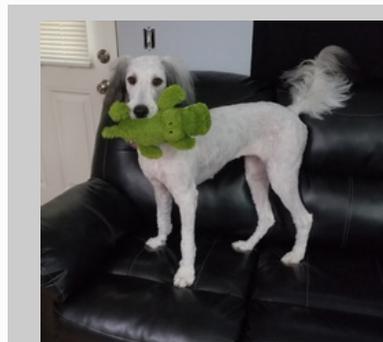
Bionic’s sponsorship of the tour helped to fund the event and create opportunities for countless people to discover climbing and unlock a little more of their own potential.



Bionic Family: Pet Edition!

“This is **Elie**, She will be **2 in August**. Elie is a **Sheepadoodle**, a cross between an Old English Sheepdog and Poodle. Sept. 2020, My Wife and I were researching what dog breed we wanted, she found breeder in Ohio that would have puppies available at the end of October. About the same time Sagar contacted me and requested I come to the Corporate office to visit and see the corporate office. The timing couldn’t work any better. We made the 4 hour drive from Appleton WI on a Thursday, I spent Friday at the office. My wife pick me up and we made the 6 hour drive to the town in Ohio that night. Met Elie on Saturday morning, fell in love, and made the 10 hour drive home on Saturday. **Elie loves attention**, she **loves to play fetch** especially with her Pea (green ball), and **she loves to lay in all sorts of positions**”

-Tim Kading, CP Wisconsin Region



Meet Elie!



2022 August

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|--|--|
| | 1 | 2 | 3 | 4  Ryan Watson | 5  Tim Larson Nicholas Bromley | 6 |
| 7 | 8  Lisa Plascencia | 9  Sharon Davis | 10 | 11 | 12  Stephanie Sheedy | 13  Beti Golriz |
| 14 | 15 | 16 | 17 | 18 | 19  Scott Peterson | 20 |
| 21 | 22 | 23 | 24 | 25 | 26  Melissa Garcia | 27  Nathan Janowicz |
| 28  Ren Shandilya | 29 | 30 | 31  Isa Rocha | | | |

Pickled Brussels Sprouts Via: Anne P. Braly



Ingredient list:

- 1 pound Brussels Sprouts
- 1.5 cups apple cider vinegar
- 1 cup water
- 1 tablespoon pickling salt
- 20 peppercorns, divided
- 1/4 teaspoon yellow mustard seeds
- 2 garlic cloves
- 2 bay leaves

Step 1: Trim the sprouts and cut them in half. Set them aside.

Step 2: Combine vinegar, water and salt in a stainless steel pot and bring to a boil.

Step 3: Divide the peppercorns, mustard seeds, garlic cloves and bay leaves between two pint jars. Then pack the sprouts into the jars and pour brine over them (remove air bubbles).

Step 4: Seal the jars then place them in boiling water for 10 minutes then cool the jars in a towel.

Step 5: store in pantry if in sealed jars or fridge is not.
Enjoy in 48 hours!

New Hires

AUGUST 2022



Rebecca Lamson Nitsche - CPO Clinic Manager,
Madison WI



Kailey Sanders - Clinic Office Administrator,
Bowling Green KY



Jillian Foster - O&P Trainee Intern,
Joliet IL



Creating an Eco-Friendly Bionic Business

By: Ebony Jessen

This past month I have been reaching out to the different Bionic branches to see what kind of eco-friendly initiatives that they want to see in the future. There is a general consensus for recycling, limiting paper and plastic waste and stopping other behaviors that are inefficient.



Here is what we can do as a team to limit our energy consumption:

- At the end of the day we can fully shut down our computers. This not only helps with energy consumption but also helps keep our computers in great shape!
- Turn off our monitors if we are leaving the computer for a long period of time.

Here is what we can do to limit paper usage:

- Use email instead of printing off documents.
- Use eFax when sending an item with a lot of pages.
- Print double-sided.
- Use scape paper if you need to jot notes down.
- Utilize the outlook calendar and to-do list feature.

Feel free to contact me on how to do any of these items at ejessen@bionicpo.com or Ext.1040

Employee of the Month:



Aubrey McGillivray-Cox

I have worked part time with Aubrey M. Cox as a contractor for many years. At the beginning of this year, we became a "Team". Aubrey is my right-hand woman in the Fort Myers office. With the merging with Bionic at the first of the year, Aubrey has made it her passion to make this office top notch.

When Aubrey hits a bump in the road, she devises a new way to tackle the problem. Aubrey has organized the front office to follow the needs of Bionic P&O so well that anyone could walk into our office and find everything they need. Recently the ABC Representative was here for our inspection, Aubrey was prepared and ready for all aspects of the inspector's needs. I could not do the things I do for our patients if it wasn't for her. Her versatility makes my position better. When I see the things she does to help Roy our Traveling Prosthetist whether he is in the office or on the coast, it just proves that...She is truly and asset to our office and the Bionic Company.