

BIONIC BEATS

A Monthly Publication



Making Positive Impacts: Survivor's First Competitor with a Prosthesis

Survivor is an American television series that requires participants to compete in a demanding physical, mental, and emotional gauntlet. For those without a prosthesis, this is not something that everyone can compete in. With a prosthesis, the challenge can be almost impossible.

However, Noelle Lambert, a Paralympian and above-knee amputee, decided that she could win the \$1,000,000 prize even with a prosthetic limb. She was quite successful in her run, winning six challenges and finishing better than half the contestants.

Her ability to adapt and drive to overcome the impossible led her to success in her Paralympic career as well as *Survivor*. In her final words on the show, Noelle said, “Hopefully, I can pave the way for a new generation of people to start applying.” People are amazingly strong. Even after losing part of their body, they keep doing the impossible and proving others wrong. Our work helps our patients to stand back up and accomplish greatness like Noelle!

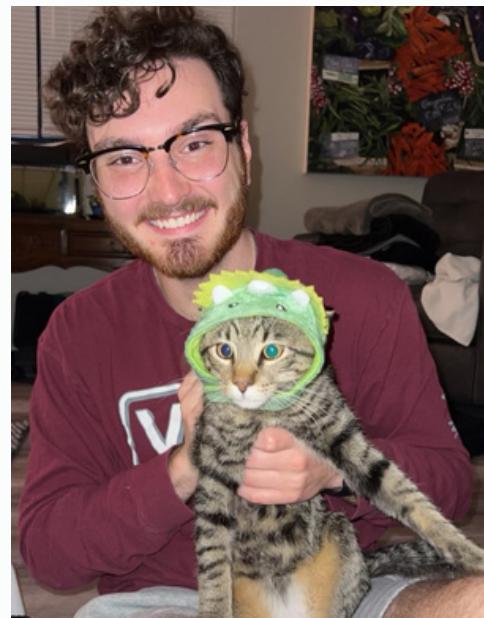
IMPORTANT NEWS, UPDATES, AND IDEAS

- 1 - Making Positive Impacts
- 2 - Pet Spotlight
- 3 - Calendar/Recipe
- 4 - New Hire Spotlight
- 5 - Employee of the Month

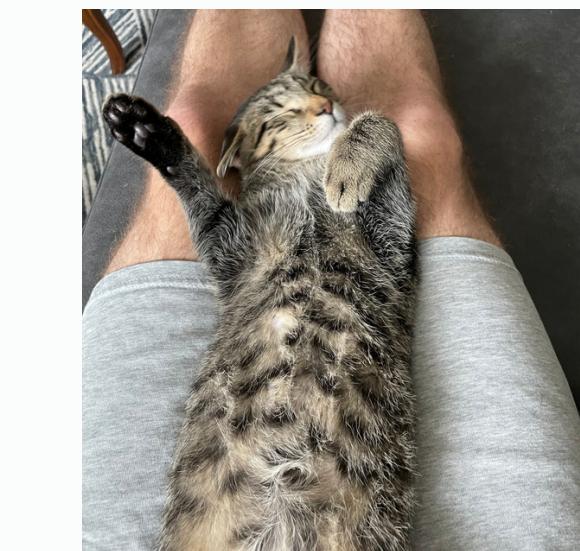
Bionic
...Step Ahead

Bionic Pet Spotlight!

Zeke Proudfoot



"He is an 8-month-old tabby cat who got his start living on a farm!



He found his way to northern Indiana about 6 months ago and we've discovered a lot about him since. He loves people and has no concept of stranger danger. He is a little explorer and is the most curious little cat I have ever met. His favorite foods are popcorn and potato chips even if he isn't allowed to have them very often. Zeke's most useful skill in day to day life is being able to fall asleep in any position he wants and at any time, and he is always working towards improving!"

December

2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|------------------|---------|--|--------------------|---|--|
| | | | | 1 | 2 | 3 |
| 4 | 5 Kendle Nagy | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 Sagar Shetty | 16 | 17 |
| 18 | 19 | 20 | 21 Leeann Von Korff Alena Packer | 22 | 23 DeLanie Puckett Shawn Klindworth | 24 CHRISTMAS EVE Aalinah Castleberry |
| 25 CHRISTMAS DAY | 26 | 27 | 28 | 29 | 30 Ashley Hagedorn | 31 Jessica Cundiff |

Pumpkin Ricotta Stuffed Shells



Ingredient list:

- 12 jumbo pasta shells
- 1 ½ cups part-skim ricotta cheese
- ¾ cup pumpkin puree
- ½ tsp. garlic powder
- 2 Tbsp. fresh basil (chopped)
- ¼ tsp. dried sage
- ½ tsp. salt
- ½ tsp. black pepper
- ½ cup grated Parmesan cheese
- 1 cup low-sodium spaghetti sauce

Directions:

- 1) Preheat the oven to 350 F.
- 2) Cook the pasta shells according to package directions. Drain and place the shells on a baking sheet to cool.
- 3) In a bowl, stir together the ricotta cheese, pumpkin puree, spices and all but 1 Tbsp. of the Parmesan cheese.
- 4) Spread the spaghetti sauce in the bottom of a baking dish that can hold all the pasta shells in a single layer.
- 5) Fill each pasta shell with about 3 Tbsp. of the pumpkin mixture and place the shells close together within the sauced baking dish.
- 6) Cover the baking dish with foil and bake for 30 minutes.
- 7) Remove the foil from the baking dish, sprinkle the pasta shells with the remaining Parmesan cheese and bake for 15 more minutes. Serve and enjoy.

New Hires

DECEMBER 2022

Andrea Wagers - Clinic Office Administrator,
Louisville KY

Cristina Lara - Clinic Office Administrator,
Laredo TX

Natalie Adame - Clinic Office Administrator,
Cincinnati OH

Nadia Vodlenshchuk - Staff Accountant,
Activity and Business Center

Tony Diaz - Lab Technician,
Activity and Business Center

Benjamin Sapp - Marketing Associate,
Activity and Business Center

Chris Welch - Certified Prosthetist and Orthotist,
Green Bay WI





Start Planning Now for a Stress-free Holiday

While the holiday season often brings joy and togetherness, it can also cause stress for many individuals. Top holiday stressors include budgeting, managing multiple commitments and finding the perfect gifts. Fortunately, by getting organized and planning out what you can do ahead of time, you can help reduce your holiday stress.

Consider the following tips:

- Write down any known commitments. Are you planning on hosting a holiday dinner? Does your child's school have a seasonal concert? Making a list of your commitments will help you plan your time accordingly and avoid double-booking yourself.
- Create your budget now. If you're stressed about how your holiday spending will impact you after the season is over, you're not alone. Remember that the sentiment of a gift is much more important than the cost. As such, be sure to set a realistic budget for gifts and stick to it.
- Start shopping early. Don't be afraid to shop early. Sometimes, you can get great deals on presents even before the holiday season hits. Moreover, you can avoid the scenario of not being able to get the gift you want because it's sold out. By keeping these tips in mind, you'll be on your way to a stress-free holiday season.

Employee of the Month:



Sydney Ezell

"Congratulations on your outstanding work! We are continually impressed by the results you produce. You have gone above and beyond to help the staff and practitioners. We appreciate all your hard work and thank you for being a pleasant go to person. Great job!!"