

# BIONIC BEATS

*A Monthly Publication*



## Making Positive Impacts: Our Bionic Successes

*Quotes from Jason Rider, Kentucky Region Clinics,*

### Evansville

#### **Ashley Hagedorn, Front Office Administrator**

"Ashley joined Bionic in September 2021 and has played a huge part in successfully improving the culture & continuing the growth of our Evansville office. She has quickly learned the ins-and-outs of the O&P field and has worked wonderfully with our referring physician's front office staffs to ensure our patients are taken care of. She enjoys meeting our new patients & learning their backstories on dealing with life with limb-loss & other disabilities. She has two teenage daughters & a 9 yo son which keep her busy! Whether its traveling to weekend football tournaments, JV girls basketball games or teaching her 16 year old daughter how to drive, she has her hands full as an on-the-go full time mom!" - Jason

"Working for Bionic has been challenging but I truly enjoying working here. I like working in a small office with just the 2 of us... it's been very nice and flexible, working hand and hand with one another to provide our patients great O&P care!" - Ashley

### Owensboro

#### **Mike Gillim, O&P Technician, Lead Fabricator**

"Mike began his career as a prosthetic & orthotic technician with Tom Watson's P&O lab back in January of 1987 & remains an integral part of our ability to provide unique O&P solutions. He has continued to learn, grow & excel with new fabrication techniques over the years & has truly "seen it all..." From fabricating conventional KAFOs to PTB joints & thigh corset prostheses, Mike is a special talent we are lucky to have. He enjoys working with unique cases as the variety of patient presentations keeps his work in fabrication from ever getting boring. Outside of work, Mike is THE trivia buff & enjoys frequenting classic car shows" - Jason

#### **DeLanie Puckett, Front Office Administrator**

"DeLanie joined the Bionic family this past May 2022 & has been an amazing asset to our Owensboro office since day 1. Delanie has gone above & beyond to ensure our Owensboro office maintains compliance & is able to provide optimal O&P care to all our patients within a timely manner!" - Jason

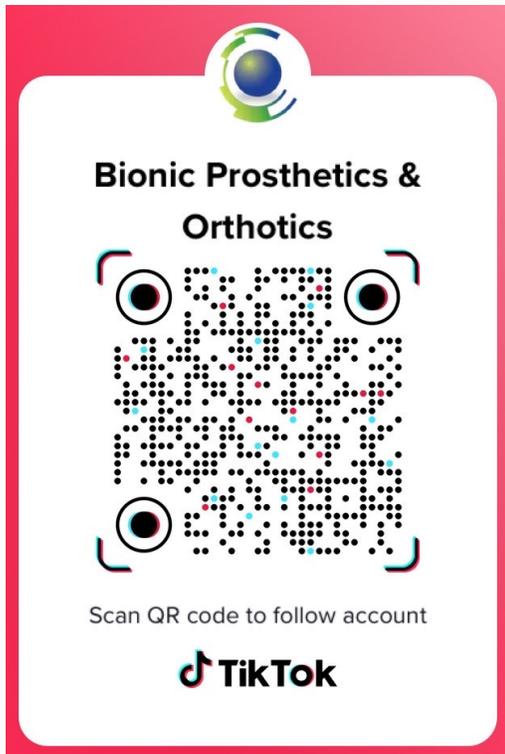
"The best part about working in the P&O field for me is seeing the changes in the patients throughout the process, not only physically but emotionally as well...It gives me a sense of accomplishment that I helped someone in possibly the most difficult time of their life, even if it was just opening the door or obtaining physician's notes" - DeLanie

"I like my job because I love to meet people and hear their stories. My favorite thing about working at Bionic is the people I get to spend the day with- the patients and my coworkers. They keep me smiling all day long!" - DeLanie

## IMPORTANT NEWS, UPDATES, AND IDEAS

- 1 - *Bionic Successes*
- 2 - *Bionic TikTok  
& Pet Spotlights*
- 3 - *Calendar/Recipe*
- 4 - *New hire spotlight*
- 5 - *Employee of the Month,  
Mental Health Article*





## New Bionic TikTok Account!

Bionic now has its very own TikTok account!

Our Username is **bionicip\_o**

Please take a moment to follow us and send any videos you have from your clinics!



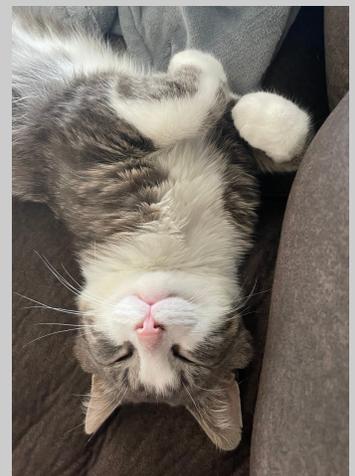
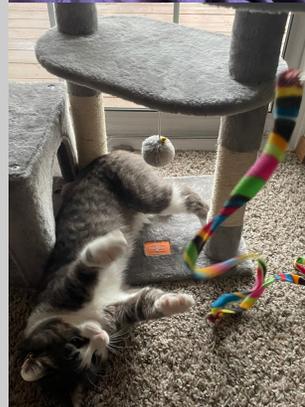
## Bionic Family: Pet Edition!

"Meet Cashew! We adopted him in May 2022 from a shelter. This 2-year-old is quite the lovable character. He enjoys making biscuits, being around people, chasing strings, and napping in the sun. His favorite things to watch are birds and the food dispenser. He will purr and cuddle with anyone who gives him treats and pets."

- Kelly Haen



Meet  
Cashew!



# 2022 September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				 1 Dallas Whicker Dheeraj Bhanbhani	 2 Christine Geeding	 3 Sangeeta Bhanbhani
4	5 <i>Labor Day</i>	6	7	8	9	 10 Steven Richter
 11 Maria Guzman <i>Grandparent's Day</i>	12	13	14	 15 Rebecca Lamson Nitsche	 16 Florentine Sanchez	17
18	19	20	 21 Ebony Jessen	22	23 <i>First Day of Autumn</i>	 24 Jessica Acevedo
25	 26 Eldon Swopes	27	 28 Bill McGarvey	 29 Jeffrey Phelps	 30 Felix Martinez	

## Cucumber Salad with Tomatoes via MyPlate

### Ingredient list:

Makes: 4 servings

2 cups cucumber (diced)  
 1 cup tomato (seeded and diced)  
 ¼ cup onion (chopped sweet)  
 2 cups couscous or rice (cooked)  
 2 tsp. dill weed (chopped dried or fresh)  
 ½ cup low-fat Italian salad dressing

### Preparations:

- 1) Toss all ingredients together.
- 2) Chill for one hour.
- 3) Serve.

### Nutritional Information (per serving):

Total calories 331  
 Total fat 1 g  
 Protein 11 g  
 Sodium 344 mg  
 Carbohydrate 68 g  
 Dietary fiber 5 g  
 Saturated fat 0 g  
 Total sugars 5 g



# New Hires

SEPTEMBER 2022



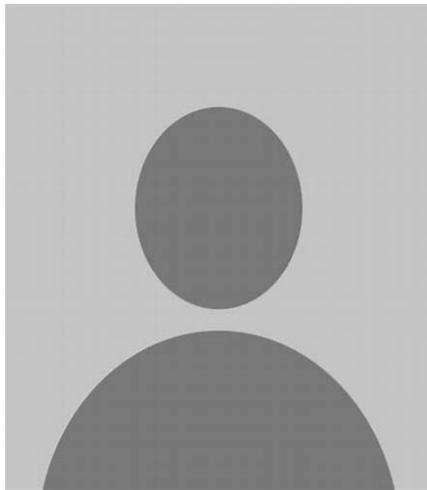
Michael Poynter - Assistant Director,  
Business Center



Evan Karpen - Staff Accountant,  
Business Center



Yeshua Salgado - Technician,  
Business Center



Christina Moir - Clinic Office Administrator,  
Rockledge FL



Ola Famuditimi - Clinic Office Administrator,  
Hazel Crest IL



# 988: America's First Three-digit Mental Health Crisis Line

The 988 Suicide and Crisis Lifeline (Lifeline) launched nationwide on July 16. Similar to dialing 911 for medical emergencies, people in emotional distress or suicidal crisis can call or text 988 and be connected immediately to trained counselors who will listen, provide support, and connect people to resources if necessary.

The three-digit dialing code is new, but the Lifeline is not. Previously known as the National Suicide Prevention Lifeline, callers only reached the 24/7 national crisis hotline by dialing 1-800-273-8255 (TALK). The easy-to-remember dialing code (988) is meant to replace that number; however, callers will still be connected to the same services, regardless of which number is used. The Lifeline provides services in both English and Spanish.



Since 2005, the Lifeline has been a network of roughly 200 crisis centers funded by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration. Since its founding, the Lifeline has received more than 20 million calls from people in distress looking for help when they needed it most. Nearly 2.4 million calls occurred in 2020 alone, illustrating America's current mental health crisis.

Suicide is the second leading cause of death amongst preteens and adults aged 25 to 34, according to the Centers for Disease Control and Prevention (CDC). The Lifeline is a direct connection to compassionate, accessible care for anyone experiencing mental health-related distress, including thoughts of suicide, mental health or substance use crisis, or other emotional struggles. People can also call the Lifeline if they are worried about a loved one who may need emergency support.

Just as Americans know to call 911 in a medical emergency, it's vital to spread the word about 988 in your own state. This new three-digit dialing code could provide immediate support during someone's darkest hour.

*Aug 2022 Live Well Work Well Newsletter*

## Employee of the Month:



## Ha Pozos

"I would like to nominate Ha Pozos, office administrator at Bolingbrook office, for August employee of the month. She has been covering the Joliet office, managing two WIPs and the phones almost every day independently."