

BIONIC BEATS

A Monthly Publication



Making Positive Impacts: Our Clinician's Successes

Quote from Emily Power,

"The central region has gone through many changes over the past year. Overall, I think that we have grown in numbers, experience, patient care, and compassion. I am really proud of each and every office for contributing to the success of the central region. One huge highlight that happened recently is that Jignesh Parmar passed all of his board exams and is now a fully certified CPO. He is such a valuable resource to the Merrillville and Michigan city clinics. His hard work and empathy show to each of his patients, and we appreciate his artistic abilities during the fabrication and design portion of patient care. Kelly Starykowicz has also begun to shine as the central region resident. She is learning quickly and always has great questions and feedback for whatever clinician she is working under. Dan Chan has continued to increase his knowledge in compliance while maintaining his excellent patient care skills. Patients enjoy his calm demeanor and appreciate his vast orthotic knowledge. Ciara is excellent at communication and is an essential part of moving all of Felix and Tony's files along. She balances her responsibilities with grace and is a great addition to our Bionic team. Felix has also accepted a promotion for Munster clinic, which he absolutely deserves. Felix had dedicated many years to Bionic and has helped increase the quality of life for many people. Linah and Brittany are two of the strongest administrative staff that I have worked with thus far at Bionic in Merrillville. I look forward to seeing how they continue to grow and develop. Jay and Madhu are extremely diligent with marketing and there is hardly a day that goes by that they aren't advocating for Bionic and our top tier patient care. Becky is also a very hard worker who helps hold the Terre Haute office. She always answers the phone with a smile and her positive attitude is much appreciated".

Emily goes on to say how she is, "extremely proud that everyone has been able to handle [their] responsibilities. Everyone has taken this year as a chance to grow and evolve. I think our central region team continues to get stronger and stronger each week and I am excited to see where the next year takes us!"

IMPORTANT NEWS, UPDATES, AND IDEAS

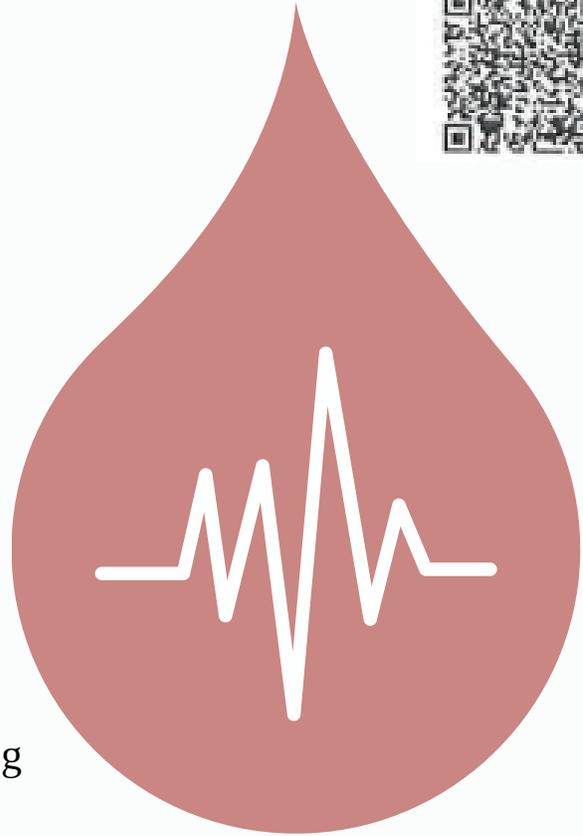
- 1 - *Clinician's Successes*
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Bionic
...Step Ahead

American Red Cross Blood Drive Bionic Business Center

On **June 9th** the Bionic Business Center in Merrillville Indiana will be hosting an American Red Cross Blood Drive. This is open to all clinicians, patients, and community members.

Join Camp Do Good by donating blood and helping save lives!



Kinetic Kids Expo On June 17th!



Kinetic Kids is a team of individuals who work toward making inspired moments for children with special needs. They offer the opportunity to grow through sports and other recreational activities. Kinetic Kids offers a safe space for kids to grow and learn together in a way that makes them shine.



On June 17th, Kinetic Kids is holding an EXPO, a free resource fair, for all the families of children with special needs in San Antonio, Texas. At this event they will have over "70 local and national resources" as well as, "more than 700" expected attendees. At the EXPO our San Antonio clinicians will be attending and sharing how Bionic is here to help!

2022 JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 Mackenzie Pipes' Birthday!	6	7 Whitney Carr's Birthday!	8	9	10	11
12	13 Kami Howard's Birthday!	14 Flag Day	15	16 Arianna Flores' Birthday!	17	18
19 Father's Day	20 Hayla Farfan's Birthday!	21 Letty Lara's Birthday! First Day of Summer	22	23	24 Meagan Peter's Birthday!	25
26	27	28	29	30 Sheril Harper's Birthday!		

Whole Grain Strawberry Pancakes Via: MyPlate



Ingredient list:

- 1½ cups whole wheat flour
- 3 Tbsp. sugar
- 1 tsp. baking powder
- ½ tsp. baking soda
- 3 eggs
- 6 ounces low-fat vanilla yogurt
- ¾ cup water
- 3 Tbsp. canola oil
- 1¾ cups sliced fresh strawberries
- 6 ounces low-fat strawberry yogurt

1. Heat griddle to 375 F.
2. Mix flour, sugar, baking powder, baking soda and salt in a large bowl.
3. In a medium bowl, whisk together eggs, vanilla yogurt, water and oil.
4. Pour egg mixture into the flour mixture. Then, stir until moistened.
5. For each pancake, pour slightly less than ¼ cup batter onto the hot griddle. Cook pancakes until bubbly on top (1 to 2 minutes) and dry around the edges. Turn and cook other sides until golden brown (1 to 2 minutes).
6. Top each serving (2 pancakes) with ¼ cup of sliced strawberries and 1 to 2 Tbsp. of strawberry yogurt.

New Hires

JUNE 2022



Mackenzie Pipes - Front Office Admin,
Madison WI Clinic



Ebony Jessen- Business Associate Trainee,
Merrillville Central Office



DeLanie Puckett - Front Office Admin,
Owensboro KY Clinic



Blaire Spivey - Front Office Admin,
Joliet IL Clinic



Isaura Rocha - Contract Manager
Merrillville Business Center



Nathan Janowicz - Billing Specialist Intern
Merrillville Business Center



Kristine Nunley - Accounts Specialist,
Merrillville Business Center



Amber Goins- Front Office Admin,
Rockledge FL Clinic



STRESS



Take Charge of Your Stress

Managing stress is good for your health and well-being. Taking steps to reduce your stress will improve your overall health. **Try these tips:**

- Simplify your schedule. If you're feeling rushed or too busy, prioritize essential items on your calendar and to-do lists.
- Practice relaxation techniques. Try listening to relaxing music to help you calm down or look into stress management or relaxation classes.
- Get enough sleep. Adults should strive for seven to nine hours of quality sleep each night.
- Exercise regularly. Movement can get your blood and endorphins flowing, relieving stress, tension, anxiety and depression.
- Maintain social connections. It's important to make time for friends and family and talk with people you trust.



If the stresses in your life become more than you can bear or manage with these techniques, consider seeking professional assistance.

Employee of the Month:



Linah Castleberry

"Linah is a very hard worker and catches on to new tasks very quickly. She treats every patient that walks through the door with a smile on her face and unlimited patience. She is an absolutely essential member of our team and we appreciate all of the positive and calm energy she brings to Merrillville. I know that I can always count on her to take on new responsibilities, communicate effectively, and to ask questions when she has them. Thanks for all of your hard work, Linah!"