

## HOW TO MAKE—AND KEEP— YOUR NEW YEAR'S RESOLUTION

2022 is here, and you may find yourself reflecting on the past year. This introspection is a significant first step toward selecting a New Year's resolution to help you grow as a person. However, 80% of New Year's resolutions fail by mid-February due to a lack of self-discipline, according to U.S. News and World Report. That's why it's important to set yourself up for success when you're choosing a resolution.

Regardless of what you choose as your resolution, make sure it's a "SMART" goal—one that is specific, measurable, attainable, realistic and timely—to increase the odds that you will stick to it. Here's what that means:

**Specific**—A specific goal is simple and strategic. It's something you can easily conceptualize. For example, instead of saying you'll eat healthier, be specific about how you can actually do that (e.g., eat a vegetable at every meal, eat breakfast every day or eat fish twice a week).

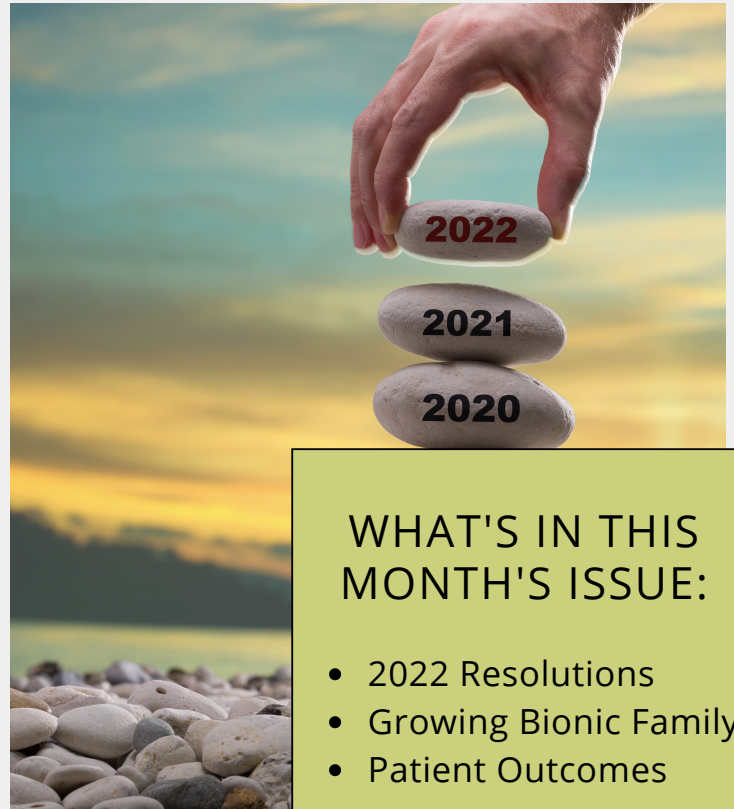
**Measurable**—A measurable goal is quantified. You'll be able to see if you're making progress as you go. For example, if you want to save \$500 for your emergency fund or save for a down payment on a home, you'll be able to track your savings and prove you're making progress along the way.

**Achievable**—An achievable goal is realistic and attainable. If you've never worked out before, a daily workout goal won't likely be feasible or sustainable in the long run. Alternatively, if you're already taking walks, start with increasing the duration or frequency of them.

**Relevant**—A relevant goal needs to make sense or be appropriate to you. You want your goal to matter, so reflect on the past year about what's working in your life and what's not. Timing is equally important, so ensure this is the right time for you to tackle the resolution.

**Timely**—A timely goal is accomplished within a specific time frame. You can adjust this period as needed and make new goals or deadlines after achieving the first one.

Remember that New Year's resolutions don't have to be health-related, so find what matters to you to help you live a better life in 2022.



### WHAT'S IN THIS MONTH'S ISSUE:

- 2022 Resolutions
- Growing Bionic Family
- Patient Outcomes

# The Growing Bionic Family



## CLARKSVILLE LIMB & BRACE & REHAB

*Tennessee and Kentucky*

Clarksville Limb & Brace & Rehab joined the Bionic family with its clinics in 3 locations, namely Clarksville, TN, Glasgow, KY and Bowling Green, KY.

## BREVARD PROSTHETICS & ORTHOTICS

*Florida*

Brevard Prosthetics & Orthotics Inc. joined the Bionic family with its clinics in 4 locations in Florida – Titusville, Rockledge, Melbourne and Fort Myers.



We are excited to welcome the Clarksville and Brevard teams into the growing Bionic family and we look forward to supporting them towards the mission for excellent patient care services in the communities they have been serving for many years.

With these new acquisitions, Bionic now operates with a total of over 32 clinics in 9 states. Please join us in welcoming these amazing teams to the group.

Please visit the Bionic website's clinical team page to meet our new clinicians from these locations!

# CHICKEN NOODLE SOUP

Makes: 6 servings

## Ingredients

3 pounds skinless chicken pieces

½ tsp. salt

¼ tsp. black pepper

1 onion (chopped)

1 cup celery (chopped)

3 large carrots (thinly sliced)

4 cups dry noodles

Thyme or sage (optional)

## Preparations

1) Thaw frozen chicken before cooking.

2) Place chicken in large kettle and cover completely with water. Cover pot, bring to a boil, reduce heat and simmer 2 to 3 hours.

3) Remove cooked chicken from the broth. Cool 10 to 15 minutes before separating bones from the meat. Break meat into bite-size pieces.

4) Remove any bones and fat from broth.

5) Put chicken meat, seasonings and vegetables into the stock.

6) Bring the broth to a boil, cover, reduce heat and cook on medium heat for about 15 to 20 minutes until carrots are crisp-tender.

7) Add the noodles and boil uncovered for about 6 to 7 minutes, stirring occasionally to break up any noodles. Nutritional Information (per serving)

Total calories 276

Total fat 5 g

Protein 32 g

Sodium 338 mg

Carbohydrate 24 g

Dietary fiber 2 g

Saturated fat 1 g

Total sugars 3 g

Source: MyPlate



## EMPLOYEE OF THE MONTH:

**ZACH BROWN**  
Technician, Merrillville lab

Zach Brown joined the Fabrication team in Merrillville, Indiana just about 6 months ago with no prior background in O&P fabrication.

During this time, he has taken an initiative in learning all about 3D printing in the field under the guidance and training of Sagar Shetty, BOCPO, our Director of Clinical Operations, and currently manages most of the 3D printing projects, helping clinicians with test sockets, flexible inners and cosmetic covers.








He also works with different material and printer manufacturers to explore the latest and advanced options for practical O&P use.

Zach has come a long way in the short 6 month employment history with Bionic, primarily thanks to his dedicated efforts. His positivity and enthusiasm about his work is infectious and we congratulate him on being the employee of the month.



# CALENDAR OF EVENTS

January 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1  New Year
2	3	4	5	6	7	8
9	10	11	12	13  Jeff W	14	15
16	17 MLK Day	18  Leanna K	19  Ashley C	20	21	22  Kara B
23	24  Jessica K	25  Salvador	26	27	28	29
30	31					

## The Health Benefits of Being Organized

The new year can signal a fresh start for many. As such, January is dubbed Get Organized Month as many people are eager to tackle their homes' organization. Decluttering can do more for your health than you may realize. Consider the following health benefits of being organized:

**Boost your energy and productivity.** A messy area may make you feel confused or scattered. When your space is clutter-free, you can focus more on meaningful activities.

**Reduce your stress and anxiety.** By eliminating clutter, you'll feel more in control and able to handle challenges that come your way.

**Sleep better.** When you keep up with the organization, you can rest easy at night knowing that everything is cleaned up and in its place.

**Eat healthier.** Not only does snack and food organization reduce clutter, but it can also help you easily grab healthy options and control portions.

This month is a great time to get organized and set yourself up for a clutter-free year to feel more balanced.



# PATIENT SPOTLIGHT

## Cranial Remolding - Fixed my Melon

Earlier this month, 2 extremely cute babies graduated from their helmet therapy program at Bionic. Leighton Bathke and Nohemi Arias were both treated at our Lafayette, Indiana clinic by our Orthotist and Cranial Remolding Expert Madhu Dash. Madhu is certified and trained in, and utilizes the Starband System from Orthomerica to treat kids with Plagiocephaly or Brachiocephaly or both. Working with kids is so gratifying.

If you would like to learn more about these solutions, or would like to incorporate it at your practice, please reach out to Madhu at [madhu@bionicpo.com](mailto:madhu@bionicpo.com) or Daniel Chan at [danielchan@bionicpo.com](mailto:danielchan@bionicpo.com) to learn more about options, training, treatment protocol and insurance coverage criteria.



Baby Leighton Bathke



Baby Nohemi Arias

## Compliance Corner:

**Medical necessity of a device**

**=**

**Unmet patient need(s)**

**+**

**Why / how does the requested device meet the currently unmet need(s)  
and**

**why are less sophisticated/expensive devices unable to do so?**

**+**

**Proof / evidence that the requested device meets the unmet need(s)  
better than less sophisticated/expensive devices.**