

# BIONIC BEATS

*A Monthly Publication*



## Making Positive Impacts: Our Bionic Successes

*Quotes from Emily Power, Merrillville IN Clinic*

"The Merrillville office has been going through many changes recently. We have a very young staff who are working hard to learn all aspects of both the clinical field and Bionic in general. I am really proud of how this office has bonded together to provide compassionate and comprehensive patient care.

Kelly Starykowicz is in her first quarter of residency and is truly my right hand during this busy time. I can always count on her to complete charts, communicate with referring physicians and therapists, and provide quality care to all patients. She has really stepped up at a busy time and all of her help is essential to keeping Merrillville running!

Cooper Proudfoot is training to become a certified orthotic fitter. He is currently independently seeing most of the shoes and inserts in both Merrillville and Munster. Despite this heavy patient load, he still makes time to learn more about custom lower limb orthotics and prosthetics. I have no doubt that he will be thrive as a fitter one day!

Riley Cruse is a student at Northwestern who is also helping out on a part-time basis. She is quickly picking up and has really learned a ton about Bionic in the last few years she has been with us. When it comes time for residency, Riley will be extremely well prepared and ahead of the game. Thank you for all of your help, no matter what role we are asking of you!

Dan and Jignesh are still very strong clinicians who are able to help out multiple offices within the region. Their dedication and knowledge is always appreciated.

Linah and Brittany are two of the strongest admin I have had at Merrillville thus far! They are truly a team and have a well run operation that keeps the office organized and keeps files moving quickly.

Overall, I am proud of the progress that Merrillville has made and I look forward to seeing how we continue to grow in the future"

-Emily Power, Clinic Manager, CPO

## IMPORTANT NEWS, UPDATES, AND IDEAS

- 1 - Bionic Successes
- 2 - Bionic Blood Drive  
& Pet Spotlights
- 3 - Calendar/Recipe
- 4 - New hire spotlight
- 5 - Employee of the Month,  
Psychological Resiliency  
Article





## October Blood Drive!

At the Merrillville Business Center we are hosting another blood drive on October 19th! It will be from 9 AM to 2 PM.

It is Team Jersey themed so come dressed repping your favorite teams!



## Bionic Family: Halloween Pet Edition!

"Brutus is Sonya Lazoski's 6 year old American Bulldog. He enjoys going for car rides to drive thrus, cuddling on the couch while watching sports on tv, and sunbathing by the pool. He loves chicken and Starbucks pup cups. His favorite animal is an elephant, and his favorite toy is Mr. Candy Corn (as pictured)!"

## Meet Brutus!





# October

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Cheryl Sprague	5	6 Riley Cruse	7	8
9 Matthew Hayden Christine Nagy	10	11	12 Cierra Peters	13	14	15
16	17	18	19	20	21	22 Vanessa Vera Lauren Newell Erika Wallace
23	24	25	26	27	28	29 Tony Gutierrez Emily Power Yeshua Salgado
30	31 Happy Halloween!					

## Apple Cinnamon Bars Via MyPlate

### Ingredient list:

- 4 medium apples
- 1 cup flour
- ¼ tsp. salt
- ½ tsp. baking soda
- ½ tsp. cinnamon
- 1 cup brown sugar
- 1 cup oats (uncooked)
- 1 cup shortening

### Preparations:

- 1) Preheat the oven to 350 F.
- 2) Put the flour, salt, baking soda, cinnamon, brown sugar and oats in the mixing bowl. Stir together.
- 3) Add the shortening to the bowl. Use two table knives to mix the ingredients and cut them into crumbs.
- 4) Lightly grease the baking dish with a little bit of shortening.
- 5) Spread half of the crumb mixture in the greased baking dish.
- 6) Remove the core from the apples and slice them. Put the apple slices into the baking dish.
- 7) Top the apples with the rest of the crumb mixture.
- 8) Bake in the oven for 40 to 45 minutes.
- 9) Cut into squares.



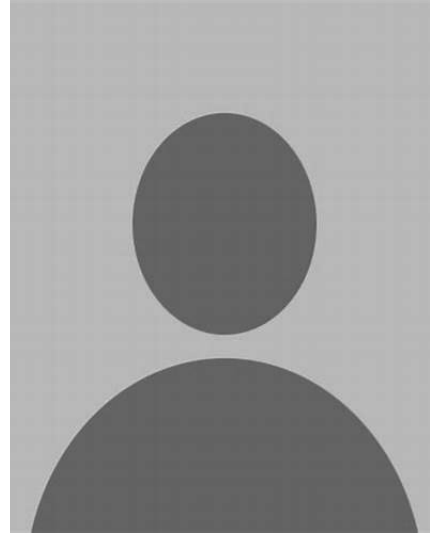


# New Hires

OCTOBER 2022



Lauren Newell - Clinic  
Office Administrator,  
Joliet IL



Jojo Reynolds - Clinic  
Office Administrator,  
Appleton WI



## AOPA 2022



We were proud to have many of our Bionic family present across AOPA's 2022 National Assembly in San Antonio! Thank you for representing us at the conference and for helping to propel us to even greater heights!



# Elevating Your Psychological Resiliency

Psychological resilience refers to the ability to mentally withstand or adapt to uncertainty and adversity. Building resilience to life's inevitable changes and challenges can help you cope with and manage stressors. Resilience can also help protect you from various mental health symptoms. Mental Health Awareness Month, observed annually in May, is a great time to check in on your feelings and thoughts.

Resilience isn't developed overnight; it's built over time and shaped by personal experiences. Just like building muscle, elevating your psychological resilience requires time and commitment.

Consider the following strategies:

- Adopt a healthy lifestyle. For a holistic approach to maintaining your physical wellness, you should prioritize sleep, eat healthy, stay hydrated and regularly be physically active.
- Practice self-care. Get into the habit of taking care of yourself and doing activities that make you happy. It's important to prioritize yourself now more than ever.
- Maintain an optimistic outlook. It can be beneficial to adjust your thought process and reframe any negative thoughts. Own your negative thoughts; when you say them out loud, they can lose their power.
- Review your employee benefits. Your employer may offer mental well-being support and resources, so check what's available in your plan.

Make your psychological resilience a priority this month. If you do anything, focus on doing at least one thing every day for yourself that supports your overall well-being.

If you have any concerns, reach out to a health care professional or use the Substance Abuse and Mental Health Services Administration's National Helpline by calling 800-662-HELP (4357).

Live Well, Work Well

## Employee of the Month:



## Whitney Fuller

"Whitney has been so helpful with training new OA's. She is always willing to help with any task that is given to her and in a timely manner.

Whitney is very professional and friendly with everyone she comes into contact with, whether in person or over the phone. She is a bright light to our organization and we are extremely lucky to have her part of our team"