28th Edition April 2024

## BIONIC BEATS!

A MONTHLY PUBLICATION

#### **AAOP 2024**

Team Bionic recently ventured to Chicago for the esteemed American Academy of Orthotists and Prosthetists (AAOP) Conference. Our clinicians had an extraordinary weekend immersed in the forefront of prosthetics and orthotics advancements, shaping the future of mobility and empowerment. The conference offered a rich tapestry of workshops, seminars, and hands-on demonstrations, providing invaluable insights into the latest innovations in our field. Engaging with fellow professionals and sharing inspiring patient success stories reaffirmed our dedication to delivering exceptional care to our patients. As we return, invigorated by the knowledge gained, Team Bionic is more determined than ever to push the boundaries of possibility in prosthetics and orthotics, ensuring our patients receive the highest quality care and support they deserve.

Back at our clinics, we're excited to implement the knowledge and experiences garnered at the AAOP Conference, propelling us forward in our mission to empower individuals to live their lives to the fullest. With a renewed sense of purpose and a steadfast commitment to innovation, Team Bionic is leading the charge toward a brighter, more inclusive future for all.





### Contents

Paionic News

2 Fabrication Spotlight

3-4 Bionic New Hires

5 Calendar & Recipe

6 Employee of the Month

7 How to Plant Flowers



## Fabrication Spotlight!



## Bionic New Hires

## Ashley Triplett Clinic Office Administrator

Clinic Office Administrator Lenoir, NC

### Marisa Jensen

Clinic Office Ádministrator Green Bay & Appleton, WI

#### Laura Rivera

Clinic Office Administrator Hamilton, NJ

#### Brittanie Dix

Clinic Office Administrator Appleton, WI

### Catherine Garber

Clinic Office Administrator Mishawaka, IN

### Vicki Weldon

Clinic Office Administrator Evansville, IN

### Victoria Temple

Clinic Office Administrator Clarksville, TN

### Karlee Forner

Clinic Office Administrator Appleton, WI

### Krysten Baietto

Clinic Office Administrator Glenview, IL

### Spring into Success!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Rani	6
7	8 Tiffany	9	Jay	11	12 Sydney	13
14	15	16 Reina	17	18	19	20 Richard
21	22	23 Andrew Matthew	24 Althea Cynthia	25	26 Tim	27 India
28	29	30	/	,		,

# BUFFALO CHICKEN "SPRING" ROLLS



TIME: 30 MINS.

YIELDS: 10-12 SERVINGS



## Employee of the Month Moriah Ware



Since coming on, Moriah has become a rock in the support of our Wisconsin clinics. She has taken on the task and as our region gets situated, I have the pleasure of nominating her for employee of the month. I appreciate all she brings to the clinic and the drive to learn and take on more responsibilities than was asked. She's a shining example of who we look for support and I am so proud of how far she has come in such a short time.

## HOW TO PLANT FLOWERS

#### Choose Your Plants

Look for short, stocky plants with few flowers and healthy, disease-free foliage.

Avoid plants that are spindly, discolored, or wilted.

Pay attention to the sun exposure guidelines for specific varieties of flowers. While the plants available from your local <u>garden center</u> are suitable for your climate, be sure that you select new plants that will thrive in the amount of sunlight that your garden bed receives.

#### Remove the Plant from the Pot

Knock the plant from its pot and keep as much of the root ball as possible. If the plant's roots are heavily entwined, cut through them with a knife or pull them apart with your hands.

#### Pinch Off the Flowers

Help plants get established in your garden bed. Pinch existing flowers off so that the plant can put its energy into developing a good root system instead of flowering.

#### Prepare the Garden Bed

Having a well-prepared garden bed is a crucial part of how to plant flowers.

- Before planting flowers, prepare the garden bed with a spade, working in at least 1 inch of organic matter.
- The soil should be loosened to a depth of at least 12 inches for <u>annuals</u> and 18 inches for perennials.
- Smooth the soil with a ground rake.
- Plant the flowers at the same soil level as they were in the container.
- Each year add more organic matter to the soil, or top a bed with a 2-inch layer of compost.

#### Mulch the Garden Bed

After planting flowers, <u>mulch</u> the garden bed with 1- to 3 inches of aged wood chips, bark, grass clippings, pine needles, or any other organic mulch to suppress weeds, conserve moisture, and prevent soil-borne diseases.

Beginners can learn how to grow flowers and spruce up their outdoor space by using just a few basic garden tools and common materials