

# BIONIC BEATS

A MONTHLY PUBLICATION

## Google Review Highlights!

We see amazing feedback for our clinics every day, but each month a few reviews stand out about the rest. Here's a few of the reviews that really excelled, and showcase what Bionic does best!

### Pembroke Pines, FL

**S** Sinisa Fijankovic  
★★★★★ 6 days ago  
I highly recommend Bionic Prosthetics & Orthotics located at Penbrooke Pines location, and I do this out of my pleasant experience with them. Mr. Brian Narin, CPO was working on my new Prothesis and did an excellent job fitting it with a great sacket I had no idea that something like that even exists. My stump is short, only about 4" and the prosthetics are firmly attached to it. Thank you Brian for job well done.

### Elkhart, IN

**V** vipul patel  
★★★★★ 2 weeks ago  
Excellent service from this company. Sangeeta, specifically, is very professional and knowledgeable. My patients and fellow therapists have enjoyed working with her.

### Cincinnati, OH

**D** Derrick  
★★★★★ 3 weeks ago  
If I could give more stars I would! Tim is awesome and I couldn't recommend him more if I tried! He recommended I try out these new type of feet for my prosthetic legs and I'm not exaggerating when I say they changed my way of life. I can finally go on long extended walks, which may sound silly to some, but for me it's a huge deal as I've never been able to walk longer than maybe 50 yards without my lower back absolutely killing me but with the change of feet I'm now walking up to 12 miles without stopping or sitting down! So, again, I can't recommend Tim or Bionic enough!

### Louisville, KY

**M** Mallori Puchino  
★★★★★ 3 weeks ago  
Matt has changed my life and helped me regain independence as an amputee, always striving to ensure I'm comfortable in my prosthetic and that it's meeting my needs as my mobility changes.

### Lafayette, IN

**H** Haley Brown  
★★★★★ 7 days ago  
Easy to work with! Our helmet process was so smooth! We love this office! Our baby girl was so lucky to come here!

### Addison, TX

**S** Stephen Summers  
★★★★★ 14 mins ago  
My wife and I were recommended by our pediatrician to Bionic for our son's skull shape post-delivery as a way to ensure proper skull development. The staff are amazing, patient with our questions, and our son loves to go visit! If your pediatrician has suggested a helmet for your little one, we definitely recommend Bionic!

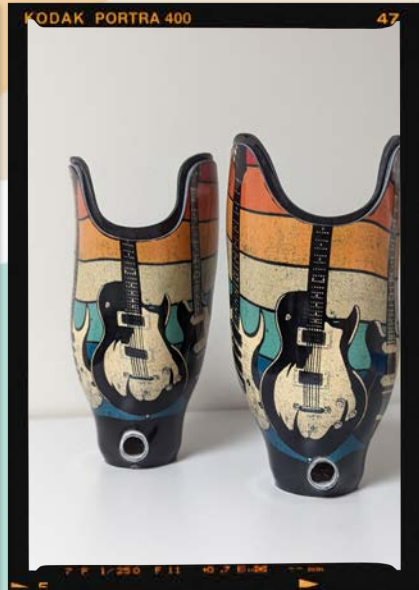
## IMPORTANT NEWS, UPDATES, AND IDEAS

- 1 - Google Review Highlights
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- 5 - Employee of the Month
- 6 - Six Tips for Maintaining Mental Well-Being

**Bionic**  
...Step Ahead



# BIONIC FABRICATION SPOTLIGHT

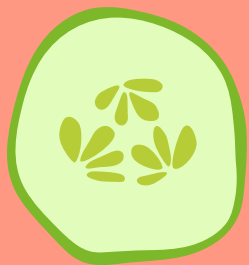


# JUNE Birthdays

2023



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 MACKENZIE PIPES	6	7 VICTORIA MCLAMB	8	9	10
11	12	13 KAMI HOWARD	14 Flag Day	15 TELEGIA WILLIAMS	16 ARIANNA FLORES	17
18 ANDREA WAGERS Father's Day	19 Juneteenth	20 ANGELA BRASWELL	21 LETICIA LARA	22	23 LIBBI ADKISON	24 MEAGAN PETERS
25 AKRIVOULA PAVLOPOULOS	26	27	28	29	30 SHERI HARPER	



## CUCUMBER SANDWICHES

**PREP TIME:**  
15 MINUTES

**YIELD:** 30 TEA SANDWICHES



[SCAN HERE FOR RECIPE:](#)



# NEW HIRES

**NICOLE DAVIS**

**BILLING & COLLECTIONS MANAGER  
BUSINESS CENTER**

**BRANDON WHITTEMORE**

**LAB TECHNICIAN  
BUSINESS CENTER**

**MILES GIRTON**

**LAB TECHNICIAN  
BUSINESS CENTER**

**MANUEL FAVELA**

**LAB TECHNICIAN  
BUSINESS CENTER**

**AMY BROWN**

**CLINIC OFFICE ADMINISTRATOR  
FORT MYERS, FL**



# NEW HIRES CONT.

**ALIANA TALMANTES**

**CLINIC OFFICE ADMINISTRATOR  
SAN ANTONIO, TX**

**ANDREW YEATS**

**SUPPORT PERSONNEL / PROSTHETICS &  
ORTHOTICS TRAINEE INTERN  
MERRILLVILLE, IN**

**JADE VERSCHURE**

**SUPPORT PERSONNEL / PROSTHETICS &  
ORTHOTICS TRAINEE INTERN  
MERRILLVILLE, IN**

**WILLIAM KAVANAGH**

**SUPPORT PERSONNEL / PROSTHETICS &  
ORTHOTICS TRAINEE INTERN  
WEST REGION**

**DESIRAY ARNOLD**

**LAB TECHNICIAN  
BUSINESS CENTER**

# Employee OF THE MONTH:



## Kelly Starykowitz

"Kelly has really stepped up lately and taken the initiative over her own learning. Kelly is very hands on and extremely consistent. I know that I can rely on her each day to provide excellent patient care and help out the other clinicians around her. She is a team player and the first one to step in when there is a problem. Kelly has been going above and beyond and the office has noticed this. She is often the first employee to arrive and the last one to leave. It has been so great to watch Kelly grow in her few short months with Bionic. I look forward to continuing to watch her progress and form more lifelong bonds with patients. Thanks Kelly, Merrillville appreciates you!"



# **SIX TIPS FOR MAINTAINING MENTAL WELL-BEING**

## **1. KEEP A ROUTINE**

**One of the best things that you can do to preserve your mental well-being is to stick to a routine. Maintaining as much normalcy as possible with your daily routine can help lift your mood by reducing the stress and anxiety that can come with an unorganized schedule.**

## **2. GET A GOOD NIGHT'S SLEEP**

**This goes hand in hand with sticking to a routine. Breaking your normal sleep routine can have negative effects on your overall mental well-being, so try to stick to your typical sleep schedule.**

## **3. SPEND TIME OUTSIDE**

**Try to get outside periodically throughout the day; even just spending time in your backyard or taking a walk around the block can be helpful. Being outside helps to promote higher levels of vitamin D, which the body makes when skin is directly exposed to the sun. Many people are deficient in vitamin D, so exercising outside can be a great way to correct that.**

## **4. STAY CONNECTED WITH FRIENDS AND FAMILY**

**Maintaining social connections is important for your well-being. Sometimes socializing can seem overwhelming but having the support of friends and family can actually reduce stress and improve your mood. A phone call with a family member, a chat with a neighbor over the fence or a cup of coffee with a friend can have positive effects. Research shows that social connections are not only good for your mental health, but your physical health as well.**

## **5. DON'T OBSESS OVER THE NEWS**

**It can be easy to become overwhelmed by watching the news, especially when there are disturbing events happening in the world. While it's important to be informed, you should not obsess over the news. Instead of monitoring the news all day, consider checking for updates once or twice a day.**

## **6. PRACTICE POSITIVITY AND GRATITUDE**

**Taking five minutes a day to write down the things you're grateful for has been proven to lower stress levels and can help you change your mindset from negative to positive. It's important to build time into your routine to practice positivity or express gratitude, to improve your mindset and boost your mood.**



## **SUMMARY**



**Your mental well-being plays a huge role in your physical health and well-being, and it should be prioritized.**

**These six suggestions may help you maintain your mental well-being but shouldn't be considered medical advice.**

*If you have concerns about your mental well-being, please contact your mental health professional or our company employee assistance program's mental health services at 800-450-1327 or access resources online at [www.MagellanAscend.com](http://www.MagellanAscend.com), or use the Substance Abuse and Mental Health Services Administration's national helpline by calling 800-662-HELP (4357).*