

BIONIC BEATS



TOP NEWS OF THE MONTH

>>> BIONIC DAY PARTY!

On August 12th, Bionic is pleased to host **Bionic Day** at its Merrillville, IN, Activity & Business Center location, to celebrate Bionic's **15th Anniversary!**

Bionic Day will include fun and games for participants of all ages, including yard games, bingo, an inflatable bounce house, giveaways, and catered lunch from Qdoba Mexican Eats.

The event is open to all, and we encourage everyone in the Bionic Family and our patients to bring their significant others and children to enjoy the day.

We look forward to celebrating 15 years of being a part of our patients' journeys and successes - to seeing familiar faces and well-earned smiles, as we show our thanks to everyone who has brought us to where we are today.

For those unable to make the journey due to being located in one of our regions that is too far from Northwest Indiana, we will be having more events just for you in the coming months, so stay tuned.

To everyone who has helped us to make this 15 years special...thank you, and here's to the next 15!

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»» FABRICATION SPOTLIGHT





August

2023

<u>SUN</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
		1 <i>HELLO August</i>	2	3 NATIONAL WATERMELON DAY!	4	5 NICHOLAS BROMLEY TIMOTHY LARSON
6	7	8 LISA PLASCENCIA	9 SHARON DAVIS	10	11	12 STEPHANIE SHEEDY
13 BETTY GOLRIZ	14	15	16	17	18	19 SCOTT PETERSON
20	21	22	23 DENYSE ROQUE	24	25	26 ZACH ZROMKOSKI
27 AMY BROWN	28	29 REN SHANDILYA	30	31		

Watermelon Salad with Feta



PREP TIME: 15 MIN
YIELD: 4 SERVINGS

SCAN HERE
FOR RECIPE:





-BIONIC-
**NEW
HIRES**

- ROBERT COLLINS** >>> **GENERAL BUSINESS MANAGER
BUSINESS CENTER**
- DEREK DUDZIK** >>> **SALES & MARKETING MANAGER
BUSINESS CENTER**
- SHELBY GROBER** >>> **ACCOUNTING SPECIALIST
BUSINESS CENTER**
- KATIE MACARTHUR** >>> **BILLING SPECIALIST
BUSINESS CENTER**
- BRIAN LITTLE** >>> **CERTIFIED PROSTHETIST & ORTHOTIST
GREENSBORO, NC**
- LAKAN SMITH** >>> **RESIDENT PROSTHETIST & ORTHOTIST
CINCINNATI, OH**
- CASSIE MORTON** >>> **RESIDENT PROSTHETIST & ORTHOTIST
CHICAGO, IL**
- ROBERT WITT** >>> **LAB TECHNICIAN
BUSINESS CENTER**
- CHRIS RANGEL** >>> **LAB TECHNICIAN
BUSINESS CENTER**

**Welcome to
the team!**

-BIONIC-
**NEW
HIRES** CONTINUED...

TRAJAN SILLER >>> **CLINIC OFFICE ADMINISTRATOR
MADISON, WI**

NICOLE LEACH >>> **CLINIC OFFICE ADMINISTRATOR
HAZEL CREST, IL**

ANA RAMIREZ >>> **CLINIC OFFICE ADMINISTRATOR
HICKORY, NC**

EMMA BECKMAN >>> **CLINIC OFFICE ADMINISTRATOR
LENOIR, NC**

BROOKE KINSEY >>> **CLINIC OFFICE ADMINISTRATOR
EVANSVILLE, IN**

CIDELIA VILLEGAS >>> **CLINIC OFFICE ADMINISTRATOR
SAN ANTONIO, TX**



EMPLOYEE OF THE MONTH: DENYSE ROQUE!



DENYSE CONSISTENTLY EXCEEDS EXPECTATIONS IN EVERY TASK SHE IS ASSIGNED. NOT ONLY DOES SHE EXCEL IN HER INDIVIDUAL CONTRIBUTIONS, BUT SHE ALSO ACTIVELY SUPPORTS AND UPLIFTS HER COLLEAGUES, CREATING A POSITIVE AND COLLABORATIVE WORK ENVIRONMENT. HER DEDICATION AND PASSION FOR HER JOB INSPIRE OTHERS TO STRIVE FOR GREATNESS.

TOP 5 GARDEN TASKS FOR AUGUST

By Meadows Farms

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August is the gateway to fall, but it certainly doesn't feel like it with its typical hot, humid, and dry weather. Will the trend of rainy, warm weather continue, or will we see a more typical August of dry weather and hot, humid temperatures? Only time will tell. Regardless of the weather conditions, there are five key things that every gardener should add to their August worklist to get the best head start for their fall gardening.

BEGIN PLANNING AND SOWING COOL-WEATHER ANNUALS AND PERENNIALS

AUGUST IS THE BEST TIME TO BEGIN PLANNING YOUR FALL FLOWERING GARDENS. TAKE SOME TIME TO INSPECT AND EVALUATE YOUR GARDEN SETUPS. GET YOUR GARDEN BEDS READY NOW BY CLEANING OUT WEEDS AND PRUNING BACK EXISTING, OVERGROWN PLANTS.

BEGIN PREPPING FOR COOL WEATHER VEGETABLES

BEGIN YOUR PREPARATIONS NOW FOR A COOL-SEASON VEGETABLE GARDEN. PULL OUT FAILING OR UNDER-PERFORMING SUMMER VEGETABLES TO MAKE ROOM FOR NEW ADDITIONS. YOUR SPRING AND SUMMER VEGETABLES TAKE UP A LOT FROM YOUR SOIL AND CAN LEAVE IT DEPLETED OF VALUABLE NUTRIENTS NEEDED BY YOUR NEW FALL CROPS. BE SURE TO AMEND ANY SOIL WITH A FRESH BATCH OF RICH COMPOST.

DIVIDE AND TRANSPLANT IRIS, PEONIES, DAYLILIES, SUMMER PHLOX, AND ANY OTHER PERENNIALS THAT HAVE FINISHED BLOOMING

DIVIDING OVERGROWN PERENNIALS IS A PERFECT WAY TO FILL EXTRA SPACE IN YOUR GARDEN WITHOUT HAVING TO SPEND MONEY ON NEW PLANTS. DIVISION ALSO ENCOURAGES STRONGER ROOT GROWTH, LEADING TO MORE PRODUCTIVE PLANTS IN THE SEASONS TO COME. NOW IS THE PERFECT TIME TO DIVIDE PERENNIALS LIKE IRIS, PEONY, DAYLILY, SUMMER PHLOX, AND OTHER PERENNIALS COMING TO THE END OF THEIR FLOWERING SEASONS.

THE PROCESS OF PERENNIAL DIVISION IS SIMPLE. START BY GENTLY LIFTING THE PLANT OUT WITH A GARDEN FORK OR SPADE, KNOCKING ANY ACCESS SOIL AWAY TO EXPOSE THE BALL OF ROOTS. THEN, WITH THAT SAME SPADE GENTLY SEPARATE THE ROOTS DOWN THE MIDDLE SO THAT YOU HAVE TWO EQUAL SECTIONS OF THE PLANT. FROM THERE, REPLANT EACH PIECE WHERE YOU WANT IN THE GARDEN. WATER THOROUGHLY AFTER PLANTING TO SET THEM OFF IN THE RIGHT DIRECTION.

KEEP AHEAD OF GARDEN PESTS AND DISEASES

AUGUST CAN BE A PAIN FOR THE GARDENER REGARDING PESTS AND DISEASES, SO IT'S ESSENTIAL TO STAY AHEAD TO KEEP YOUR LAWN AND GARDENS HEALTHY GOING INTO THE FALL. AS JAPANESE BEETLES BEGIN TO FINISH THEIR ASSAULT OF YOUR GARDEN ABOVE GROUND, THEIR LARVAE (KNOWN AS GRUBS) CAN DO A NUMBER ON YOUR LAWN ROOTS BELOW GROUND. NOW IS THE PERFECT TIME TO PLAN OUT AND IMPLEMENT A GRUB CONTROL STRATEGY USING PRODUCTS SUCH AS BAYER ADVANCED SEASON LONG GRUB CONTROL OR MILK SPORE. SPREAD THEM JUST LIKE YOU WOULD A LAWN FERTILIZER AND THEY'LL HELP TO KEEP YOUR LAWN GRUB FREE THIS FALL.

THE DRY HEAT AND HIGH HUMIDITY OF OUR TYPICAL AUGUST CAN BREED OUTBREAKS OF POWDERY MILDEW ON MANY OF YOUR PLANTS. YOU CAN IDENTIFY THIS MILDEW BY THE GREYISH-WHITE POWDERY SUBSTANCE THAT APPEARS ON THE LEAVES. IT ALMOST LOOKS AS IF SOMEONE DROPPED TALCUM POWDER OR POWDERED SUGAR ALL OVER YOUR FAVORITE PLANTS. OVER TIME, POWDERY MILDEW CAN STUNT PHOTOSYNTHESIS, LEADING TO GROWTH AND PERFORMANCE PROBLEMS FOR YOUR PLANTS. YOU CAN TREAT POWDERY MILDEW BY PRUNING AFFECTED AREAS, CLEANING ANY DEBRIS OUT FROM UNDER THE PLANTS, AND APPLYING A MULTI-PURPOSE FUNGICIDE TO ELIMINATE ANY REMAINING SPORES.

PREPARE YOUR LAWN FOR FALL

THE HEAT AND HUMIDITY OF A TYPICAL AUGUST CAN WREAK HAVOC ON YOUR LAWN. BE SURE THAT YOUR MOWERS ARE ADJUSTED TO CUT NO MORE THAN ONE-THIRD OF THE HEIGHT OF YOUR GRASS. THIS LIMITS THE DAMAGE THE HEAT MAY CAUSE. IF YOU'RE AMBITIOUS AND WANT TO GET AHEAD ON YOUR LAWN RECONSTRUCTION FOR THE FALL, NOW IS AN EXCELLENT TIME TO AERATE. AERATION REMOVES SMALL CLUMPS OF SOIL FROM THE SOIL, IMPROVING DRAINAGE AND ALLOWING WATER AND NUTRIENTS TO ACCESS TURF ROOTS. YOU CAN PURCHASE VARIOUS TYPES OF LAWN AERATION EQUIPMENT, OR YOU CAN HIRE A PROFESSIONAL SERVICE TO HANDLE THE TASK FOR YOU.

TAKE CARE OF THESE TASKS, AND YOU'LL BE READY TO TACKLE THE CHALLENGES OF THE FALL GARDEN!

