

# BIONIC BEATS

*A Monthly Publication*



## Making Positive Impacts: Celebrating Limb Loss/Limb Difference Awareness Month at Bionic!

Every April, the Amputee Coalition holds Limb Loss/Limb Difference Awareness Month (LLLDAM) to raise awareness and empower those affected to share their stories. At Bionic, we made several strides to help support during this time of the year.

First, several clinics set up tables with ribbons and information from the Amputee Coalition to help inform those who came in. Next, we featured LLLDAM on our social media and blog to help spread more information across the internet. We also encouraged Bionic employees to wear orange together. We'd like to do even more next year to help share the *Bionic* limb loss and limb difference stories.

What can you do to support those with limb loss and limb difference, even after LLLDAM?

You can show support on social media, with supportive or encouraging messages and comments. You can buy from the Amputee Coalition's store or from limb loss or limb difference owned businesses. Supporting mental health initiatives is another great avenue to help as many may encounter mental health issues during their limb loss journey. The most important way to support is to mark April 2024 in your calendar so we can truly make strides together in equality, support, and fair treatment.

Visit [bionicip.com/blog](https://bionicip.com/blog) to learn more.

### IMPORTANT NEWS, UPDATES, AND IDEAS

- 1 - *Making Positive Impacts*
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- 4 - *New Hire Spotlight*
- 5 - *Employee of the Month*

**Bionic**  
*...Step Ahead*

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## Bionic Pet Spotlight!

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# FLANAGAN

Mr. Flanagan is a 5 month old pug who absolutely adores food. He loves to play with his fur sister who is Piper Marie and follow his mom around everywhere. He is also always down for an adventure to the farmer's market on the weekends!

– **Victoria McLamb, Clinic Office Administrator**  
**San Antonio TX**





# MAY



SUN

MON

TUE

WED

THU

FRI

SAT

	1 Whitney Fuller	2	3	4	5 CINCO DE MAYO Ben Sapp	6
7	8	9	10	11 Meredith Majchrowski	12	13
14 MOTHER'S DAY Michael Navarro	15 Symanthia Byrd	16	17 Rose Roush	18	19	20
21	22	23 Evan Karpen	24 Kimberly Jackson	25 Michele Goral	26	27
28	29 MEMORIAL DAY	30	31			

## CARNE ASADA TACOS

COOK TIME:  
2 HOURS

YIELD: 6  
TACOS



SCAN HERE  
FOR RECIPE:



# *NEW HIRES*

**Mary Ballard**

Clinic Office Administrator  
Hazel Crest, IL

**Kimberly Jackson**

Clinic Office Administrator  
Owensboro, KY

**Diego Suarez Tinoco**

Biomedical Engineer  
Business Center

**Candace Sharp**

Office Assistant  
Business Center





**Struggling with springtime allergies? Here are a few tips to get some relief.**

**1. Limit time outdoors.**

Every spring, trees release a ton of pollen into the air. When you breathe the pollen into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, Especially on windy days and during the early morning when pollen counts are highest. Don't forget to take a shower, wash your hair, and change your clothing when you head back inside to avoid bringing in pollen.

**2. Consider allergy medicine.**

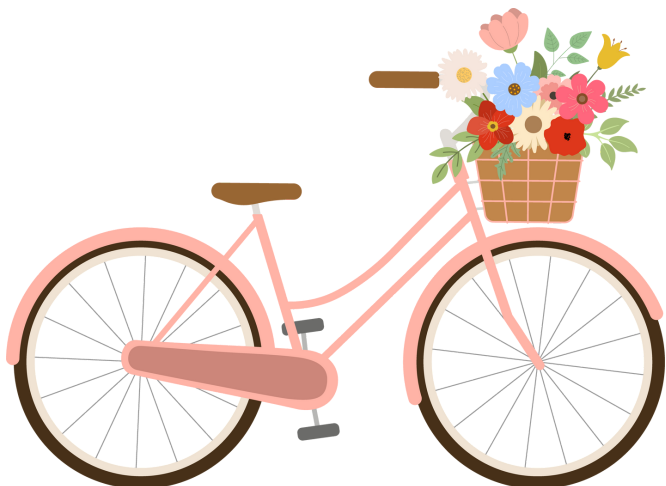
Allergy medicine can help with sniffles and runny noses. For more severe allergies, consider using a nasal spray instead. Be careful with your choice of medicine as they can have side effects or could make you drowsy.

**3. Tweak your home.**

Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside. Take off shoes at the door and ask guests to do the same.

**4. Protect yourself early on.**

Tweak your home a week before the season starts and make conscious efforts to reduce potential pollen brought into your house. If you're considering medicine, use it before your eyes get watery and you're sneezing non-stop.



# Employee of the Month:



## Arianna Flores

"Grateful to have her in the Purchasing Department. Want to recognize her consistent effort and great performance in such a pivotal role. Overall, she brings tremendous value to Bionic as a whole."

"Arianna is a pleasure to work with and is always positive! She completes tasks in a timely manner and is always willing to help others."