



INSIDE THIS ISSUE

Team Member(s) of the Month

Team Member Spotlight

CLINIC NEWS:

New & Noteworthy, Clinic Events
& Patients of the Month

SUCCESS STORY:

Results You Can See

CONGRATULATIONS PATIENTS:

Misspelled Word Contest &
Refer-A-Friend Participants

2ND ANNUAL FREE

Natural Healing Health Fair all
day on June 8th– See Insert Inside

**OUR GOAL IS TO SERVE
YOU WITH SUCH A GREAT
EXPERIENCE THAT YOU:**

1. Thank the person who sent you here.
2. Refer people you care about to us.

**PATIENTS
ENTER TO WIN!**

Find the misspelled word
in this newsletter and call
570-208-2787 for your
chance to win a

\$10.00

GIFT CARD!

Contest for past
and present patients only.

Team Member(s) of the Month: MS. JESSICA CONGDON



This month(s) Team member of the month is none other than Kingston's finest Ms. Jessica Congdon! She is our RockStar front desk/PT tech. Jessica has been a key component to the team in Kingston. She has been a part of the Cawley family since November. She does an excellent job at being a multitasker. Jessica has what I believe to be one of the most important jobs in the whole company. That job is being the very first point of contact whenever someone calls or comes in for their appointment. Her warm smile and genuine personality makes everyone feel at ease and just like one of the family. Jessica graduated from Wilkes University with a BA in Psych and a Minor in Biology and is from the Dallas area. When Jess is not busy at our Kingston clinic, she enjoys drawing or painting and also likes to go on long hikes outdoors. Jess has 2 dogs named Jade and Bella and 1 cat named Otto. Thanks for everything you do Jessica. We are so thankful to have you on our side!

Team Member(s) Spotlight: MS. MARIAH CARDEN



First up is Ms. Mariah Carden. Mariah joined the team back in April and has been quite a catch. She leads the Front Desk position and also assists as a PT Tech/Aide in our Scranton office. This is a very tall task and Mariah is knocking it out of the park. She is a quick learner and has adapted very well to her new position. Mariah hails from the Carbondale area and when she is not busy helping with patients or taking calls she likes to spend time with her daughter Kylie and binge watch Game of Thrones! Mariah has a kitten named Luna and 2 fish Mickey and Minnie (LOL). Please give Mariah a warm welcome when you see her!

MS. CANDICE PURNELL



Next up is Ms. Candice Purnell. Candice also came aboard this past April. Candice is working as a full time Physical Therapist Assistant in our Nanticoke office. Candice graduated from PSU Hazleton campus with her associates degree as a Physical Therapist Assistant. Candice has a very interesting background which includes having worked in a Funeral Home for several years. Candice is a real go-getter and this is clearly evident in her ongoing pursuit to obtain her MBA upon completion of her bachelor's degree in business from Lackawanna College. Candice resides in the Mountain Top area and when she is not busy helping healing patients at Cawley PT or studying for college exams she likes to spend time doing anything outdoors (riding quads, kayaking working out). She also enjoys taking in a concert or two when she can. Candice has one pet, a shih-tzu named Mopsy! Please join me in welcoming Candice to the Cawley PT team.



New & Noteworthy

April 1st marked the opening of Cawley Physical Therapy and Rehab's 6th location at 44 North Scott Street Suite #2 in Carbondale!! We celebrated with a "Thera-band" ribbon cutting with The Great Carbondale Chamber



of Commerce. We are super excited about this opportunity and Dr. Danica Kuti is leading the charge at this location. Dr Kuti is a doctoral graduate of Misericordia University and is excited about the opportunity to work with and help the residents of Carbondale and the surrounding communities to resolve/minimize their pain, get them back to normal, and most important to improve their quality of life. Looking for an appointment in the Carbondale office with Dr. Danica, simply call 570-280-2414

Cawley PT loves to throw a fun party when we can in our offices and March, April & May gave us a bunch of fun holidays to celebrate with our patients across our clinics! We had fun handing out St. Patty's day Pins and other swag to celebrate this fun Irish holiday! Then in April the weather warmed up and we set up a putting contests for our golfing enthusiast and for those just testing out their put-put skills! In May it was "off to the races" and we hosted a fun Kentucky Derby themed event with our staff and clients! Thanks for everyone who got in on the fun and more holiday events coming up!



Last but not least, we just want to remind all of our awesome past patients and their family/friends about our super cool State of the Art - Class IV Laser Therapy. We are the only PT facility in Luzerne County that has a LiteCure Class IV Laser which is amazing for reducing/eliminating acute/chronic pain, swelling, edema, stiffness, aches or pains. Check it out on our website homepage near the bottom at Cawleypt.net



Chicken with Mango Barbecue Sauce



Serves 4

INGREDIENTS:

- 1 tablespoon olive oil
- 1 cup diced red onion
- 1 red bell pepper, seeded and diced
- 3 cloves garlic, minced
- 1 jalapeno, seeded and minced
- 1 teaspoon ground cumin
- 1/4 teaspoon ground cloves
- Salt and freshly ground black pepper
- 3 cups diced mango (fresh or frozen)
- 1/4 cup ketchup
- 2 tablespoons apple cider vinegar
- 2 tablespoons molasses
- 1 tablespoon Worcestershire sauce
- 1 tablespoon fresh lime juice
- Cooking spray
- 4 boneless, skinless chicken breast halves (about 4 ounces each)

DIRECTIONS:

Heat the oil in a large skillet over medium-high heat. Add the onion and cook 2 minutes, until soft. Add the red pepper, garlic, jalapeno, cumin, cloves, 1/2 teaspoon salt, and 1/4 teaspoon black pepper and stir to coat. Cook for 1 minute, until the spices are fragrant. Add the mango, ketchup, vinegar, molasses, Worcestershire sauce, and lime juice and bring to a simmer. Simmer for 3 to 5 minutes. Transfer the mixture to a blender and process until smooth. Transfer 1/4 cup of barbecue sauce to a small bowl and set aside (this will be used on the chicken while grilling; the rest will be served at the table).

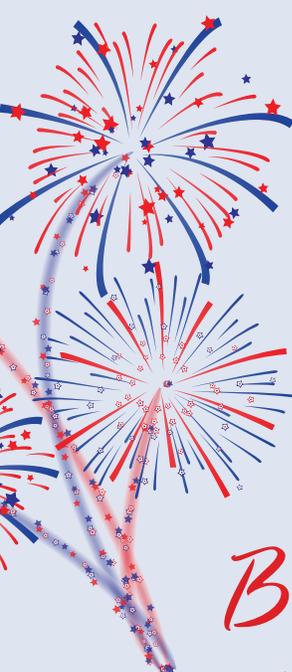
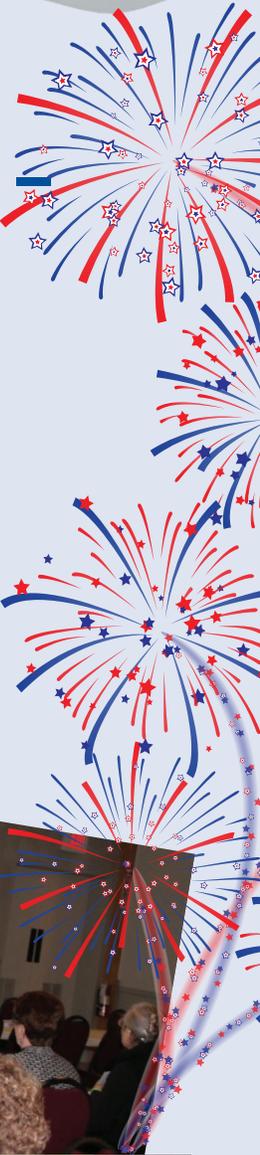
Coat a stove-top grill pan with cooking spray and preheat to medium-high. Season the chicken with salt and pepper. Place the chicken on the hot pan and grill 3 minutes per side, until almost cooked through. Brush the mango barbecue sauce over both sides of the chicken and cook for 1 to 2 more minutes per side, until the chicken is cooked through. Serve the chicken with the reserved mango barbecue sauce on the side (so you can add more as desired).

Nutrition Info Per Serving:
Saturated Fat: 1.5 grams
Total Carbohydrate: 40 grams
Sodium: 283 milligrams
Cholesterol: 72 milligrams

Calories: 332
Total Fat: 7 grams
Sugars: 31 grams
Protein: 28 grams
Fiber: 4 grams



2ND ANNUAL FREE NATURAL HEALING HEALTH FAIR ALL DAY EVENT



Saturday June 8, 2019 • 8 AM to 4 PM
Dunmore Presbyterian Church
137 Chestnut Street • Dunmore, PA 18512

To register call 570-208-2787

*Back by
Popular Demand!*



PITTSSTON OFFICE: 570-208-2787

33 North Main Street
Pittston, PA 18640

KINGSTON OFFICE: 570-714-0933

840 W. Market Street
Kingston, PA 18704

NANTICOKE OFFICE: 570-258-2365

160 S. Market Street • Nanticoke, PA 18634

SCRANTON OFFICE: 570-207-2787

1150 S. Main Ave. • Suite 101 • Scranton, PA 18504

CARBONDALE OFFICE: 570.280.2414

44 North Scott St. • Suite 2 • Carbondale, PA 18407



.....
8am - Avoid and Naturally Resolve Knee Stiffness and Pain Workshop
Dr. Tim Dymond



.....
9am - How to Heal Naturally from the 3 Main Causes of Lower Back Pain & Sciatica Workshop
Dr. Jesse Yurko



.....
10am - An Inside Look at Psoriatic Arthritis Workshop
Dr. Julio Ramos, MD FACR FACP



.....
11am - The Gift of Healthy Shoulders. Shoulder and Rotator Cuff Pain Workshop
Dr. Danica Kuti



.....
12pm - Thrive Wellness Seminar (Healthy Eating & Nutrition) Workshop
Rob Burns, HHP, HNC



.....
1pm - Top Tips to Naturally Heal Foot/Ankle Pain Workshop
Frank Cawley, MPT



.....
2pm - Connections between Headaches, Neck & Jaw Pain Workshop
Dr. Anthony J. Polit, DMD (L) & Dr. Donald Malizia, DDS (R) *From Allentown Pain & Sleep Center*



.....
3pm - Staying Steady in 2019: Balance and Dizziness Workshop
Dr. Heather Marsico

Here's What You Need to Do:

Seating is limited to 30 attendees per class. Each attendee will receive a badge. A badge will allow you to attend however many classes you want to attend BUT you do need to register for each class. How do you register?

- Call 570-208-2787 or visit www.cawleypt.net/health-fair-event
- Tell them you want to register for the Health Fair
- Our phone representatives will ask you what classes you want to attend
- You will then get a confirmation email and phone call prior to the event

Attend the event at
 Dunmore Presbyterian Church
 137 Chestnut St, Dunmore, PA 18512

.....
Call now
570-208-2787
to reserve your spot for The
2ND ANNUAL FREE
Natural Healing Health Fair
All Day Event.
Limited to only 30 badges
for each class.

You owe it to yourself to feel healthier in 2019! See you there! FREE Healthy snacks for all attendees. Bring a friend along too!!



Results you can see



From Left to Right:
Anthony Carachilo
PTA Pittston Office
and James Kashuba
happy Cawley PT
graduate!

"I am very pleased with the results of my PT. My range of motion has improved and my pain (back, leg, and buttocks) has been reduced. Prior to starting PT I had trouble sitting, standing, bending, twisting, and pretty much any movement. Because of the care and personal attention provided by the staff at Cawley I am now able to do all with ease. That is a blessing from where I was. I would highly recommend Cawley for rehab. Thank you all." — James

CONGRATULATIONS TO OUR PATIENTS!

High Fives to all Cawley Physical Therapy patients and friends who participated in our "Refer a Friend" program for the months of March/April!

- Charles Hatchko (Mary Maloney) • Martha Doran (William Doran)
- George Kamage (Carole Kamage) • Donna Cabrera (Perry Coolbaugh)
- Bernadette Lieback (Julie Lieback) • Judith Earley (Bertha Earley)
- Judith Miller (Paula Lanunziata) • Margaret Edwards (Angelo Salerno)
- Alyssa Bouch (Ryan Novick) • Kiersta Zegarski (Tanya Zegarski)
- Hannah Fairchild (Susan Lombardo) • Evan Rider (Erin Berlew)
- Nicole Kiehart (Lindsey Krynak) • Michael Mesaris (Morgan Mesaris)
- Laura Joyce (Mary Lou Calleo) • Marie Gladish (Eugenia Arcudi)
- Kevin Macaluso (Charlene Macaluso) • Diane Divecchia (Melissa Gross)
- Denise Kasa (Ted Kerechuk) • Marisa Stell (Robert Stella)
- Cassandra Scott (Christine Alias) • Lillian Littleford (Renee Kindler)
- James Thomas (JoAnne Thomas) • Patricia Januszkeski (Lorraine Beck)
- Tracey Carey (Ginger Fath) • Kevin Martin ("Dolly" Rosemarie Martin)
- Christopher Stetzer (Linda Stetzer) • Joshua Hornlein (Renee Hornlein)
- Dolores Bradigan (Francis & Mark Bradigan)
- Kiersta Zegarski (Tanya Zegarski) • Saige Price (Megan Williams)

CONGRATULATIONS MISPELLED WORD WINNERS

Thanks to all of you that participated in the misspelled word contest. Congratulations to

- Vivian Harris-Pittston
- Julie Domanski-Nanticoke
- Mary Balun-Nanticoke

Congratulations Patients of the Month

Congratulations to our patients of the month for April & May.

"NO MORE NECK PAIN & HEADACHES..."

Kingston: "The accidental fall on the stairs left me with hip trauma and with excruciating pain that prevented me from having a normal life. In addition to hip trauma, I've had pain in my right shoulder, caused by wrong posture and extensive work on my computer and lack of stretch exercises. Climbing or going down stairs was a struggle, walking long distances was exhausting and painful. I decided to try physical therapy at Cawley Physical Therapy and Rehabilitation in Kingston PA and it paid off in full. Heather did a fabulous job with my hip and after first session I felt instant relief. Pain was almost gone and stairs were not a struggle anymore. Caitlyn worked on my shoulder and my muscles are moving much better and I do not have pain in neck and no headache after extensive walking anymore. Jess was very helpful with exercises that I had to do and with scheduling my appointments for convenient time. They were always helpful and nice, making me laugh every time I was there. We were always joking that "I have a new hip and a shoulder now" and that's true. I am forever grateful to them for giving me back a life without pain." — Tatyana P.



"RUNNING ONCE MORE!"

Pittston: "After my accident I was shocked in the pain I was in. After only 2 months of physical therapy I feel great! I wasn't able to sit or stand for a long time due to the pain, let alone lift weights or go for a run-as I loved to do. I'm so glad that with the staff here I am able to enjoy the Spring Time and get back outside-running!" — Mariah D.



"I CAN TRAVEL WITH OUR GROUP AGAIN!"

Scranton: "It all started at a group meeting held at my church. Everyone in the group did all they could to bring me to a less painful back and now I can do more walking and less sitting and I will be able to travel with our group again. Thanks to the staff at Cawley. I would recommend them to all my family and friends" — Marlene S.



"I HAVE A PAIN-FREE LIFE"

Nanticoke: "Came to Cawley after a motor vehicle accident. Jesse and Alyssa did a wonderful job and helped me to return a pain free life again. After the accident I had pain and stiffness in my neck and back. They worked their magic and I'm so grateful. Thank You!!!" — Ed S.





Cawley Physical Therapy and Rehab's Carbondale Location is OPEN! The home of the Carbondale Chargers is also home to Cawley PT with a location at
44 North Scott Street • Suite #2 • Carbondale PA

PRSR STD
U.S. POSTAGE
PAID
LANCASTER, PA
PERMIT NO. 810

PITTSTON OFFICE: 570-208-2787

33 N. Main St. • Pittston, PA 18640

KINGSTON OFFICE: 570-714-0933

840 W. Market St. • Kingston, PA 18704

NANTICOKE OFFICE: 570-258-2365

160 S. Market St. • Nanticoke, PA 18634

SCRANTON OFFICE: 570-207-2787

1150 S. Main Ave. • Suite 101 • Scranton, PA 18504

CARBONDALE OFFICE: 570-280-2414

44 N. Scott St. • Suite 2 • Carbondale, PA 18407

Follow & Like us

on Facebook! Search:



@CawleyPhysicalTherapyRehab

SPECIALIZING IN: Orthopedic Care • Neck & Back Treatments • Sports Medicine • Knee Replacements • Sciatica Treatments • Stenosis Therapy • Osteo Prevention • Accident Claims • Work-Related Injuries • Aquatics PT • Class IV Laser Therapy • And so much more!

ATTENTION...ATTENTION...ATTENTIUNON...

2ND ANNUAL FREE NATURAL HEALING HEALTH FAIR – ALL DAY EVENT

Saturday June 8th 2019 • 8am–4pm

**Dunmore Presbyterian Church
137 Chestnut Street • Dunmore, PA 18512**

Back by an overwhelmingly popular demand, Cawley PT and Rehab is hosting our second annual Natural Healing Health Fair all day on June 8th from 8am-4pm in Lackawanna County.

This event was super popular last year with hundreds of registrants looking to find ways to heal naturally and avoid the need for the use of chronic pain medications, painful injections and surgery.

This year will be even better!! We are including some brand new topics as well as a few oldie but goody ones!! New topics include: Psoriatic Arthritis, Neck Pain, Headaches and Jaw related problems and more... There will be plenty of Free Giveaways, Free



healthy snacks as well as tons of Free helpful information to reduce your pain/problems and return you to the activities and life you enjoy!!

Please see our Full Insert for complete details and call today to register!! Seating is limited to first come first serve basis of 30 registrants per session and we filled that super fast last year. Don't Delay call 570-208-2787 today!!