



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

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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

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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!

CLINIC NEWS

New & Noteworthy ... *Continued from page 2*

Last is our most popular workshop this year...Rotator Cuff and Shoulder Pain!! Do you have trouble reaching overhead? Difficulty washing your back or reaching your wallet? Can't sleep due to shoulder pain?? Find out if you can avoid surgery and heal without pain meds or painful injections!! To better serve our patients we are hosting this in 3 of our clinics. Carbondale Thursday October 3rd at 6:00pm and Saturday October 5th in Nanticoke 160 South Market Street or in Scranton at 12:30pm.



Seating for all of these events is limited to the first 15 who call to register!! You can register for any of these by calling Wanda or Cassie at 570-208-2787. We often fill up so don't wait...See you there!

Ps: Can't wait this long because you are having so much pain/trouble now?? Ask how you can get one of our FREE Consultations today...



BALANCE & DIZZINESS PATIENT WORKSHOP

THURSDAY SEPTEMBER 19TH

Carbondale Office • 6:00 p.m.
 44 North Scott Street • Suite #2 • Carbondale, PA 18407

SATURDAY SEPTEMBER 21ST

Pittston Office • 10:00 a.m.
 33 North Main Street • Pittston PA, 18640

Scranton Office • 12:30 p.m.
 1150 South Main Ave • Scranton, PA 18504

Free informative handouts and Cawley PT swag for attendees



Clinic Update

AUG/SEP 2019

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BALANCE & DIZZINESS WORKSHOP
 September 19 & 21
 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!

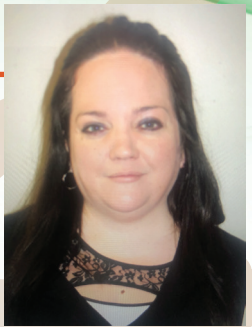
Contest for past and present patients only.

Team Member(s) of the Month: AMY WALSKI

This month's team Member of the month goes to one special young lady in our Pittston clinic. Amy Walski!!! Amy has been with the Cawley PT team here in Pittston since December 2015! She has done an amazing job holding down the fort at the front desk for the last several years. Amy has played a super important role in developing and training new staff members for our other satellite clinics. She has also been one of the key players at the front desk who has created and developed our Front Desk training manual. This manual has been a life saver when it comes to on-boarding and training new front desk staff. But...It does not stop there! Amy has also worked closely with Wanda in our finance/billing department and has learned the ropes super fast! So fast in fact that Amy is now our Assistant Billing Manager. We are truly blessed to have Amy on our team and we are so thankful for her versatility and knowledge in several areas!

When Amy is not busy scheduling patients, taking phone calls, or handling billing questions, she can be found spending time with her main man James and their children Logan (10), Jimmy (8), and Lily (5)!!

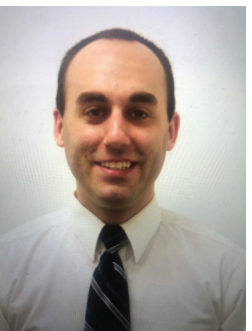
Thanks for everything you do Amy! We are thankful and grateful for all that you do.



Team Member(s) Spotlight: DR. JESSE YURKO

This one was an easy one!! Dr. Jesse Yurko has been a huge asset to Cawley PT since joining our team in June 2015. Jesse is our RockStar PT and Clinical Director in our Nanticoke facility. He and his team consistently produced happy patients with amazing healing and results! Jesse uses the unique combination of manual therapy including myofascial release, massage, Cupping, Graston tools, and more in conjunction with scientifically proven therapeutic exercises to give his patients the best results possible! Jesse is a continuous learner. He is never satisfied or complacent. He continuously looks for new ways and options to give he and his team the best options to get patients well and back to enjoying life again! That is why they have one of the highest rate of returning past patients in our Nanticoke clinic! Everyone loves a little Jesse!! Ha-ha...

When Jesse is not busy healing patients and creating magic with his hands, you can find him spending quality time with his wife Amanda and their little baby boy Bryce! Jesse became a new dad just this year and he and Amanda are naturals and loving every single minute of it! Bryce's future is looking bright!! Jesse is also a big advocate for staying healthy himself and enjoys a good workout as well as eating healthy! Thank you for everything you do Jesse! You are a true asset to the field of PT and an even bigger asset to the team here at Cawley PT and Rehab.





New & Noteworthy

Cawley PT has a few special events coming up in September/October:

Foot and Ankle Pain Workshop: We will be hosting our ever popular foot and ankle pain workshop in 3 of our clinics in September. If you are looking for ways to heal and resolve your foot or ankle pain naturally and avoid the need for usage of chronic pain meds or painful injections then this is definitely for you. We will cover the 3 most popular causes of foot and ankle pain along with a plethora of other things. Here are the details... Carbondale Office will host this event on Thursday September 5th at 6:00pm at 44 North Scott St Suite #2 570-280-2414. Then on Saturday September 7th we will host it in our Pittston Clinic at 33 North Main St. at 10:00am and again in Scranton at 1150 South Main Ave Suite 101 at 12:30pm!



Up next is our Balance and Dizziness Workshop! Do you feel like you are falling or going to fall? Does the room spin? Trouble walking? Fear of losing your independence?? Well this event is definitely for you!! We will cover the most common causes of balance and dizziness and discuss how many, if not most of them, can be healed naturally! We are hosting these in Carbondale on Thursday September 19th at 6:00pm 570-280-2414 and on Saturday September 21st in Pittston at 10:00am and Scranton at 12:30pm.



Continued on back page

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 July/August

Louise Koenig • Margaret Lasota • Amy Walski • Jean Murphy
Rosalie Flynn • Courtney Cawley • Lisa Bailey • Roque Espinoza
Florence Vargo • Leslie Widdick • Anna Campbell • Wanda Ansback
Dolly Martin • Melissa Sobek • Christine Gardner • Frank Cawley

CONGRATULATIONS MISPELLED WORD WINNERS

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

Lucille Johns • Lorraine Butkus

"Work Hard....Play Hard"

The team here at Cawley Physical Therapy and Rehab will be celebrating a little fun time out at Knoebel's Amusement Park on Saturday September 14th. Last year over 40 employee and family members enjoyed a good ole fashion cook out and some fun park rides. It was a real blast!! The team here at Cawley PT and Rehab love working hard together but love playing hard and having some fun just as much!! Check out this cool picture from our Knoebel's company picnic last year!! It was awesome!! Huge thanks to all our team members for everything they do!! Even bigger thanks to all our patients who make special events like these possible!!



Happiest of Birthdays to all of our past and present patients who are celebrating their special day during the months of September and October!! Here at Cawley PT we have a few team members celebrating their special day! Happiest of Birthdays to Alyssa Opiary, Cathy Hannis and Amy Walski. Have a great day everyone and may this year be your best year ever!!!

Results you can see



Pictured from Left to Right; Caitlyn Dymond, PTA, Happy Pain Free Patient Bills Sims, and Dr. Heather Marsico, DPT, Kingston Office Clinical Director

"The entire staff at Cawley PT has been very professional and extremely helpful. My back feels like it was never hurt. I would definitely recommend Cawley Physical Therapy for anyone needing any type of therapy. Thank you very much for all your help!" —Bill Sims

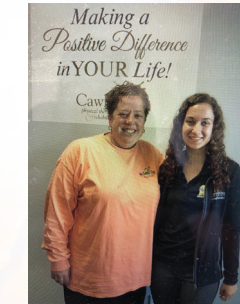


Congratulations Patients of the Month

Congratulations to our patients of the month for June & July.

"THANK YOU!"

"When I first started coming to PT, I was nervous and scared to do many things with my foot. (fear of tearing my Achilles again!) Through the exercises and all the staff's hard work, I'm leaving with a new confidence. I feel like I can now do everything that I was previously unable to do before PT. I have thoroughly enjoyed my time here with Gloria, Danica and Mariah. I would recommend Cawley PT to everyone in need of therapy." —Deb Sherman



"HEATHER, CAITLYN, AND JESSICA YOU ARE FLAMAZING!!!"

"Prior to starting P.T. at the Cawley Kingston location, I was having difficulty with tightness and a tingling sensation in my left leg. These issues were from a recent L4-L5 spinal fusion with laminectomy surgery. Everyday activities were extremely difficult to do. The team at Cawley: Heather, Caitlyn, and Jessica worked with me to achieve my goal to be able to do everyday activities with greater ease. I know I have a way to go until my spine is fully fused, but compared to when I began therapy in April I feel great!!!" —Patty Temple



"I AM VERY GRATEFUL FOR ALL THE CAWLEY STAFF"

"I would like to thank everybody at Cawley for their diligence throughout my therapy sessions. Now I have more use of my elbow without as much pain." —Carl Casey



"THANK YOU..."

"When I came to Cawley PT they helped me get my foot stronger and in much better condition. I really do appreciate everything they have done for me. It was great coming here, I always felt comfortable and I was able to be my true self at all times. Everyone there truly helped me, and everyone is extremely nice and knowledgeable!" —RJ Overton



HEALTHY FALL PUMPKIN CHILI RECIPE

This healthy fall pumpkin chili is an autumn favorite. It's loaded with healthful ingredients and big bold flavors. Comforting, cozy, and deliciously savory



INGREDIENTS

- 2 TB olive oil
- 1 onion, diced
- 7 cloves garlic, chopped
- 1 tsp sugar
- 1 TB chili powder
- 1 TB ground cumin
- 1 tsp pumpkin pie spice
- 2 tsp oregano
- 2 tsp ground coriander
- 1 lb ground turkey
- 3 TB tomato paste
- 2 green + 1 orange/yellow bell pepper, seeded and chopped
- 2 cans (14.5 oz each) fire-roasted tomatoes, with juices
- 3 cups chicken or turkey broth
- 2 (14 oz each) cans black beans, rinsed well and drained
- 1/2 cup pure pumpkin puree
- Kosher salt & freshly ground black pepper
- shredded cheddar cheese for topping, optional

INSTRUCTIONS

1. In a large heavy pot or Dutch oven, heat olive oil until hot. Add onion and garlic, stirring until fragrant, about 30 seconds. Add sugar, chili powder, cumin, pumpkin pie spice, oregano, and coriander. Stir to combine, 10 seconds.
2. Add ground turkey to pot and sprinkle 1 tsp salt over it; cook/stir to break up into small pieces. When turkey is cooked through, add tomato paste and stir 30 seconds.
3. Add bell peppers, fire-roasted tomatoes with juices, and broth. Scrape bottom of pan while stirring. Bring chili to a simmer; simmer covered for 20 minutes. Add beans and pumpkin puree. Bring chili back to a simmer for 15-20 min or until heated through. Remove from heat. Add additional kosher salt and freshly ground black pepper to taste. Serve warm, with shredded cheddar cheese if desired.

NOTES

- Chili keeps well; simply cover and chill in fridge. Reheat by bringing back to simmer on stovetop.
- Make it meatless by using veggie broth and omitting turkey.