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## 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 of the Month: MS. CANDICE PURNELL



It is hard to believe that we are heading into Fall this month!! Kids are heading back to school and Labor Day is almost here!! Where did the last 8-9 months go?? WOW!! What is not hard to believe is who we selected for our Team Member of the Month for the month(s) of September and October! This team member needs no introduction! This month's award goes to Ms. Candice Purnell. Candice has really upped her game lately! She has always been an advocate to her patients providing them with 110% effort to help them reach their goals. In addition to helping her patients Candice has been mentoring a number of new Cawley PT team members. She has been assisting them with their initial training and onboarding as well as sharing her knowledge and experiences with them! The value of having a good teacher with many experiences is immeasurable!! I am sure that we can all relate to that and recall a point in our lives where someone mentored or helped to teach us. {Shout out to all the teachers and educators out there as we head back to school. Thank you for teaching us and helping us to learn! }

For some of you who never met Candice, here is a bit more about her! Candice joined the Cawley PT team in April 2019! Candice graduated from Penn State University Hazleton campus, with her Associates Degree as a Physical Therapist Assistant and is pursuing her Bachelors Degree in Business from Lackawanna College, with hopes to go on and obtain an MBA in HealthCare Administration! Whew!!! Can you see why Candice is such a great mentor and teacher? Always learning!! Candice loves what she does and it shows.

When Candice is not busy (which is rare, LOL) she spends time with her boyfriend Francis working on their house or going for a cruise on their motorcycle. Fun Fact about Candice- She took MMA for 3 years so do NOT make her angry. LOL.... Thank you Candice for being such a great team player and mentor to your colleagues and patients!

## Team Member Spotlight: MS. ALYSSA OPIARY

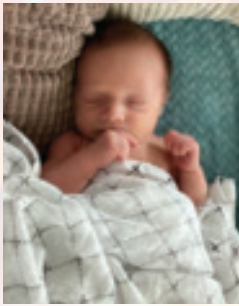


Our Team Member Spotlight Award goes to Ms. Alyssa Opiary PTA from our Nanticoke clinic. Alyssa has been a member of the Cawley PT family for nearly 6 years, joining the team in September 2015! Alyssa graduated from Penn State Hazleton University with her degree as a Physical Therapist Assistant. Fun Fact about Alyssa, she was a competitive dancer for over 10 years and likes to crochet and knit as a hobby! One of Alyssa's favorite quotes "Don't count the days, make the days count."

Alyssa has been and continues to be a tremendous asset to the Cawley PT team. She is a great team player and takes pride in assisting all of her patients in getting back to a life they can enjoy, and live pain free. Alyssa loves working with all *continued on back page*



## New & Noteworthy



More exciting Cawley PT baby news. Josh McDermott and his wife Briana celebrated the birth of their first child, a son Liam Charles McDermott. Liam came into the world on July 12th at 2:09am. He weighed 7# and was 20" long! Congrats to Josh and Briana!

Other exciting news, three team members of the Scranton office recently attended a very special event for a dear friend of Cawley PT. Anna Littzi, Dr. Jordan Gay and Gloria Eynon attended the Paul Miller Jr. Scholarship Fundraiser in conjunction with Lackawanna College



this month. If you are looking to help a great cause and a wonderful family, this is it!! Further donations can be made to [www.lackawanna.edu/millerscholarship](http://www.lackawanna.edu/millerscholarship). Here is a bit more about the scholarship. In 2010, the Paul J. Miller Jr. '08 Memorial Scholarship was established by his parents to celebrate their son's life and accomplishments. This scholarship provides tuition assistance to Lackawanna College students that excel academically, and exemplify Paul's spirit and has also supported programming related to Distracted Driving through the Lackawanna College Police Academy.

## CLASSIC STUFFED PEPPERS



### INGREDIENTS

- 1/2 c. uncooked rice
- 2 tbsp. extra-virgin olive oil, plus more for drizzling
- 1 medium onion, chopped
- 2 tbsp. tomato paste
- 3 cloves garlic, minced
- 1 lb. ground beef
- 1 (14.5-oz.) can diced tomatoes
- 1 1/2 tsp. dried oregano
- Kosher salt
- Freshly ground black pepper
- 6 bell peppers, tops and cores removed
- 1 c. shredded Monterey jack
- Freshly chopped parsley, for garnish

### DIRECTIONS

- Preheat oven to 400°. In a small saucepan, prepare rice according to package instructions. In a large skillet over medium heat setting, heat oil. Cook onion until soft, about 5 minutes. Stir in tomato paste and garlic and cook until fragrant, about 1 minute more. Add ground beef and cook, breaking up meat with a wooden spoon, until no longer pink, 6 minutes. Drain fat.
- Return beef mixture to skillet, then stir in cooked rice and diced tomatoes. Season with oregano, salt, and pepper. Let simmer until liquid has reduced slightly, about 5 minutes.
- Place peppers cut side-up in a 9"-x-13" baking dish and drizzle with oil. Spoon beef mixture into each pepper and top with Monterey jack, then cover baking dish with foil.
- Bake until peppers are tender, about 35 minutes. Uncover and bake until cheese is bubbly, 10 minutes more.
- Garnish with parsley before serving.

## CONGRATULATIONS TO OUR PATIENTS!

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 and August!

Frank Keating • Cindi Farrell • Colleen Kutchkus • Karen Wruble • Angelo Salerno • Matthew Niedzwiecki  
Kaly France • John Amico • Laura Rogo • Alyssia Pabon • Valerie Pierson • George Wolak • Kris Jones • Grisel Valentin Cataquet  
Nina Wilbur • Marie Pasternak • Terry Thomas • Lisa Golublewski • Rita Wall • Peter Lieback • Melissa Wren • James Kropavich  
Laurie Nowakowski • Ana Marotti • Revin Morin • Ruth Roscioli • Joe Politis • Yosef Fellig • Josh Gyle • Catherine Caparo  
Michael Jonas • Joan Hobbs • Carol Blackledge • Salvatore Sylvester • Julio Ruiz Astacio • Lyn Hewitt

## CONGRATULATIONS MISPELLED WORD WINNERS

: Thanks to all of you that participated in the misspelled word contest. Congratulations to our August Winners:  
Joan Zaneski • Diane White • Louise Ham

## WHAT WOULD YOU LOVE TO DO IF YOU WERE NOT UNSTEADY ON YOUR FEET?

Dear Friends,

Imagine the thrill of going to your grandkids' ballgame, maybe baseball or soccer—and not have to worry about losing your balance.

And think of the look on the faces of your friends when you jitterbug or swing your way through that dance floor.

Or, how would you like to tend to that garden of yours and not have to wonder if you'll get dizzy when you bend over.

*These things are possible and can come true.*

You can get steadier on your feet ...and regain your balance confidence.

**But you need to do something...**

*The first way is the worst...IGNORE it.*

Ignoring does not mean you are not vocal about it.



People tend to blame age...thinking that unsteadiness is normal as we get older. They say they don't have time... and their balance is nothing to be concerned about.

**However, deep inside, they know something is wrong.**

*The second way people approach a balance issue is to PATCH it.*

Patching in its' worst form is giving up on the things we love to do.

If only people knew...**The best way to approach a balance, unsteadiness, or dizziness issue...**

**HANDLE it!** But how do you handle it?

## **FREE Balance and Dizziness Exam**

It starts with attending our FREE Balance and Dizziness Exam. During the Exam, I will discuss in detail:

- The 3 components of balance control that help keep you steady.
- How to know if each component is working properly the way it's supposed to (these are simple tests you can do on your own without any expensive equipment).
- Simple techniques to strengthen all 3 components.
- Top 3 things you can do to decrease your risk of falling.

**So call 570.208.2787 and secure your spot for our Balance and Dizziness Exam...**

### **DURING THE WHOLE MONTH OF SEPTEMBER**

**CARBONDALE OFFICE – NEW LOCATION**  
**63 S. Main St. • Suite 200 • Carbondale, PA 18407**

**PITTSTON OFFICE**  
**33 N. Main St. • Pittston, PA 18640**

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

**NANTICOKE OFFICE**  
**160 S. Market St. • Nanticoke, PA 18634**

**KINGSTON OFFICE**  
**840 W. Market St. • Kingston, PA 18704**

**WILKES BARRE OFFICE – NEW LOCATION**  
**YMCA • 40 W. Northampton St. • Wilkes Barre, PA 18701**

**How Much Is It to Attend?** The event is **FREE!** (\$150 value) ...when you **Call 570-208-2787** to Register.

Looking forward to seeing you there,

**Frank J. Cawley, MPT**  
**Cawley Physical Therapy & Rehabilitation**



**PITTSTON OFFICE: 570-208-2787**  
33 N. Main St. • Pittston, PA 18640

**KINGSTON OFFICE: 570-714-0933**  
840 W. Market S. • Kingston, PA 18704

**CARBONDALE OFFICE: 570-280-2414**  
63 S. Main St. • Suite 200 • Carbondale, PA 18407

**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

**WILKES BARRE OFFICE: 570-307-2775**  
40 W. Northampton St. • Wilkes Barre, PA 18701

# SUCCESS STORIES

CawleyPT.com



## Patients of the Month

**Congratulations to all of our patient of the month recipients. We are so excited for your success and to see you getting back to doing the things you love!**

**Pittston Office:** "I just wanted to thank everyone for my therapy. When I started I couldn't do much with my left hand, I did the wax dip and the hand exercises, they really made a big difference. Today my hand is normal and everyone was so kind and helpful. I will recommend other to you always!" – Doris L.



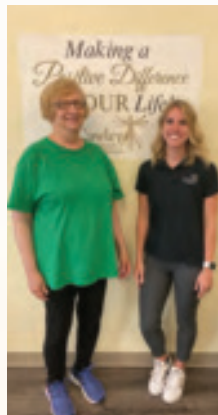
**Scranton Office:** "Cawley Team, thank you! Came here with a lot of lumbar back pain! Couldn't sit, sleep or stand for long periods! The Cawley Team is so professional. Came in at 64 years old but left feeling 30 again! You folks are awesome. P.S. Don't forget to make your bed everyday!" – Norm H.



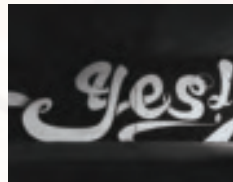
**Wilkes-Barre Office:** "Coming to Cawley PT in Wilkes Barre was the best thing I ever did! At first, I did not think that PT was for me or if it would even help. But, coming here 3 times a week made such an amazing difference. You never know until you try it! Dr. Cody was great and I can now do things I could not do for years. I will come here for all my therapy needs. A life changer for sure!! Thank you Cody for all your help and I will be referring everyone I know here because I am confident you will help them!!" – Josh G.



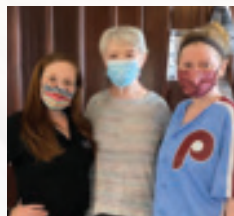
**Carbondale Office:** "When I arrived at the Carbondale Cawley Physical Therapy seeking relief from pain in my shoulder, I found a clean, convenient, comfortable environment where I was warmly welcomed by Dylan who led me to Dr. Jordan and Anthony who continuously gave me exceptional treatment. Now I no longer have shoulder pain, I can reach for a can on a higher shelf and I can reach my hand higher up my spine than when I arrived here. One thing I really liked was that I could tell my therapists discussed my case often and revised my treatment according to results. They also listened to me and took my thoughts into consideration. I am very happy I chose Cawley Physical Therapy and I highly recommend it to anyone in need of physical therapy." – Teresa M.



**Nanticoke Office:** "When I started physical therapy I was having difficulty with my balance along with experiencing pain throughout my neck. Because of how I was feeling I sat at home a lot and was not my active self. After several months of physical therapy I am feeling better and back to being active again. I'm feeling like myself again. Without the help of Barry, Alyssa, and Josh I would not be where I am today. I will be recommending everyone to Cawley because of the great staff and they improved my life. Thank you!" – Carol G.



**Kingston Office:** "I want to express my gratitude to the PT girls at Cawley in Kingston. When I came here I could not rotate my arms and all activities were very painful. Through much patience and work I am now able to freely move my arms, neck, and all areas I could not navigate so easily before. Thank you, thank you!!" – Edie G.



Results you can see

Thanks, Cawley!



Pictured from Left to Right; Happy Cawley PT graduate Beverly Del Giorgio and Cathy Hannis PTA Pittston Office

"My experience at Cawley was very helpful and rewarding. The staff is very kind and attentive. You are greeted with a smile, kind words, heat, ice, or whatever you need. You are treated like family, all of the staff is very caring beyond words. When I came to Cawley for therapy after my knee replacement, they helped and guided me to be a strong and more confident person. They have exceeded what I thought it could do. I am able to accomplish 98% of what I could do before. I am very happy and grateful for how far I have come with the great, friendly staff at Cawley. Thank you so much for everything!"

– Beverly Del Giorgio

Cawley Physical Therapy & Rehab offers  
Aquatic Therapy in Scranton  
and Pittston locations!

1150 S Main Ave • Scranton, PA 18504  
33 N Main St • Pittston, PA 18640

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CawleyPhysicalTherapyRehab



**SPECIALIZING IN: Orthopedic Care • Neck & Back Treatments • Sports Medicine • Knee Replacements • Shoulder/Rotator Cuff Recovery • Sciatica Treatments • Stenosis Therapy • Osteo Prevention • Auto Accident Claims • Work-Related Injuries • Aquatics PT • Class IV Laser Therapy • Slip & Fall • Cupping & Graston Technique • Coming Soon (Dry Trigger Point Needling) • And so much more!**

# CLINIC EVENTS

## Balance and Dizziness Workshop

- Date: Entire month of September
- Address: All offices
- Time: 7am–6pm by appointment

**FREE exam**  
with a  
**doctor of physical therapy**  
**\$150 value!\***

## Team Member Spotlight:

**MS. ALYSSA OPIARY**

*continued from pg 1*

patients but in particular, really enjoys working with those suffering with neck pain and neck related injuries. She loves the challenge of loosening up tight muscles and relieving headaches!

When Alyssa is not busy helping patients in our Nanticoke office she loves to spend time with her family, her boyfriend Zac, and LouBear. No LouBear is not a person, he is the cuddly little bundle of fur in the picture you see here. Louie will be 9 next month. (Sorry Zac, Alyssa chose to put LouBear in here instead of you. LOL...). Alyssa also just became a proud aunt to her very first nephew Jax on June 30th 2021 and we are proud and thankful to have Alyssa as our lead PTA in our Nanticoke clinic. Thanks for all you do and congrats Auntie Alyssa!

