



## My Love for Animals

By Alison Prawdzik

My love for animals started at a very young age. I was born in Milwaukee, and we had 3 English Springer Spaniels and a cat or two. Then from there we moved to Lodi. That is where I really became exposed to animals. Growing up we had a very wide variety of pets. We had dogs, cats, rabbits, pet ducks that were house trained, rats, an iguana, a ferret, horses and even a couple pigs that I raised. My sisters and I played outside, and injured animals always seemed to cross our path, so we would take them home, fix them up and then release them back out into the wild when they were healthy. I think my very first animal rescue and rehab was when I was in elementary school. My sisters and I were down playing at the park, and on our way home, we came across an injured mourning dove. I remember that she couldn't fly, and once we picked her up and looked, she had puncture wounds on the underside of one of her wings, so we took her home and cleaned it out, wrapped her wing and kept her for a few weeks. After her wounds were healed, we would take her outside and see if she would fly away. The first few times she didn't leave, but then one day she flew off into the trees and my sisters and I were absolutely ecstatic. We were sad to see her leave, but also so happy that she was able to make it back off into the wild. From there, anytime we found an injured animal, it was just natural for us to want to help it heal.

My aunt and uncle had a small farm just outside of Lodi where they had a nice little flock of sheep, a horse and several Great Pyrenees dogs and a border collie. I loved to spend time there and to be around all of the different animals. In the spring we often would take in lambs from my aunt and uncle's farm that had either been orphaned or abandoned and we would bottle feed and nurture them until they were old enough to be weaned and returned back with the flock. I loved to watch my uncle groom and harness a beautiful dark bay Morgan horse named Galen that was trained to ride and drive a buggy. And even more I loved going for rides or even a drive in the buggy with him. That is where my love for horses certainly began.

After many months of watching my uncle and even helping him saddle or harness Galen, my dream finally came true. I got a strawberry Roan Shetland/Welsh pony named Sugar. She was the sassiest little stinker ever, but boy did she teach me a lot! Believe it or not I had brought her to school for show and tell a few times. I had Sugar for a few years and then decided I was experienced enough to get a full-sized riding horse. We rescued a large Sorel gelding from the sale/kill barn and I named him Scuttles after the seagull from *The Little Mermaid*. He was barely broke to ride, but for some reason that horse never thought to hurt me. We respected each other and he took care of me. I rode him in all of the Lodi parades with just a halter and lead rope and on long trail rides bareback.



*Left to Right: My sister Rose on Scuttles, my sisters Katie & Nancy on Sugar, and Me on Sonny.*

Two of my best friends also had horses and that is how we spent our days and weekends. We rode all over the country side of Lodi. We would even ride through the Burger King drive through, right down the main street through the 4 corners and to the gas station to get snacks, then we would ride out to the fairgrounds to let the horses loose in the grass arena to graze while we ate our snacks. Horses were definitely my life growing up and taught me so many valuable lessons.

*continued on page 2*

### Inside This Issue

Movement Matters

Holiday Season Wishes

How You Can Help Others

Making Holiday Time  
More Enjoyable

Success Getting Back to Life

### ENTER TO WIN

Find the word "Sugar" inside this issue and Call (608) 742-9356 for your chance to win a pair of great fitting New Life Socks for you and a friend!

Drawing will be held on Tuesday, November 27, 2018.

(continued from page 1)



*Rebel and I at the Wisconsin State Fair- Milwaukee- 2007. He was young and sassy and one of my favorites.*

I have worked with many breeds and sizes of horses from draft horses to mini donkeys. I actually used to groom and harness Big Jake, the world's tallest living horse, before he was officially measured with the Guinness Book of World Records. I would have to say that was one of my favorite jobs. It was a lot of work, but draft horses are a lot of fun to work with. Even though they are very large, they were actually less scary to work with than some much smaller riding horses that I had worked with. They were like gentle giants. I still chuckle when I look at pictures of me with the Belgians because of the extreme height/size difference. I had to stand on a 3-foot ladder to reach their backs while bathing and combing and braiding their manes and forelocks.



I would eventually like to have a little hobby farm/ animal sanctuary with goats, chickens, a few dogs, cats and of course, horses. And who knows, maybe even a random cow or donkey will

be running along with the crew of critters. Between my sister and I, we have 5 cats and 2 dogs and all of which have been rescued from the shelter or local rescue group, or they have just showed up at our house and never left. Our pets are a part of the family and definitely treated as such. Tawnie, on the left, is the newest member of the family.

*In the 7 years that Alison has been with New Life, she has assisted the therapists with performing modalities with patients as a physical therapy aide and currently works on our Patient Services team. She most enjoys the bonds that are formed with our patients and being a part of their healing journey!*

## Why Movement Matters

By Sydney Mikulas PT, DPT

While the profession of physical therapy is often characterized under the generalized label "rehabilitation," I am eager to create a wider narrative – one that focuses on physical therapy's overall ability to change lives by helping people move better.

When it comes down to it, physical therapy is all about experiences. It's about making it possible for people to live and experience life to the fullest. Movement – not just exercise, but the overall ability to work, play and live optimally – just so happens to be at the center of so many of our greatest life experiences.

Physical therapists are highly educated medical professionals who are trained and licensed to help people both improve and maintain the ability to move optimally and with reduced pain. Often, physical therapists can help people do this without the need for surgery or prescription medication.

This includes people who are hurt, injured or who have had surgery, of course. But, this also includes athletes looking to improve performance and avoid injury, older adults looking to remain active and independent, workers who want to improve production and comfort while on the job, women who are pregnant ... all the way to people who simply just want to be healthier and less sedentary so they can better enjoy the things they love.

While strength, cardio health, balance and flexibility are critical for maintaining functional abilities throughout life (i.e., walking, climbing stairs, lifting, reaching, getting out of bed), the ability to move optimally and be active is something that can equally benefit the body, the mind and the soul.

**The Body** – It's no secret that being active and exercising regularly can benefit the body in seemingly countless ways, from improving cardiovascular health to reducing the incidence of chronic disease. But beyond maintaining great health, exercise as prescribed by a physical therapist can benefit people in numerous ways, from helping reduce chronic pain to strengthening bones and joints in older adults.

**The Mind** – Multiple studies have shown that regular exercise can sharpen and improve memory. But for those with mild cognitive impairments, exercise can also help slow the rate at which people with such impairments decline. Exercise has also been linked to greater focus, improved learning for children and adolescents, and a reduction in anxiety and stress.

**The Soul** – Research has also shown that those who exercise regularly tend to be happier and more social than those who live a more sedentary lifestyle. Not only that, but maintaining a stronger, healthier body with an eye toward optimal movement helps remove barriers that may stop someone from experiencing life to the fullest, whether that includes exploring new places or trying new things.

The greatest joy I get from being a physical therapist is helping people get to a place in their lives that they thought was either in the past or was unattainable from the get-go. Whether it's helping a person complete their first 5K or making sure someone's able to still pick up and hug their grandkids, my job as a PT is to help people experience life and be the greatest possible versions of themselves – all through better, more optimal movement.



## THINKING OF OTHERS

If you are able to share the joy of the holidays with those that are less fortunate, we will have donation collection boxes at each of our clinics again this year. The Portage clinic donations will be going to the Portage Food Pantry. The Baraboo clinic donations will be going to the Baraboo Food Pantry. And the Westfield clinic donations will be going to the Marquette County Care & Share Food Bank. Just look near

our Christmas trees in our lobbies throughout the month of December. Thank you for helping to relieve the burdens others can feel during the holidays and making sure everyone can enjoy them!

*Also, as a special thank-you for giving to those in need, if you are not currently being seen as a patient at New Life, any food drive donation at our clinics will allow you to schedule a **Free Assessment** appointment with a physical therapist. Just stop in one of our clinics during business hours and let our patient services staff know you've donated and would like to schedule the free consultation.*



All of us at New Life Physical Therapy wish you and your families a blessed and safe holiday season!

## Clinic Happenings:



### Drawing Winner:

Linda won our drawing last month for a Culver's Gift Card. Congratulations to Linda!



For National Physical Therapy Month we celebrated for a week in October with special treats, games, and prizes. It was great to see everyone who stopped in! Pictured here is New Life Physical Therapist, Kyle and New Life Patient Services, Amanda.



We celebrated John, Sydney and Nancy's birthdays with them by enjoying a delicious red velvet cake together.



In case you have not seen on our Facebook posting, we have exciting news. New Life Physical Therapist and Co-Owner, Mary Rose Strickland and her family are expecting to grow by one in January with a baby boy! We are very excited to meet him!

## Success Helping People Get Their "ING" On



Pictured here: New Life Physical Therapist Sydney Mikulas and Bonnie.

Bonnie came to New Life with a need to get back to her life and activities. She tells us honestly, "My journey began more than a year ago. My right hip was so painful, so I contacted an orthopedic surgeon. So many things went wrong that it took until May 2nd to have the surgery. I was in a nursing home for a month and then finally home! When I started at New Life, I was using a wheelchair or a walker and my back and hip hurt. I met Kyle and Sydney, and they were great! We progressed so fast that I returned the chair right away. In July, I started using a cane. Now I can't find my canes because I set them down and walked away. At first I could not lift my right leg while seated. I went up stairs one step at a time. Now I walk up and down like everyone else. To go from not being able to lift up my leg at all to walking stairs was so incredible to me. They got me moving again. I didn't always like doing my exercises at home and I could come up with excuses, but that's what it took. Sydney and Kyle made things fun. My husband thought I was nuts, seeing me doing lunges along the kitchen counter or squats holding onto the washer while I waited for the dryer. New Life gave me back my life. Thank you!"



2639 New Pinery Road, Suite 2  
Portage, WI 53901  
Phone: 608-742-9356

*Enter our drawing for a free pair of New Life socks for you and your friend! Information inside.*

## Your "ING"

We want you to be able to do your *working, playing, walking, resting, parenting, exercising*, all of your *living* PAIN FREE. We'll help you get your "ing" on!

With healthcare costs now, it is important to spend your money where it will benefit you. We understand and do our best to empower you in mind, body, and spirit to do the important things that make your life worth *living*.

Try Physical Therapy First.

## Helpful Tips to Help You Prepare and Enjoy Your Holidays

### Foods you can prep ahead of time:

- Definitely chop and measure out all of your vegetables ahead of time and refrigerate.
- Make your stuffing a week ahead and freeze it. Be sure to bake it the day of. The flavors come together and make it taste better.
- Casseroles, including green bean casserole, can be made a day ahead and topped and baked the day of.
- Plan on making all your pies, cakes and cookies a day or two before.
- Cooking your meats or mashed potatoes should not be done ahead of time. Those should be made on the day before serving.

**Stock up on things now while you are shopping.** Make sure you have enough wrapping supplies, pantry essentials, hostess gifts etc. Also, start separate lists early for your meal plans, items needed, and gift ideas so that you are writing them down as you think of them and will therefore be ready to shop when the time comes.

**Bigger and more is not always better.** Remember it is the time with family and friends that makes the holidays meaningful and enjoyable. Keep your decorations and cooking as nice as you would like without going overboard. Spend that time enjoying people instead.

**Allow a little extra time for traveling to and from events or to do a task.** Building in enough time helps you relax and gives you less of a chance to forget things.

**Stop and spend some time remembering and being thankful for all of your blessings.** Better yet, do it as a family and have each person write a short memory or something they are thankful for on a white tablecloth in permanent marker. Use the tablecloth for your meal and pass the markers to everyone. Reuse and add to your tablecloth each year. Read Luke chapter 2 in a Bible or online.

**When packing for travel,** tuck what you will need as soon as you get there on the top, like pajamas and toothbrush, so you do not have to unpack or dig through your suitcase when arriving.

**Don't attempt to do everything yourself.** Kids or teens can take coats when people arrive or show your guests to the hors d'oeuvres table. Have another adult family member greet people at the door. People don't mind helping out with small things and it allows everyone to be part of the time together.



2639 New Pinery Road, Suite 2  
Portage, WI 53901  
Phone: 608-742-9356



211 N. Pioneer Park Rd.  
Westfield, WI 53964  
Phone: 608-296-2225



613 S. Main Street  
DeForest, WI 53532  
Phone: 608-842-0427