

ENJOYING A ONCE-IN-A-LIFETIME EXPERIENCE

WATCHING THE COTTON BOWL IN ARLINGTON WITH MY SON

Throughout our lives, we experience many events that we hold near and dear to our hearts for the rest of our lives. For many of us, those experiences include our wedding day, the birth of our children, and getting that dream job or opportunity, but there are also some special experiences that are unique to each of us. I had one of those special experiences this past New Year's Eve that Jim and I thought would be exciting to share with everyone.

My son Alec is currently a junior at the University of Cincinnati where he is earning a degree in mechanical engineering. For those unfamiliar with the engineering program at UC, they do this thing called a co-op where they essentially go to school for a semester and then do an internship for the next 15 weeks. The schedule rotates like this until graduation.

His current co-op is taking place in Cincinnati, so he's been able to stay close to school, which has been nice, especially considering the success of

this past season's football program. After successfully completing an undefeated season, UC was chosen as one of four schools to participate in the college football playoff. Both my son and I are huge football fans, and we knew UC may never make it this far again. So, we decided to attend the Cotton Bowl in Arlington, Texas, where the University of Cincinnati faced off against the University of Alabama powerhouse.

It was a little nerve-wracking traveling due to COVID-19, but we made it to Arlington the day before the game. When gameday arrived, we took an Uber to the stadium and spent some time at this giant bar called Texas Live! that was just outside of AT&T Stadium. It was a great atmosphere because 90% of those in the bar were UC fans. I ended up buying my son and his friends plenty of drinks before we headed to the stadium.

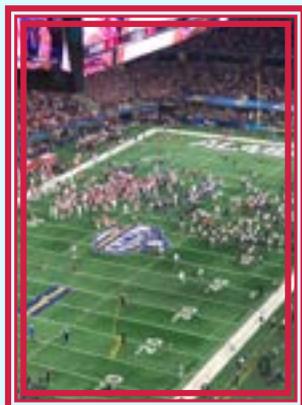
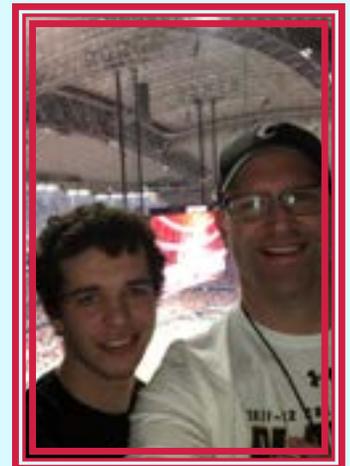
We were excited to watch the game but knew it was going to be a long shot for the Bearcats to win. They put up a good fight, but Alabama's game was just too strong and they came out victorious 27-6. While it was disappointing watching the Bearcats lose, watching a game in

that stadium was a surreal experience. Every seat in the stadium offers an excellent view, and the Jumbotron is simply enormous.

We had flights booked for the following morning at 6 a.m., so there was not much time to experience festivities after the game. We went back to the hotel, got three hours of sleep, and headed to the airport only to find out that our flight had been canceled. We couldn't get another flight until the next day, so we got to enjoy a little extra time in Arlington. It was nice to get this extra time with my son even though I was 1 of 2 dads who went on the trip.

Throughout the pandemic, you have to decide if you should do things or not. Some opportunities may arise that are too good to pass up. Do everything in your power to enjoy these experiences because they can often be once-in-a-lifetime opportunities. Take the proper precautions and, more than anything else, have fun.

-Chris Hjelle



IT'S MORE THAN JUST TIDYING UP

4 HEALTH BENEFITS OF SPRING-CLEANING

Sunday, March 20, is the first day of spring — which means it's time for some spring-cleaning. Did you know that cleaning is not just about tidying up a physical space? It's also about improving overall well-being. Here's how organization and cleanliness can help you in more ways than you might expect.

SPRING-CLEANING REDUCES STRESS AND DEPRESSION.

Tidiness and mental health are actually connected. Studies have found that having a clean home is directly correlated to happiness and your ability to focus. Anxiety can spike when laundry is piling up, items are strewn everywhere, and papers get scattered on various surfaces within the home.

Clearing the clutter is a great way to boost your mood and increase those feel-good hormones.

IT PREVENTS ILLNESSES.

Doorknobs, refrigerator handles, light switches, countertops, and remote controls are all things we touch many times a day. Cleaning anything that's used often is one way to reduce the spread of germs. By keeping household surfaces clean, we help thwart the spread of viruses and illnesses.

SPRING-CLEANING HELPS YOU BREATHE BETTER.

Spring often brings pollen that triggers allergies for many. But pollen isn't the only thing to blame when people have difficulty breathing. When

dust and pet dander build up in your home, your respiratory system is greatly affected too. Deep-cleaning your air filters and vents can make breathing effortless — and it's truly amazing how this can improve your well-being.

IT KEEPS YOU MORE ACTIVE.

Off the couch and on your feet! Even just running the vacuum and clearing the clutter from the dining room table will get you up and moving, which is healthy for your heart and body.

This spring season, putting some elbow grease into your cleaning will benefit you in more ways than one. Trust me, you'll thank yourself later!



CLIENT SUCCESS STORY: KATHRYN FEDERER

Who'd guess the dangers associated with working in a dental office? Lurking beneath the peaceful veneer of Muzak, old magazines, and neutral-colored walls is a veritable cornucopia of ways to get hurt!

When I was a kid in Joplin, Missouri, I had a very nice dentist, a young guy named Dr. Vincent. Unfortunately, because every dental visit for me seemed to result in fillings requiring shots of Novocain, I was sometimes a difficult patient. Specifically, I was so afraid of the shots, I'd squirm around. To be blunt, I was more like the Tasmanian Devil in the old Bugs Bunny cartoons. One visit, I wriggled around so much that nice Dr. Vincent injected his own hand with the needle — and then he wasn't so nice. I moved not a muscle the rest of the visit. [True story: My mother

hated the needles so much she underwent root canals and other dental surgery without anesthetic! I've mentioned before she was one tough Dutch bird!] But these are small things compared to what Kathryn went through.

Our lovely client, Kathryn Federer, was raised in Centerville, Ohio. She went to THE Ohio State University and graduated as a dental tech. These are the people who perform much of the hands-on work with patients in a dentist's office. She was with the same dental office for 22 years in Columbus and well-loved by patients and staff alike. In February 2019, Kathryn was taking oral X-rays when she tripped over a suction hose line. She tried to catch herself with her hands and ended up with a fractured elbow and wrist, and other injuries to her knee and shoulder.

Within three weeks, she underwent her first surgery involving lots of pins and screws to piece her elbow and wrist bones back together. She later developed carpal tunnel syndrome requiring a surgical release followed by physical therapy and work hardening. Her work is very dependent on fine motor skills and endurance

as she has to manipulate small tools in people's mouths. Unfortunately, her grip strength and wrist mobility didn't return, nor did the pain ever completely resolve.

After nearly three years of treatment, vocational evaluations, and consideration of additional surgery, it became clear Kathryn couldn't return to the type of work she had enjoyed for all these years. It was through this work that Kathryn was first introduced to her husband, Joe. His sister-in-law just happened to be Kathryn's patient (I know this sister-in-law and she is a delightful lady, too!) Kathryn recently decided to settle her claim. While this will permit her to spend more time with Joe (who, as Wilma observed, looks quite a bit like a young William Shatner!), their children and grandchildren, it's hard leaving a place you've been, and people you've known, for so long.

The folks I've worked with in health fields so often enjoy helping and connecting with their patients ... and this describes Kathryn to a T! She'll miss her work, but with her positive attitude, we know she has lots of happy times ahead. We are glad to know her!

USING SNOWDAYS TO HELP THE COMMUNITY

A HIGH SCHOOL FOOTBALL TEAM'S WINTER WORKOUT



Much like Ohio, Pennsylvania is no stranger to snow and ice during the winter season. Annual snow accumulations throughout the state range anywhere from 23 inches in Philadelphia to 104 in Erie. With that much snow, Pennsylvanians can expect a few school cancellations throughout the winter. That's just what happened this past January.

Shoveling snow can be backbreaking work, so it's always a treat when someone offers to help. When students at Bethel Park High School near Pittsburgh were informed they had a snow day, the football team was called on for a very special task. Coach Brian DeLallo took to Twitter to announce that the Bethel Park football team's weightlifting session had been canceled but he had an alternative workout planned for them.

His tweet told his players, "Due to expected severe weather, Monday's weightlifting workout has been canceled. Find an elderly or disabled neighbor and shovel their driveway. Don't accept money — that's our Monday workout."

When mid-morning rolled around, Coach DeLallo had received texts from more than

27 of his players with photos of shoveled driveways. Some even stated that they were on their sixth driveway. Some neighbors were not comfortable having the work done for free and insisted on a donation.

One student named Braedon Del Duca, a junior on the football team, went from house to house offering snow shoveling services with his teammate Colton Pfeuffer and stated, "What better workout than shoveling driveways." Pfeuffer told WTAE-TV News in Pittsburgh that "it's just nice getting out here, helping out the community, just helping out others who need help."

It's certainly a unique experience and one that many coaches and student-athletes will try to emulate over the next few years. We certainly could have used some football players shoveling our driveways this past winter but will have to hold out hope that they do something similar in our area next year. If one thing is for sure, Coach DeLallo and his team have served as an inspiration for many student-athletes across the country.

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ANSWER



MUNCHIES WITH MOLLY EASY MARCH MADNESS CHILI

Inspired by MyRecipes.com

Cheer on your favorite team and chow down in minutes with this easy chili recipe!

INGREDIENTS

- 2 lbs ground beef
- 2 tbsp chili powder
- 1 tbsp Creole seasoning
- 1 tsp ground cumin
- 2 16-oz cans diced tomatoes
- 2 16-oz cans small red beans
- 2 8-oz cans tomato sauce

DIRECTIONS

1. In a deep pot, brown the beef, stirring often.
2. Once beef is cooked, add chili powder, Creole seasoning, and cumin, cooking for 1 minute.
3. Stir in diced tomatoes, beans, and tomato sauce and bring the mixture to a boil.
4. After the mixture boils, reduce the heat to low and let chili simmer for 15 minutes.
5. Serve with toppings of choice, like cheese, sour cream, or chives.

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MEET FRANCE'S 4-LEGGED DOCTOR

'DR. PEYO' THE THERAPY HORSE WILL SEE YOU NOW!

Imagine you're sitting in a French hospital, minding your own business and waiting for a doctor to see you.

Suddenly, the elevator doors slide open and a full-sized horse clip-clops out into the waiting room!

That might sound like something out of a children's book, but it's actually a regular occurrence at Calais Hospital. There, a therapy horse named Peyo visits sick and dying patients to help ease their anxiety, bring them comfort, and distract them from their pain.

Peyo — affectionately known as "Dr. Peyo" by the staff at Calais — wasn't always a therapy horse. In his early life, he competed in dressage, but it didn't take long for his trainer to realize Peyo was more interested in the crowd than the competition. In a moving article about Peyo, The Guardian reported, "After shows, he would pick out people in the crowd, approach them, and choose to stay next to them."

This was the first sign of Peyo's secret talent: Like a bomb-sniffing dog, it appears Peyo can detect cancerous tumors. In the hospital, he uses a raised

hoof to point his trainer toward rooms he'd like to visit. Inside, he comforts the dying patients and their families.

"What really pushed scientists to take an interest in him and open the health establishment doors to us was this [seeming] ability to greatly reduce [the patients' dosage of] all hard drugs and thus allow a more peaceful departure," Peyo's trainer, Hassen Bouchakour, told The Guardian.

Peyo has been working as a therapy horse since 2016 and stood vigil by the bedsides of more than 1,000 people, bringing them comfort and letting their children ride him through the hospital halls. It's an amazing achievement for a 15-year-old horse!

Of course, Peyo is far from the only animal visiting hospitals to bring people comfort. Here in the U.S., Johns Hopkins partners with more than 15 volunteer therapy dog teams that make patients smile, lower their blood pressure, improve their mood, and reduce their pain. At least 45 hospitals in the country have similar programs.

Want to know if your local hospital employs therapy animals? Visit their website to find out. You might be surprised by what you learn!