



**Jennica N. Colvin, Owner,**  
Occupational Therapist, CSRS  
(Certified Stroke Rehabilitation Specialist)

Welcome to a new year! We hope you enjoy this newsletter and the stories we share!

~Jennica N. Colvin, Owner/O.T.

## the BACK STORY

My name is Jennica Colvin and I own Trio Rehabilitation & Wellness Solutions. I knew I had a passion for helping others by the time I was 17. Thankfully, the Lord put me smack dab in the presence of my childhood best friend's mom, who was an Occupational Therapist. It was an easy choice for me to select what profession would best allow me to help people!

Even though I entered college knowing which degree plan I wanted to follow, I ended up getting smacked with a dose of reality: I was denied acceptance to OT school my first go around. I remained tenacious, got my physics grade up, applied a second time, and I was accepted.

In 2002, I graduated from Texas Tech Health Sciences Center with a Master's Degree in Occupational Therapy. I also sat and passed my boards, got married to the cutest boy ever, got a car, and moved to a new town. 2002 was a busy year.

By 2010, Craig (that cutest boy, remember?) and I had 2 children (Cannon & Bryn) and he had started a new business. In 2011, much to our delight -- and a bit to our surprise -- we had our third child (Juliette). Life was good! And then...



## the BEGINNING OF TRIO

A small voice started whispering in my ear. A voice encouraging me to open my own clinic. I told Craig about my desire to open a therapy clinic and he supported me in pursuing this goal.

I started the process to open my therapy clinic in 2015. My sister-in-law offered to help me and she actually came up with the clinic name: 'Trio Rehabilitation & Wellness Solutions.' I recently asked her to recall how she thought of that name.

"Well, mostly the name was an intertwining of your professional and personal life. Personally, you had three kids. Professionally (at the time we started), you were doing Physical Therapy, Occupational Therapy and Speech Therapy, a trio of the services you were specializing in."

As Trio took off, I realized how much I had to learn, like accounting, billing, marketing, social media, and taxes. You wouldn't believe how much I failed at all of those

things during the early years -- and still do some days now! But the great thing about failure is what you learn from it. Honestly, if you have questions about failing at something, buy me a Diet Dr. Pepper and I can help you work through it!

Mostly what I learned was how much support I had and how much people loved me. Somewhere along the way, this loud-mouthed, says-it-like-it-is girl was being lifted up. People on my journey encouraged me with the smallest words that made the biggest impact. "Starting is the hardest part, but one day you look up and realize how far you have come."

**Yes, I had a dream. I like to think that the small whisper in my ear was the Holy Spirit. And with the Holy Spirit comes God and Jesus. The Trinity. The Trio.**

We are all given gifts in this world and mine just happens to be Occupational

Therapy. I opened a clinic with the hope someone would be crazy enough to join my team. Several 'someones' did, and we have grown. Today, we humbly thank each of you who have come to us during a hard time in their life. It is our pleasure to share the gift of therapy with you!

"When you have a dream, it doesn't often come at you screaming...sometimes a dream almost whispers. I've always said this to my kids. The hardest thing to listen to, your instincts, your personal intuition, always whispers. It never shouts. So you have to, everyday of your lives, be ready to hear what whispers in your ear. It very rarely shouts. And if you can listen to the whisper, and if it tickles your heart, and it's something you think you can do for the rest of your life, then that is going to be what you do for the rest of your life. And we will benefit from everything you do." ~ Steven Spielberg,



“I wanted to restore physical function, mobility and improve balance and strength...”



## PATIENT SPOTLIGHT

*Alice Plummer*, age 77

**Q:** Would you please explain the nature of your disorder and associated symptoms/difficulties for which you sought therapy?

**A:** I suffered a stroke - a left side brain bleed. After the stroke, I was having difficulties with physical function, mobility, fine motor issues, cognitive changes, speech and swallowing issues and difficulties with daily activities.

**Q:** What type of therapy did you receive? (Physical Therapy, Occupational Therapy, or Speech Therapy or multiple therapies)

**A:** During my time at Trio Rehab I received multiple therapies... Physical, Occupational, and Speech.

**Q:** Who recommended Trio Rehabilitation & Wellness Solutions to you?

**A:** Previously I had used Trio Rehab for chronic neck pain but for my stroke recovery, Encompass Home Health highly recommended Trio Rehab.

**Q:** What were the goals you were wanting to achieve?

**A:** I wanted to restore physical function, mobility and improve balance and strength with proper physical therapy; occupational therapy to improve my daily activities, physical and cognitive changes and speech therapy to improve slurred speech and swallowing issues.

**Q:** What interventions did you find the most interesting and/or helpful?

**A:** For physical therapy I found the balance routines to be most helpful. For occupational therapy the fine motor routines, cognitive routines and for speech therapy the voice pitching, swallowing exercises were the most helpful.

**Q:** What improvements did you notice and how did that make a positive impact on your life? Were your goals met?

**A:** Absolutely! The strength in my right foot strengthened; my balance improved significantly. I can now walk 2 miles a day without a stick!

My hand and finger flexibility has improved as well as my hand writing. I can now drive short distances! My speech is much clearer, and I have more ease in swallowing.

**Q:** Please provide any additional details or information you wish to relay to the public!

**A:** Trio is awesome! They are all kind, helpful, very knowledgeable in each of their areas and they encourage and challenge you to meet and go above and beyond what you thought was possible for your recovery. In my time in therapy at Trio Rehab it felt like I had a personal trainer but they are so friendly that I felt like I was with family the entire time.



# LADIES OF TRIO REHAB



**Jennica Colvin, OT/Owner**  
Specializes in Stroke Rehab and Dementia  
*18 years of experience!*



**Stephanie Hernley, PT**  
Specializes in Parkinson's Disease, Stroke Rehab and Pain Management  
*18 years of experience!*



**Kathy Baker, OT, CHT**  
Specializes in Shoulder, Elbow, Wrist and Hand Disorders  
*30 years of experience!*



**Karen Ross, SLP-CCC**  
Specializes in Parkinson's Disease, Aphasia and Dysphagia  
*25+ years of experience!*



**Suzanne McCrum, PT**  
Specializes in Parkinson's Disease, Stroke Rehab, Cardiac Rehab and Vestibular Rehab  
*25+ years of experience!*



**Eileen Vogt, PT**  
Specializes in Sports Medicine and Knee Rehabilitation  
*20+ years of experience*



**Debi Cuellar, PT**  
Specializes in Shoulder, Hip, Knee, and Foot Disorders  
*25+ years of experience*



**Shawna Witzel, Practice Administrator**



**Lisa Cronen, Marketer/Community Outreach**

## THE BEST HEALTHY PUMPKIN PANCAKES

Wake up with a stack of these extra-fluffy, delicious and healthy pumpkin pancakes! Perfect for a cozy weekend brunch, you will love these pancakes that taste just like fall!

### Ingredients

- 1 cup pumpkin puree (not pumpkin pie mix!)
- 1 1/4 cup oat flour\*
- 2 tbsp. coconut oil or butter, melted
- 1/2 cup unsweetened almond milk
- 2 tbsp. maple syrup
- 2 eggs
- 1 1/2 tsp. pumpkin pie spice
- 1 tsp. vanilla extract
- 1/2 tsp. baking soda
- 1/2 tsp. salt

### Instructions

1. In a small mixing bowl, stir together the pumpkin puree, eggs, almond milk, melted coconut oil, maple syrup and vanilla extract.
2. In a medium bowl, whisk together the oat flour, baking soda, salt and pumpkin pie spice.
3. Mix the wet ingredients into the dry ingredients, until just combined. Don't over mix! The batter will be thick but look like pancakes batter.
4. Heat a skillet with coconut oil or coconut oil spray. Use a 1/4 cup measuring cup to scoop up the batter and pour into the pan.
5. Let cook on the griddle or pan until you start to see little bubbles forming on the side and then flip. Repeat with remaining batter.
6. Top pancakes with berries, bananas slices, pecans and melted nut butter or a touch of maple syrup.

Optional toppings or mix-ins: mini chocolate chips, white chocolate chips, berries, maple syrup, peanut butter, pecans

*These pancakes can be frozen too.*

At Trio Rehabilitation, our therapists specialize in fall prevention, fall recovery, and increasing patient confidence! We work with all patients individually for approximately one hour to assure they receive the best care possible.

**Referrals are always welcome at Trio.**

We are a locally owned, female run clinic here to serve your clients! All three disciplines of therapy located under one roof.

### PHYSICAL THERAPY

Arthritis Care // Cardiac Rehab // Difficulty Walking // Fall Prevention Fine Motor // General Orthopedic Conditions // LSVT BIG/Parkinson's Intervention // Neurological Rehabilitation // Pain Management // Pre- and Post-op Therapy // Stroke Therapy // Total Joint Program // Vestibular (dizzy)/ Balance Rehabilitation // Wheelchair Seating and Positioning

### OCCUPATIONAL THERAPY

Arthritis Care // Cognition/Dementia Support // Daily Living Skills Intervention // Equipment Assessment & Recommendations // Fine Motor Coordination Remediation // Hand Therapy (CHT) // Low Vision // Stroke Therapy

### SPEECH THERAPY

Auditory Rehabilitation // Cognition & Language Support // Difficulty Swallowing (Dysphagia) // Dysarthria Therapy // LVST LOUD/Parkinson's // Vital Stim® Therapy // Voice & Speech Disorder Treatment

## OCCUPATIONAL THERAPY *tips and Tricks*

**Remember that pain doesn't have to mean panic!**

When you have arthritis, every twinge can cause concern that a flare is returning (understandable)! Be patient and observe when and even what may have caused your pain. During a flare, try not to panic or make swift decisions such as insisting on surgery. Gentle exercise, heat or ice, anti-inflammatories (when allowed), and deep-breathing will help resolve your flare. For more tip & tricks, visit <https://creakyjoints.org/education/all-arthritis-types/>

## COMMUNITY *spotlight*



Trio Rehab and The Hill Country Mission for Health will be working together starting in January 2020 to provide educational support and therapy to patients! Hill Country Mission for Health provides primary healthcare to the uninsured and underinsured in Kendall Country. To learn more, visit: <https://missionforhealth.org>

## TRIO REHAB *performance*

**How does Trio perform?**

Patients who came to Trio Rehab for therapy to address a disability of their shoulder, arm, or hand self-reported on the Upper Extremity Questionnaire.

Patients reported a **55% improvement** in pain and functional use of the affected arm from the date of evaluation to the date of discharge.

## MONTHLY *celebrations*

**Happy 2 year Trio Rehab Anniversary!**

**Stephanie Hernley, PT, and Parkinson's Specialist**

**Happy Birthday!**

**February 1st - Suzanne McCrum**  
PT, Dizziness Specialist, Stroke Specialist  
(not a day over 29)

**February 6th Shawna Witzel**  
Practice Manager Extraordinaire  
(not quite 29)