



Occupational Therapists have a holistic approach to understanding how the complete body works instead of dealing with one symptom at a time.

Employee of the Month

Melissa Josefoski, MOTR/L, graduated from Highlands High School and attended Gannon University in Erie, PA for both a Bachelor's and Master's degree. Melissa resides in Natrona Heights with her husband and two young children. In her spare time, she keeps busy by being active with her daughter's competitive gymnastics and her son's tae kwon do.

What is on your bucket list?
I would love to visit Australia.

What is your favorite travel destination?
Disney! We enjoy the parks and also the cruise. Our goal is to do a Disney vacation every other year.



What is your favorite holiday/time of the year?
My favorite holiday is Christmas. I love the down time in the evening just sitting in the living room with the Christmas tree lights, visiting with family. My favorite time of year is the spring if we get a good one with nice weather!

April is National Occupational Therapy Month!

Occupational Therapy's Role in Breast Cancer Rehabilitation

A breast cancer diagnosis and treatment can impose strain on an individual. The physical, emotional, and cognitive implications associated with chemotherapy, radiation, and/or surgery can result in decreased ability to engage in meaningful occupations and performing prior social roles and responsibilities adequately. This can have a profound impact on one's economic status and personal interactions, which affect overall well-being.

Occupational therapy services are beneficial for individuals with breast cancer from the initial diagnosis through all phases of care. Deficits from breast cancer and its treatment can be complex and have a compounding effect, with patients sometimes experiencing improvements in physical abilities but not in functional outcomes due to fear and anxiety about moving the affected extremities. Occupational therapists also play a critical role in screening patients for signs of functional decline across the continuum of care, assuring optimal recovery in the shortest amount of time.

Occupational therapy services for persons with breast cancer include pre-operative educational sessions, trainings in the home to educate caregivers, and modifications to the house in order to maximize safety and independence.



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TREATMENT OPTIONS FOR HAND & THUMB ARTHRITIS

Join us for a free lecture with our
Certified Hand Therapists/
Occupational Therapists

Tuesday, April 30th
6:00 pm



Jennifer Ravotti
OTR/L, CHT



Colby Neubauer
OTR/L, CHT

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