

From the Doctor's Desk..... Dr. W. David McChesney

In the summer of 1991, I resigned as Chief of Orthopedics and Podiatry at the 2cd Strategic Hospital at Barksdale AFB in Bossier City, LA and the McChesney family headed for Houston, TX. My son Matt was 2 and my daughter Claire was just 6 months old! I entered private practice as an employee of Texas Orthopaedics & Sports Medicine, with offices in Tomball and North Houston near Houston NW Medical Center. The founding partners of this group were two of the very first orthopaedic surgeons to practice in the north Houston area, but are now both retired. They had a history of high turnover of young doctors, and I turned out to be no exception, leaving that practice in May of 1993 to join up with Drs. James Fogarty and Scott Frost. The atmosphere and culture at Texas Orthopaedics was odd and contentious, so I remain grateful to Dr. Fogarty to this day for "taking me in"!

At that time, Drs. Fogarty and Frost were practicing primarily at Cyfair Hospital from an office near Jones Rd. and FM 1960, but they also still had an office at Memorial NW Hospital on Loop 610 which was closed not too long after I joined them. Office employees at that time included Debbie Rollins and Lyn Scheffer, both still with us to this day! Even though we leased some additional business office space, we quickly outgrew the Jones Rd. location. So in July of 1995 we moved to Fallbrook Crossing, which was a newly constructed medical office complex at FM 1960 and Fallbrook.

Dr. David Mack joined the group in 1995, and we practiced under the DBA of Cyfair Orthopaedics & Sports Medicine. Dr. Frost subsequently left the group to take over the practice of retiring orthopedist Dr. Arthur Mendelow, and in 2002, Dr. Alain Elbaz joined us. We then took additional space for our first physical therapy location, under the direction of Michael Youngblood, and his brother John joined us subsequently. And of course our business office is still located at Fallbrook Crossing to this day. The rest, as they say, is history!

New Employee Spotlight



DR. R. ALEXANDER MOHR

Dr. Mohr joins AOSM as a Board Certified Orthopaedic Surgeon. His specialty is operative treatment of spinal disorders. He comes to us after serving three and a half years as the Director of

the Division of Orthopaedic Spine Surgery at the University of Connecticut and the Assistant Director of the New England Musculoskeletal Institute's Comprehensive Spine Center.

He played left tackle at Utah State University where he graduated with honors (Suma Cum Laude) and finished his senior year with Utah State winning the Las Vegas Bowl. He is a devoted sports enthusiast who enjoys working with athletes to return them to sport or following sports related injuries.



ISRAEL RODRIGUEZ Clinician to Dr. Mohr

I am from Houston, Texas—born and raised. I love sports...I'm a sports fanatic. In my spare time, I love coaching soccer, baseball and t-ball. I am also a musician.... I play drums, trumpet, bass, percussion and some piano. Oh...and I am HAPPILY ENGAGED!!! :)



ASHLEY NUNEZ Physical Therapy Tech/Front Office

I grew up in Katy, Texas and graduated from Mayde Creek High School in 2006. I attended Cy-Fair College for a while and I am now just working full-time. In my spare time, I enjoy shopping, going to Rockets and Astros games and working out.



Anniversary Listing

Sheryl Nelson—since 2002

Binu Rajan—since 2010

Jessica Arroyo—since 2009

Rashan Cook—since 2009

Stephanie Pena—since 2010

Sarah McGinnis—since 2006

James Kennard—since 2009

Anne Cadet—since 2010

Joseph Mathews—since 2007

Marsha Harper—since 1999

TEAMWORK: "Coming together is a beginning. Keeping together is progress. Working together is success. —Henry Ford

Quote contributed by Allison Wells (Surgical Pre-cert and Payments)

Advances at AOSM

EMR: GET READY FOR TRAINING!!!!

Sit tight and be ready for training on the new Electronic Medical Records system, ChartLogic in April. We will be going live on May 2nd, 2011. We will also be updating the Centricity software to Centricity 10.

HR CORNER Julie Killion

HANDBOOK CHANGE:

The Emergency Call-In Policy has changed. The number of emergency call-ins—meaning less than 24 hour notice—has changed from 2 days per year to 4 days per year. If you have any questions regarding this change, please call Julie Killion or speak with your supervisor.

NOTICE FROM NORTH CYPRESS PROPERTY MANAGEMENT:

Please note that in the garage contract, all tenants are required to park on level "4" and above. Level "4" is the "Green" level in the garage and begins around the corner from the elevators.

Please be advised that security will be policing the garage for parking offenders and access cards will be revoked if not used appropriately.

Birthday Corner

March

Marcus Collins 3/1
Dr. Drew Fehsenfeld 3/1
Ruth Diaz 3/5
Jenna Sklar 3/9
Lydia Vallejo 3/10
Kathy Russell 3/12
Jessica Nelms 3/20

April

Allison Wells 4/1
Morgan Denson 4/9
Juliana Penfield 4/26

May

Saundra Davies 5/4
Misheva McCarty 5/7
Yadira Chavez 5/8
Jessica Cedillo 5/14
Rahsan Cook 5/15
Jose Martinez 5/17
Abraham Varughese 5/28

HEALTH AND FITNESS

Jenna Sklar, Physical Therapist

DON'T FORGET TO STRENGTH TRAIN!!!!!!

Strength training is a key component in any fitness program. There are many benefits to resistance in your fitness program to improve overall health.

- ◆ **Reduces risk of injury**—helps protect your joints from impact
- ◆ **Controls weight**—as you gain muscle, it helps you burn calories more efficiently; increases resting metabolism
- ◆ **Improves bone density**—reduces risk of osteoporosis
- ◆ **Boots stamina**—decreases general fatigue

Recommendations from the American College of Sports Medicine (ACSM):

Do 8-10 strength training exercises, 8-12 repetitions of each exercise, 2 times per week

Tips:

Strength training does not need additional or expensive gym equipment!! Body weight based exercises such as push-ups, squats and lunges are easily performed in the home.



Community Service



The Physical and Occupational Therapy staff participated in the Angel Tree project for the holiday season of 2010. They are working to plan another community service event for late spring or summer! Please contact Krista Westmoreland if any other departments are helping in the community so their work can be noted here.

Week Night Homemade Chicken Pot Pie

Krista Westmoreland—PT/WBO Front Office Supervisor

- 1 regular size bag of mixed veggies (peas, carrots, green beans, etc)
- 1 large can of crescent rolls (8) or 1 can of the un-cut crescent dough
- 1 can of cream of mushroom soup
- 1/2 stick of butter
- 2-3 large chicken breasts, chopped into bite size pieces
- Salt
- Black pepper
- Garlic Powder
- 1/3 cup of water



Preheat oven based on crescent roll instructions. Season chicken with salt, pepper and garlic powder and sauté in deep dish pan in butter until just cooked. Add the bag of veggies and water and stir well. Cover and let it cook on medium heat for about 5-7 minutes. Add cream of mushroom soup one tablespoon at a time (mixing well after each time) until you get a very creamy consistency. Pour this into a large baking dish. Cover the mixture fully with crescent dough all the way to the edges of the baking dish to make a crust on top. Sprinkle with garlic powder and bake as directed on crescent roll can. Serve with salad and left over crescents.

Good Bye Till We Meet Again.....We wish them all the best of luck!

Allison Hogan-PA (Dr Elbaz)

Raven Waddell-Appointments