

PRESIDENT'S ADDRESS:

I can't believe how green it has become outside with the change of the seasons. There is change everywhere I look, so this will be my theme for the address.

I see my family changing as my kids grow older and need less of my energy each day. My oldest, Mike, just finished his first year at UVM in the Athletic Training program and will be working at IHMS full-time this summer. I find myself reflecting on where the time has gone and how I seemed to have aged all of a sudden. It seems so long ago when I was pregnant with Mike and working at Green Mountain Sports Therapy with Fred Frey.

I see the changes in our state. The economy is slow, jobs are being lost and we are all carefully watching how we are using our resources. But we will all do what we can to get by, support our friends and neighbors, and weather the difficult times together.

I see the changes in our nation. We have a new administration that is facing many difficult challenges. No matter your political beliefs, we all have to hope and pray that he can lead this country back to peace and prosperity. I pray for it every day and try to do my part to help stimulate this economy and provide good jobs for my employees.

I see the changes at IHMS. We just completed our 6th year in business and so much has changed since we started in my basement in 2003. We are slowly working on expanding our services into other states and I recently completed an updated Business Plan to ensure our viability in the future.

Today, I am trying to look at all these changes in our country and economy as a way to force us to grow and "think outside the box" and taking the time to enjoy the ride along the way, even if it is bumpy at times.

I pray that you, your family and company are safe, secure and stronger as you also weather these changes.

-Louise Lynch, President

Featured Company

WEIDMANN
ELECTRICAL TECHNOLOGY

Weidmann Electrical Technology is utilizing IHMS in a variety of ways. They have been very active in the Preventative Body

Maintenance Program (PBM) and have implemented a company wide stretching program. Twice daily a bell rings notifying employees that it's time to stand up and stretch! Weidmann also utilizes the Post-Offer/Pre-Employment Screen (POPES) to better gauge a new employee's physical work abilities and ensure they're being placed in the best

position. The staff at Weidmann is always trying to reduce the number of injuries in the office and out on the production floor by taking advantage of the trained ergonomics specialist from IHMS. Weidmann Electric has done a tremendous job in promoting wellness, on the job safety, and prevention of work related injuries.

"IHMS has been providing health management services to Weidmann Electrical Technology since September 2008. Weidmann is proud to offer this benefit to our employees and we are grateful for the outstanding and dedicated service that is provided by IHMS and especially our representative, Travis Warmouth. During the short time that IHMS has been contracted we have seen a positive change in employee attitudes regarding health management and physical well being. Travis has been very accommodating in regards to his schedule so that all three shifts are provided with services. In addition to an accommodating schedule Travis has created a welcoming environment so that employees feel comfortable talking and working with him in order to create a pain free and healthy working environment. As we move through 2009 we are looking forward to increasing the variety of health management services being offered by IHMS and in turn increasing our employee participation rates in such programs; none of which could be accomplished without the outstanding service provided by Travis and the rest of the IHMS team. Thank you!"

-Kilee Nelson
HR Business Partner

IHMS Announcements

Louise Lynch Awarded Pia Garrett PT Memorial Award

This award is given yearly to an individual who embodies a love of and enthusiasm for the profession of Physical Therapy. We couldn't be more proud to have such a dedicated leader who shows such a true passion for our practice!



First Annual Camp Ta-Kum-Ta Golf Tournament

IHMS is happy to announce that we have partnered with VRS to sponsor the first annual Camp Ta-Kum-Ta Golf Tournament to help support children with cancer and help Camp Ta-Kum-Ta rebuild their camp!

The tournament will be a four person scramble starting at 10:00am on September 10, 2009 at the Williston golf course. Entry fees are \$500 per team or you can sponsor a hole for \$250. Costs include greens fees, cart and all you can eat barbecue.

Registration information can be found on the IHMS website or by contacting Charles Alexander at charles@ihmspt.com or (802) 655-7575

Staff Updates

- Chris Herskowitz, PT will be leaving IHMS after 4 years of service. We wish her the best of luck in the future!
- Ashley Chagnon, DPT recently attended the APTA conference in Las Vegas as the representative from IHMS
- All IHMS clinical staff attended a two day training on integrated therapy techniques in March.
- Congratulations to Travis Warmouth for passing his CSCS certification test!

Nutrition Corner

FAT HORMONES

BY REBECCA FLEWELLING, NUTRITION CONSULTANT

It may seem like we don't have much control over the chemical reactions taking place within our arteries or inside our brains, but just as you can control things like cholesterol and blood pressure by changing the foods you eat or altering your behaviors, you can also control the satiety center of your brain. By understanding how hormones such as insulin, thyroid, serotonin, leptin, ghrelin, PYY, GLP-1, progesterone and cortisol work, we can regulate our weight more effectively.

Too much insulin creates weight gain and our cells become resistant to it and fat loss. High insulin increases the secretion of cortisol, our stress hormone, and chronic stress activates fat cells to store fat. Leptin, produced by body fat, is critical in telling the body when to eat and when we are satisfied. In some people the message of satiety is not heard and fat cells continue sending out leptin causing resistance to it, increased food cravings and the desire to continue eating. Serotonin, a neurotransmitter in the brain, is also involved in signaling satisfaction. Low levels cause depression, obesity, lethargy, a preference for refined carbohydrates, and overeating because the brain senses it is starving.

Low thyroid, called hypothyroidism, reduces our fat burning rate and causes fatigue. After a meal, PYY, a chemical that's produced in your gastrointestinal system, travels to the brain where it helps to switch off the urge to eat. An empty stomach squelches the production of PYY so the longer you wait between meals, the more you may consume before you feel full. GLP-1, like PYY, is a satiety hormone. These hormones are more responsive to carbohydrates and proteins so eating snacks that have higher protein and carbohydrate content may increase hormone levels which could, in turn, reduce appetite between meals.

Ghrelin, a hormone that's produced in the stomach, normally spikes before mealtime, stimulating your appetite. The bigger the spike, the hungrier you are. Eating protein curbs ghrelin. A lack of sleep increases ghrelin and decreases leptin, the fullness hormone, so you end up feeling even hungrier. After ovulation, progesterone increases in preparation for a possible pregnancy, slowing you down and prompting you to eat more calories, sugar and fat. Start making healthy changes to your diet in the first two weeks of your menstrual cycle when eating better will be easier. Also, days 14 to 28 after your period are when your fitness vigilance matters most. Diets don't work! We must eat to ensure healthy hormones, eat less, and get rest and exercise.

Certified Strength & Conditioning Specialists

BY TRAVIS WARMOUTH, AT/CSCS

Scope of Practice

Certified Strength and Conditioning Specialists (CSCSs) are professionals who apply scientific knowledge to train people for the primary goal of improving performance and function of the individual. This can be done for recreational sports, athletes, and workers. They conduct activity-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention. Recognizing that their area of expertise is separate and distinct, CSCSs consult with and refer people to other professionals when appropriate.

History

The Certified Strength and Conditioning Specialist (CSCS) program was created in 1985 to identify individuals who possess the knowledge and skills to design and implement safe and effective strength and conditioning programs for athletes in a team setting. The credentialing program encourages a higher level of competence among practitioners and raises the quality of strength training and conditioning programs provided by those who are CSCS certified.

About Me

My plan with obtaining this certification is to start a personal training venue at IHMS. The focus of this will be working to obtain your personal goals of weight loss, building muscle, and enhancing performance and function. My back ground is in Athletic Training and Exercise Science. I have worked with a plethora of athletes, many of the athletes that I have worked with are at the division college level and a few of them have gone professional in their respective sports.

With this proposal of personal training at our clinic, we will use a few different methods to achieve your goals. Circuit training, weight training, cardiovascular endurance are among a few different methods that would be used to reach your desired goals. At the clinic we have many avenues for you to achieve your goals including: treadmill, recumbent bike, elliptical, free weights just to name a few. If you are interested in starting an exercise program, ask your IHMS therapist to set you up.

In Conclusion

If you enjoyed this newsletter why not share it with someone you know? To be added to our mailing list, or to receive an electronic version, please call Martha at 802-655-7575 or e-mail martha@ihmspt.com. Have a wonderful spring and summer!

Best Regards,
Louise Lynch, President
Erica Galipeau, Vice President
Charles Alexander, OTR/L
Amy Benson, MPT
Ashley Chagnon, DPT
Travis Warmouth, ATC
Martha Burroughs
Penny Bolton
Mike Lynch
Meaghan Conly

