

Winter 2017

Volume 2

## Changes and Growth in the New Year

### In This Issue

- **We currently have 73 staff.**
- **25 PTs, 10 OTs, 7 SLPs, 6 Cardiopulmonary, 16 ancillary/support staff, 9 leadership**

### About Mountain View Therapy

Mountain View Therapy is the leading provider of outpatient and acute care therapy services in Western Colorado. We are a unique group of rehabilitation clinics for all ages from birth to the elderly providing Physical, Occupational, and Speech Therapy, Cardiopulmonary Rehabilitation, and Wound and Ostomy Care. Our clinical team provides preventative and rehabilitation services that maximize function and promote well-being.

By Manuel Delgado, MSPT

The new year of 2017 brings added convenience and excitement to the Montrose Community. Mountain View Therapy will establish an expansion of its outpatient Physical Therapy services in the new Community Recreation Center (CRC) scheduled to open late January 2017. In cooperation with the Montrose Recreation District, Mountain View Therapy will serve as a physical therapy provider and wellness consultant serving all ages and activity levels, including our successful Youth Speed and Agility Program completed last Spring. The implementation of wellness programs will serve to educate our community regarding fitness, preventative health and to combat obesity which has become such a medical health problem across the country. Having direct contact with our community through the CRC will allow us to contribute to established wellness programs to further promote fitness through a variety of activities. Whether you

are recovering from a joint replacement or attempting to get back on the field after a knee or shoulder injury, Mountain View Therapy can be there every step of the way. Services will include acute post operative care, aqua-therapy programs and transition to the field, hard court or climbing wall. In addition, the new Community Recreation Center will have many amenities which will allow Mountain View Therapy to continue your rehabilitation through individualized post discharge programming. Your successful rehabilitation and your independence with your fitness program is our goal.

As a physical therapist for over 20 years I look forward to serving our community in our newest physical therapy facility. I welcome you to stop in and visit our new physical therapy facility and to discuss how we can help you meet your health goals. Looking forward to meeting you,

Manuel Delgado, MSPT



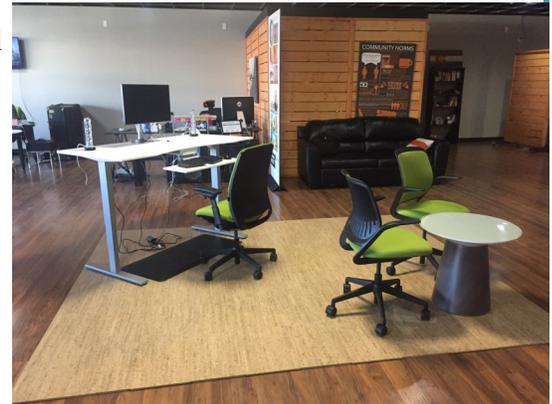
## New Business Health Program

By Justin Wilson, MSPT

Mountain View Therapy recently partnered with Proximity Space, a nationally recognized company that provides rentable and drop-in workspaces for local clients and businesses, in downtown Montrose to develop an ergonomically correct desk and workspace. Justin Wilson, PT designed the workspace to have all of the necessary features and adjustments that allow for proper ergonomic set up. As part

of the hospital's Business Health Program, Justin is also working with employees in the hospital to educate on proper ergonomics and make necessary changes to their workspaces. Our Business Health Program offers ergonomic evaluation, workspace design and educational services to further our mission of promoting a safer and healthier working environment for our community. To see some of what this program can provide, drop by Proximity Space to see the workspace and even try out the workstation that Justin

designed. Contact our clinic for any questions regarding this project and our Business Health Program.



## Peppermint Chocolate Sandwich Cookies

2 1/2 cups Ghirardelli® 60% Cacao Bittersweet  
Chocolate Baking Chips

2 tablespoons unsalted butter

2 large eggs

2/3 cup granulated sugar

1/4 cup all-purpose flour

1 teaspoon vanilla extract

1/4 teaspoon baking powder

Peppermint Chocolate Filling:

1 (8 ounce) package cream cheese, softened

2/3 cup powdered sugar

1 tablespoon milk, or more as needed

1 (3.5 ounce) bar Ghirardelli® Peppermint Bark  
Baking Bar, chopped

Preheat oven to 350 degrees F. Line a baking  
sheet with parchment paper or foil; set aside. In a  
medium saucepan, heat and stir 1-1/2 cups  
Ghirardelli(R) 60% Cacao Bittersweet Chocolate

Baking Chips and the butter over very low  
heat until melted and smooth. Remove from  
heat. Add eggs, sugar, flour, vanilla, and  
baking powder. Beat with wooden spoon  
until combined. Stir in remaining 1 cup  
Ghirardelli 60% Cacao Bittersweet  
Chocolate Baking Chips. Drop dough by  
rounded teaspoons 2 inches apart onto the  
prepared baking sheet. Bake for 8 minutes or  
until edges are firm and surfaces are dull and  
crackled. Cool on cookie sheet for 2  
minutes. Peppermint Chocolate Filling: In a  
small bowl, combine cream cheese and  
powdered sugar. Stir in enough milk, 1 tsp at  
a time, to make a filling of spreading  
consistency. Stir in chopped Ghirardelli  
Peppermint Bark Baking Bar. To assemble  
cookies, spread Peppermint Chocolate  
Filling on the bottoms of half the cookies.  
Top with remaining cookies, bottom sides  
down. Enjoy immediately or refrigerate in an  
airtight container for up to 3 days.

## News and Tidbits:

**Happy Birthday** to our staff  
with Winter birthdays January-  
March 2017: Lori D, Kristi T,  
Manuel D, Dean M, Barb B,  
Heather E, Amanda D, Kay L,  
Emily M, Kathe W, Peter G,  
Misty B, Becca C, Patti A,  
Doug M, Martin L, Kim C,  
Janet M!

We are growing! Thanks for  
all or your support. We love  
serving the Montrose area!

8 locations to serve you!

Mountain View Therapy  
Main Clinic  
(970) 240-7369  
801 S. 4th St.

Pediatric Clinic  
(970) 252-2819  
645 S. 5th St.

Rec. Center  
(970) 252-2536  
16350 Woodgate Road #100

Ridgway Clinic  
(970) 626-4050  
185 Sherman St., #103  
Ridgway, CO

Delta Pediatric  
Speech Therapy Clinic  
(970) 399-3637  
540 Main Street #115  
Delta, CO

Center for Wellness  
(970) 252-2646  
815 S. 4th St.

Hawk Park Clinic  
(970) 240-5958  
1404 Hawk Parkway #101

Proximity Space  
(970) 497-7040  
210 E. Main St.