

In The Center

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Now Hear This!

Happy New Year!

As we ring in 2009, we want to take this time to thank you for your support and patronage over the past year. All of us here at The Fontana Center appreciate each and every one of you! We also would like to share with you some of the positive points that we have seen over the past year...



☞ Paul Fontana, owner of the Fontana Center, has seen much success in the area of pre-employment job screening/assessments. Paul & The Center for Work Rehab (CWR) were awarded a contract to develop a Fit for Duty program for BP Alaska! This took Paul up to the North Slope of Alaska on several occasions. Here, he used his time to analyze jobs and develop quantifiable job descriptions for all positions for BP on the slope. In July, Paul, Rose and Rachel Fontana, along with Woody Anderson, traveled to Anchorage to build and staff a clinic (similar to CWR Lafayette) to begin new hire testing for BP. Paul has returned to Alaska two additional times since July to finalize the first stage of the Fit for Duty program. Paul & CWR are still involved with BP as it expands its

programs into others areas of safety and training.

☞ The Fontana Center was spotlighted in the December addition of HealthCare Highlights Magazine. This publication is distributed across the Acadiana and Baton Rouge area, focusing on the healthcare industry and what services different businesses have to offer the community.

☞ The Louisiana Department of Health performed quality assurance testing on our pool water back in November and we are happy to report that all is well and good to go! The states results match our daily testing results and should put everyone's mind at ease.

☞ The Fontana Center Physical and Occupational Therapy departments have been a helping hand to many students. The departments passed along their expertise and experience to five students as they trained in varying areas. The Occupational Therapy department also welcomed a new full time Occupational Therapist with over 25 years of therapy experience.



☞ The staff Physical Therapists have made their way out into the community visiting with doctors sharing their knowledge in the various areas of therapy services.

☞ The fitness department continues to provide the SilverSneakers program. This is a medicare based program for all of those individuals who have purchased Humana, Secure Horizons, or Arcadian Health Plan as a supplement to medicare.



☞ In the up coming year, our massage therapist will have the chance to work with children suffering from Tourette Syndrome. The Fontana Center has received funding for this trial/experimental project and looks forward to many positive results.

We feel that much of these successes can be attributed to the support of our loyal costumers and supporters. We are looking forward to a prosperous and healthy 2009!

Positive Beginnings

Now that we have shared our positive achievements, we challenge you to do the same. Take a look back over the past year and note what successes came to you in 2008. This is the perfect way to help start the new year with a positive attitude. If you feel like your year was lacking, challenge yourself to make more positive changes for both you and others in 2009. Some ideas to get you started are:

- ☞ Be thankful for all that you have and have to offer others
- ☞ Look for the good in yourself and others

- ☞ Focus on the things you enjoy and are good at, then intertwine the not so positive into those activities
- ☞ Be creative and have an open mind about new things and people
- ☞ Take care of yourself both mentally and physically, in order to help others you must help yourself
- ☞ Be a role model to family and friends
- ☞ Lend a helping hand to someone without being asked
- ☞ Have fun and laugh a little, taking the edge off sometimes brings on a new outlook
- ☞ Congratulate yourself on a job well done in 2008!

Congratulations!

To Your Health

Now that you have set yourself up to start the year with a positive attitude, we want you to forget new year's resolutions and think lifestyle modification. The fact is, 80% of resolutions fail after one month. That is why we suggest modifying small things in your life that can make a big difference. In order to keep yourself in the right frame on mind:

- ☞ **Start with small changes**
- ☞ **Set short term / realistic goals**
- ☞ **Have a plan**
- ☞ **Pat yourself on the back**
- ☞ **Talk to friends and family**

Most importantly, make lifestyle modifications for yourself. Set your mind to positive thinking and resolve to change.



You will never find time for anything -
You must make it.
-Charles Buxton -
