



In Touch

FALL/WINTER

2017

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Clinic Hours

Monday
8:00 am - 4:30 pm

Tuesday &
Thursday
10:00 am - 6:30 pm

Wednesday
7:00 am - 4:30 pm

Friday
7:00 am - 4:30 pm



Trinity Jubilee Center

On Wednesday, September 13th we closed our doors for a couple hours to head over to the Trinity Jubilee Center in downtown

Lewiston to help serve lunch to 117 people.

We had the opportunity to not only sponsor the meal, but also serve it- a truly humbling experience.

The Meal Program serves a hot lunch Monday-Saturday to an average of 80-125 men, women, and children who are hungry, often as a result of homelessness, mental illness, or disability.

The Meal Program is one of 5 programs that Trinity Jubilee offers. An integral part of the community, the center also offers a day shelter, food pantry, health clinic, and refugee integration program.

FMI visit:

www.trinityjubileecenter.org

It's that time of year again!

Open enrollment for Medicare is October 15-December 7, 2017.

For many, this is the only time you can change insurance- choosing between original Medicare, supplemental plans, and Medicare Advantage plans.

Be sure to research what is the best fit for you. Don't assume! Just because something was the right plan this year doesn't mean it will be next year. Things may have changed

with the insurance company, you may have different medications, or your health needs may have changed.

For those who pick Medicare Advantage plans, pay attention to the cost of seeing a specialist. That's your co-pay every time you attend a physical therapy session and this can add up quickly! If you know you will need therapy, consider paying a higher flat amount each month and not have the headache of trying to

When Is the Open Enrollment Period?



come up with \$40-50 co-pays every time you visit a specialist.

For help choosing the right plan you can contact Seniors Plus at 795-4010. They are located at 8 Falcon Rd in Lewiston.

Open enrollment for insurance coverage through the Marketplace is available online at www.healthcare.gov November 1st—December 15th.



Name:

Oh BABY!

Name that baby face! See if you can figure out what our staff looked like all those years ago.....



Name:



Name:

Karen
Sheena

Pam
Christine

Write in names, clip and return to us by October 27th to be entered to win a \$25 gift



Name:

Name: _____

Phone number: _____

HOLIDAY CLOSINGS

Columbus Day
Monday, Oct. 9th

Thanksgiving
Thursday, Nov. 23rd

Friday, Nov. 24th

Christmas



Head to Toe Physical Therapy

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October 23rd - October 27th

Maroon Monday
Enjoy apples & Grocery bags

T-shirt Tuesday
Trail mix & Mini notebooks

Wig Wednesday
Cookies galore & Sticky notes

Throw Back Thursday
Pretzels & Biofreeze samples

Flannel Friday
Fruit snacks & Tumblers

Like us on **facebook**

REVIEW CHALLENGE

We are encouraging our patients to visit and like our Facebook page; while you're there - write a review about the experience you had at Head to Toe Physical Therapy.

Each quarter we will enter the names of those who wrote a review into a drawing to win a \$25 gift card of your choice! Pick from Hannaford, J & S Oil or Amazon.com.

It's so simple- 4 steps:

1. Find us on FACEBOOK
2. Like our page
3. Click on REVIEWS
4. Tell people what you think

You'll be entered to win!
Questions? Call us 784-3400



www.headtooept.com