



Associated Neurologists, P.C.

Danbury • Waterbury • New Milford, CT

Associated Neurologists'

"The NeuroTransmitter" Newsletter

Winter Edition, January 2017



L to R, Top Row: Drs. Neil Culligan, Behzad Habibi, Robert Bonwetsch, Diane Wirz, David Greco, William Yorns Jr., and Samuel Markind

Bottom Row: PA-Cs Loralee Richter, Margaret Cavino, Amy Drabik, Courtney Kennedy, Danielle Centone, and Dr. Charles Guardia III

Winter Safety Tips: Preventing Serious Slips and Falls

Now that the holiday season, the New Year's celebration, and the inauguration of our new President is behind us, many of us are now settling in for the challenges so often presented by the winter months ahead in New England and the greater New York area.

Thanks to freezing temperatures and inclement weather, we all need to be extra vigilant and exercise extreme caution to help prevent serious slips and falls due to ice, snow, and that infamous black ice. After all, folks of all ages are at risk for slips and falls. However, it's also important to be aware that many face even greater challenges as we age and our natural balance is compromised. Therefore, please consider the following simple tips to help prevent injury this winter:

- Stand upright, take full steps, and walk slowly and deliberately.
- Wear well-fitting, slip-resistant shoes or boots.
- Use extreme caution on stairs, on

any uneven surfaces, and when entering or exiting vehicles.

- Avoid carrying items: instead, try to keep your arms free to assist with balance and stabilization.
- Also keep your hands free so that you can use railings.
- Use a walking aid if one has been prescribed for you.
- Keep alert for slippery floors when entering and exiting buildings.
- Learn and practice strengthening and balance exercises regularly.
- Regardless of the time of year, be sure to free your home of tripping hazards like cords, throw rugs, and clutter.
- Ask your Neurologist or Physician Assistant whether you may benefit from receiving Physical Therapy or using a walking aid.



New Nutritionist at Associated Neurologists

Now that the winter holidays are behind us, it's the perfect time to make important improvements to our diet and get back to our regular exercise routines. We're therefore so pleased to announce that nutritionist [***Tamra Rosenfeld***](#) has joined us at Associated Neurologists and our Medical Fitness Center! Tamra has over 10 years of experience as a Registered Dietitian Nutritionist with the American Academy of Nutrition and Dietetics.

She is also licensed in both Connecticut and New York as a



**Tamra Rosenfeld,
MS, RD, CDN**

Certified Dietitian Nutritionist. Her professional background includes her nutrition consulting practice, serving as adjunct professor for a nutrition Master's Degree program, and working in several hospital settings specializing in behavioral health, substance abuse, and bariatrics. She has also been a guest speaker at corporate wellness events, as well as on themed radio and television programs. Tamra received her Bachelor of Science degree from the State University of New York at Albany and her Master of Science degree from Herbert H. Lehman College of the City University of New York.

If you are interested in making an appointment, please contact us at (203) 748-5631. For insurance purposes, please have a doctor's or physician assistant's Referral to Nutritional Counseling order in place before you call to schedule. Thank you!

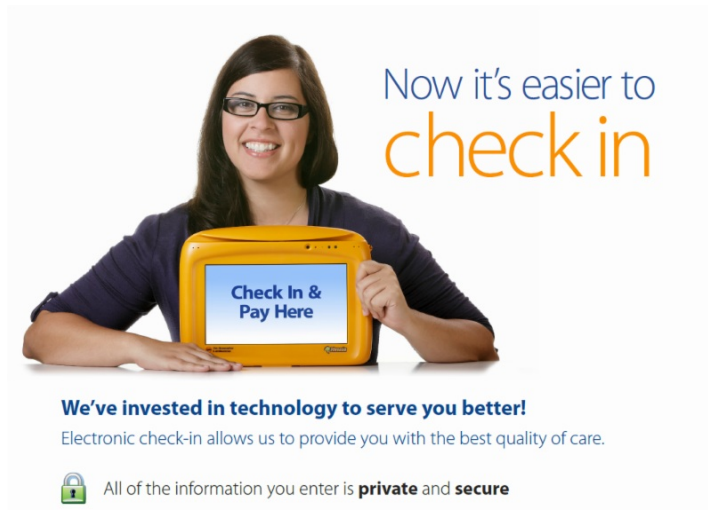


Phreesia Check-In & Registering for our FollowMyHealth Portal

As you may know, Associated Neurologists recently introduced **Phreesia**, a new technology to improve our Check-in Process for our patients, making it easier and more convenient.

Phreesia's many benefits include the following:

- **The ability for you to check in online for your visit from your mobile phone, tablet, or computer *before* your appointment.**
We encourage you to take advantage of this simple Pre-Visit Check-In Process for your next visit!
- **Or if you prefer, you may check in using Phreesia after you arrive at our offices.** When you arrive, you will be given a "**PhreesiaPad**," similar to an iPad or a tablet, which you can use to complete your registration electronically. Checking in via the PhreesiaPad is quick and easy, as it guides you through a step-by-step registration process.
- **Once you have entered your information for the first time, you will not be required to do so again.** At your future visits, you will only need to verify the information that you'd previously entered to ensure that it's current and to make any necessary edits. Definitely a time-saver!

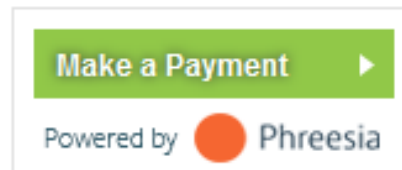


- **Once you've submitted your information, you may also pay any balance or co-pay securely on the PhreesiaPad.**

A secure device, the PhreesiaPad does not store any information on the pad. Rather, all entered information transfers electronically to your chart in our secure Electronic Health Record (EHR).

--> **Did you know that you can also visit [our website](#) to pay your balance via Phreesia at any time? Simply visit our home page at www.associatedneurologists.com, and click on the "Make a Payment" button.**

PAY YOUR BILL ONLINE



- **Phreesia also gives you the ability to register with FollowMyHealth (FMH), our secure electronic message service and Patient Portal.**

If you're interested in joining our [FollowMyHealth Portal](#), you'll be prompted directly from the PhreesiaPad to simply enter your email address and a one-time 4-digit Security Code of your choice. You'll then receive a FollowMyHealth Registration email with a link to complete your registration for the Portal.

--> **A helpful tip for FMH Registration:** When selecting your one-time 4-digit Security code for your FMH registration, we suggest that you select your Year of Birth or the last 4 digits of your Social Security Number to help you remember your code. However, if you choose to use a different 4-digit number, please be sure to write it down and keep it in a safe place for when you register later via your FollowMyHealth invitation email.

Have You Seen Our Facebook Page Lately?

We encourage you to **"Like"** our [Associated Neurologists' Facebook Page](#) and to visit us there often for all of the following:

- Neurology News updates
- Links to feature articles and human interest stories
- Important health and medical stories in the news
- Information on new services at the practice and our Medical Fitness Center
- Introductions to our new clinical staff
- Helpful infographics on neurology, overall health, and medical fitness topics
- Inspirational and motivational words of wisdom
- And more!



Associated Neurologists PC

January 17 at 5:44pm · 🌐

A deaf shelter dog who can read sign language has become the perfect companion for a young boy with autism.

Via Neurology Now

[#autism](#)



See the amazing bond between this nonverbal boy and deaf shelter dog

Nonverbal six-year-old Connor Guillet uses sign language to speak to his sweet new furry companion, a deaf boxer named Ellie.

TODAY.COM | BY RONNIE KOENIG

Associated Neurologists strongly recommends that care and treatment decisions related to any medical condition be made only in consultation with a patient's physician and other qualified medical professionals. The information found in this Newsletter, on the Web site, and on our Facebook Page, Pinterest, and Twitter is intended to provide general information only. The presence of links in the Newsletter, on the Web site, and on our social media channels does not signify an endorsement, and Associated Neurologists is not responsible for any information found on other Web sites.

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