

From  
Taylor Physical Therapy



### Waverly Industrial Rehab: A New Clinic

Waverly Industrial Rehab is a partnership between Taylor Physical Therapy and Dr. Jon Fields of Summit Industrial Medicine. This new clinic offers specialized occupational health services and was created to help the workforce of Northeast Iowa! What does this mean? Who can be a patient? What services are offered at this clinic? Read along to find out why businesses and employees can and should make Waverly Industrial Rehab the location of choice for work-place injury treatment and rehabilitation!

**1. What is the goal of Waverly Industrial Rehab and what are occupational health services?** "Occupational" is related to occupation or job and "industrial" references the contractor, excavator, laborer, manufacturer, etc. This clinic is a healthcare resource for businesses to keep their employees safe and healthy!

**2. Who can be a patient at Waverly Industrial Rehab?** Simply put, businesses as well as any future or current employees.

- A business requiring pre-employment physicals and/or drug screens.
- An employee who needs treatment for an injury that happened on the job.
- An employer who is seeking a location for physical or occupational therapy because of a work-related injury.

**3. What type of care do the providers at Waverly Industrial Rehab specialize in?** Medical treatment and rehabilitation of injuries that happen on the job.

- Dr. Jon Fields can evaluate, treat, and manage the care of the injury.
- Taylor Therapy's physical and occupational therapists can rehabilitate the injury
- Taylor Therapy's athletic training staff can lead work hardening sessions to assist with conditioning during the return-to-work process.

**4. How is Physical and Occupational Therapy different at Waverly Industrial Rehab?**

a. Two Words: workplace simulation. The rehabilitation gym at Waverly Industrial Rehab has workstations that allow patients to practice what they do at work *during a therapy session*. They can push, pull, climb, and lift as they would during a typical day on the job! The result? An injury that is rehabilitated and an employee that is confident they can do their job!

**5. Why is utilizing an occupational medicine clinic helpful for the employer and injured employee?**

- Providers at Waverly Industrial Rehab understand the importance of urgent care and timeliness of returning to work when treating work-related injuries.
- All staff at Waverly Industrial Rehab are trained to advocate for both employer and employee, a delicate balance that can play a major role in the outcome of the injury and claim.

Whether you are a business owner, human resource representative, or employee safety specialist, Waverly Industrial Rehab offers multiple services that minimize workforce absence and maximize recovery!

To learn more about services at Waverly Industrial Rehab, call the clinic or visit [WaverlyIndustrialRehab.com](http://WaverlyIndustrialRehab.com).

Waverly Industrial Rehab – 1203 W. Bremer Ave., Waverly - (319) 559-2442



## CALENDAR OF EVENTS

Jan. 18-24, 2024

**Thursday, January 18:** 4:30 pm Girls' JV Basketball vs. Hudson @Hudson

4:30 pm Boys' JV Basketball vs. Hudson @Hudson High School

5:30 pm Boys' 9th/10th Basketball vs. Hudson @Hudson High School

6:15 pm Girls' Varsity Basketball vs. Hudson @Hudson High School

7:45 pm Boys' Varsity Basketball vs. Hudson @Hudson High School

**Friday, January 19:** 4:00 pm Varsity Bowling vs. North Fayette @Panther Lanes

4:30 pm Girls' JV Basketball vs. Gladbrook-Reinbeck @Cyclone Center

4:30 pm Boys' JV Basketball vs. Gladbrook-Reinbeck @Cyclone Center

4:30 pm Girls' HS Wrestling vs. Alburnett, Aplington-Parkersburg, Center Point-Urbana, East Buchanan, Notre Dame @East Buchanan High School

4:30 pm Boys' HS Wrestling vs. Akron-Westfield, Audubon, Carroll, Cherokee, Don Bosco, East Sac County, Emmetsburg, GTRA, Jesup, Kingsley-Pierson, Lawton-Bronson, OABCIG, Okoboji, Pocahontas Area, Ridge View, Sergeant Bluff-Luton, Sibley-Ocheyedan, Sioux Center, Solon, South Central Calhoun, Southeast Valley, Spirit Lake, Tonganoxie USD 464, West Hancock, West Lyon, Western Christian, Woodbine, Woodbury Central @OABCIG High School

5:30 pm Boys' 9th/10th vs. Gladbrook-Reinbeck @Cyclone Center

6:15 pm Girls' Varsity Basketball vs. Gladbrook-Reinbeck @Cyclone Center

7:45 pm Boys' Varsity Basketball vs. Gladbrook-Reinbeck @Cyclone Center

**Saturday, January 20:** Speech District Large Group Contest

9:00 am Boys' HS Wrestling vs. OABCIG @OABCIG High School

11:00 am Boys' JV Basketball vs. Independence @Independence High School

**Monday, January 22:** Jazz Band Festival

**Tuesday, January 23:** 4:15 pm Boys' JH Basketball vs. BMAP Middle @BMAP Middle School

4:15 pm Girls' JH Wrestling vs. Hudson @Hudson High School

4:30 pm Girls' JV Basketball vs. Columbus Catholic @Cyclone Center

4:30 pm Boys' JV Basketball vs. Columbus Catholic @Cyclone Center

5:30 pm Boys' 9th/10th Basketball vs. Columbus Catholic @Cyclone Center

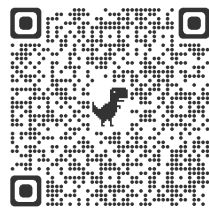
6:15 pm Girls' Varsity Basketball vs. Columbus Catholic @Cyclone Center

7:45 pm Boys' Varsity Basketball vs. Columbus Catholic @Cyclone Center

**Wednesday, January 24:** 8 am - 3 pm Academic Decathlon @Grundy Center High School-Regional Competition

10:00 am Varsity Bowling vs. Columbus Catholic@Cadillac Lanes, Waterloo

This is the Conference Baker Team Tournament



Scan code for calendar updates

## DENVER PUBLIC LIBRARY

MONDAY-WEDNESDAY-FRIDAY 9:00-5:00

TUESDAY-THURSDAY 9:00-6:00

SATURDAY 9:00-12:00

100 WASHINGTON ST. 984-5140



**HELLO, DENVER!** The Library has begun to plan programming for the next several months. These include a Valentine Card Workshop on Saturday, February 10 for all ages, a visit from Iowa author Linda McCann on Tuesday, February 20, the Dr. Seuss Birthday Bash on Saturday, March 2, and a Discovery Stations program presented by Absolute Science on Wednesday, March 13. We will provide updates and more information as these dates draw nearer.

**NEW** in Adult Autobiographies this week we have "My Name is Barbra," by legendary superstar Barbra Streisand. She is among the handful of EGOT winners (Emmy, Grammy, Oscar, and Tony) and has one of the greatest and most recognizable voices in popular music. In this memoir, Streisand recounts her early struggles to become an actress, eventually turning to singing to earn a living; the recording of some of her acclaimed albums; her friendships with figures ranging from Marlon Brando to Madeleine Albright; her political advocacy; and the fulfillment she's found in her marriage to James Brolin. (All told in only 970 pages!)

**NEXT UP,** pop singer Britney Spears spills her secrets in "The Woman in Me." A performer since she was a young child, Spears chronicles her journey to stardom, the publicized challenges she faced, and her endeavors to break free from a long-standing conservatorship that once controlled her life. Written with remarkable candor and humor, Spears's groundbreaking book illuminates the enduring power of music and love, and the importance of a woman telling her own story, on her own terms, at last.

**ANOTHER** powerful and influential woman expresses her views and opinions in "Oath and Honor: A Memoir and Warning." Liz Cheney is an American attorney, politician and the daughter of former Vice President Dick Cheney. In the aftermath of the 2020 presidential election and the January 6 insurrection, Cheney helped lead the Congressional Select Committee investigation into how it happened. After

all, she witnessed the attack firsthand. In this revealing memoir, she tells the story of this perilous moment in our history, those who helped Trump spread the stolen election lie, those whose actions preserved our constitutional framework, and the risks we still face.

**AND** why not enjoy a Juvenile Nonfiction book with your favorite young reader? A hot topic with most younger kids is dinosaurs, and you'll both enjoy reading "The Bone Wars: The True Story of an Epic Battle to Find Dinosaur Fossils," by Jane Kurtz. Paleontologists O. C. Marsh and Edward Cope met in 1863 and bonded over their shared love of fossils, becoming the best of friends...until the day Marsh discovered an error in Cope's work, and the Bone Wars began! Marsh and Cope stopped collaborating and started competing, using code names and disguises, all while trying to find the most important never-before-seen discoveries! Luckily, Marsh and Cope discovered all kinds of new dinosaur skeletons to share with the world!

**LASTLY,** you and your young friends might find purpose in all this snow as you read "The Snow Man," by Jonah Winter. There lives a man in Gothic Colorado named Billy Barr (he likes it spelled lowercase) who is known as "The Snow Guardian." For the past 40+ years, Billy has been meticulously gathering snow measurements on his little backcountry property because, "It was something to do." Little did he know that his pet project would provide valuable decades-old detailed accounts of snow levels for researchers interested in the information. So get your rulers, get outside and start measuring!

**DID YOU KNOW** that... Barbra Streisand's original name was Barbara? But she changed the spelling as she came of age because she wanted to be "unique." More specifically, she changed the spelling of her first name from Barbara to Barbra early in her career for professional reasons, as her memoir reveals!

## DENVER CITY COUNCIL MEETING

JANUARY 6 2024

### January 6, 2024 SPECIAL MEETING

The second meeting of January for the Denver City Council, Bremer County, Iowa was held on Saturday, January 6, 2024, at the Denver City Hall Council Chambers. Council Members present were Sean Hartman, Curt Junker, Josh Larson, Mark Richmann, Joel Wikner. There was no one in attendance.

Mayor Diercks called the meeting to order at 8:00 a.m.

Motion Richmann, second Larson to Approve the Agenda. AYES: Hartman, Junker, Larson, Richmann, Wikner. NAYS: None.

Motion Richmann, second Junker to approve

the Minutes of Regular City Council Meeting on January 2, 2024. AYES: Hartman, Junker, Larson, Richmann, Wikner. NAYS: None.

Larry Farley reviewed a list of Budget Questions with the Council concerning expenditure priorities for the FY 2025 City Budget. No final decisions were made.

Motion Hartman, second Larson to adjourn. AYES: Hartman, Junker, Larson, Richmann, Wikner. NAYS: None. The City Council Meeting was adjourned at 11:15 a.m.

*Rod Diercks, Mayor*  
ATTEST: Larry Farley, City Clerk/Admin.

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