

PROGRESS 2007

'Get Well! Stay Well' with Work Systems Rehab

OSKALOOSA — Work Systems Rehab opened up a new office in Oskaloosa this past year and they offer a unique philosophy on rehabilitation, as the slogan would suggest — "Get Well! Stay Well!"

Troy Vander Molen, PT, vice president of Work Systems, said that a lot of times the part of the body that hurts the most is not actually the problem; rather it hurts because another problem area is forcing that part of the body to compensate.

"So, we are educating them about what they're experiencing and why they're experiencing it; sometimes it requires us to treat an area that is unrelated to the pain, so that the pressure is taken off the part that hurts," he said.

Carol Kelderman, PT, DPT, the primary physical therapist in Oskaloosa, added, "By alleviating the root cause of the pain, the symptoms resulting from the compensation usually resolve quite quickly."

This philosophy of rehabilitation extends both to individuals and various companies that



call on Work Systems for help in injury management and prevention.

Clow Valve, Paslode, Interpower and Mid-American Energy, Pella Corp. and Vermeer are some of the companies that Work Systems works with to ensure optimal employee health.

Both corporate and individual clients enjoy the preventative care that Work Systems offers "because it's much less expensive to prevent an injury than it is to care for it once it's occurred," Vander Molen said.

He attributes much of the initial success of Work Systems to Kelderman, who provides quality care and enjoys spending ample time with each client.

Elise Spronk, occupational therapist, offers her services as well.

Jennifer Evans, an ACE clinical exercise

specialist and ACE certified personal trainer, offers physical fitness classes.

She said that the Pilates classes are very popular. She also offers small-group strength training and personalized training. New classes are continually forming to meet demand.

Susanne Kelly, receptionist, takes pride in dealing with insurance companies for the clients to reduce the headaches associated with insurance reimbursement.

Work Systems is a clinic-based facility; therefore the services are billed as office visits and are not typically subject to the deductibles that would normally apply to hospital-based visits.

Work Systems currently has locations in Oskaloosa, Pella, Des Moines and West Des Moines.

University Park Auto Repair is your one-stop car care shop

UNIVERSITY PARK — If your cars needs anything from a simple oil change to a tuneup, you need go no further than University Park Auto Repair.

Zac Samuels opened his business at 2005 Burlington Road, University Park, in November 2005. Dianna Marks is the vice president of the business.

Samuels provides a wide range of services such as oil changes, tuneups, brakes, shocks/struts, starters and alternators, general maintenance, transmission and coolant flushes with BG products, and induction flushes. Samuels also has snap-on diagnostic scanners. He

works on both cars and trucks.

University Park Auto uses parts from Arnold Motor Supply and O'Rielly's Auto Parts. Samuels also offers Interstate batteries.

Samuels has worked on cars most of his life — since he was 12 years old and worked in his uncle's garage in Martinsburg. He has worked at Kingman Motors for seven years and has worked at S & D Battery for 14 years.

Samuels is a graduate of Pine Ridge in Chardom, Neb., for automotive and electronics.

University Park Auto has not only local customers, some travel from as far away as Des

Moines, Indianola and Iowa City for service. Also, Samuels has customers from Ottumwa and Fremont.

University Park Auto also works on fleets of vehicles such as E & R Builders, Bates Funeral Home, Arnold's Motor Supply and O'Rielly's.

"We do go on service calls," Samuels said.

"We pick up and deliver" for seniors and working people, Marks added.

University Park Auto's business hours are 8 a.m. to 5 p.m., Monday through Friday; and Saturday, by appointment from 9 a.m. to 12 p.m. Call (641) 673-1990.

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Donna's Upholstery provides beauty and value

OSKALOOSA — Donna Miller has been living the American Dream since 2004. For 27 years she has developed her skills and expertise to become a master in her trade. With the opening of Donna's Upholstery, her dream became not only a reality, but today is a successful, thriving business which she proudly calls her own. Whether sewing her own wedding dress in the 1970s, making pillows and curtains for a new home, Donna found her creative passion that has proven a winning outlet in upholstery.

Upholstery work is both challenging and rewarding. Donna takes special care in handling customers' cherished heirlooms and antiques knowing that the pieces have financial and sentimental value. Reupholstering is a dying art. Just

ask her many repeat customers.

"They frequently tell me that they are so happy to have found my business and sincerely appreciate the quality of my work," states Donna. "I treat each customer with respect and their furniture with care, as if it was my own."

Whether you want to restore an antique piece of furniture with new padding, springs, etc., or simply want to change your décor and select new fabric for dining room chairs, Donna's Upholstery can provide it all and make it look new again. She provides excellent craftsmanship for a reasonable price. Quality work keeps customers returning. Donna feels blessed that her business continues to grow by repeat customers. Her work is well known in the community and acknowledged to

others by word of mouth from satisfied customers. Professional interior decorators have found Donna's work to be exceptional, a true testament of quality. Kathy Harrington, owner of Décor & More, uses Donna's services for her clients as well.

Donna has supplies and the tools to ensure a professional, top-quality job. With hundreds of fabric samples to choose from, each customer is sure to find just the right look. Continuing to meet the needs of her customers, Donna added caning and wicker repair to her repertoire of services. Located at 315 North B St. in Oskaloosa, Donna's Upholstery is a proven winner. For more information or questions, contact Donna directly at (641) 672-1850.

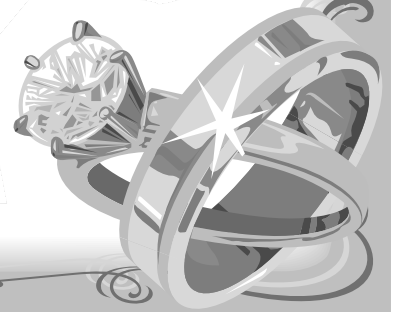
*Let the staff at
Gardner-Collier
Jewelry
help you make a
Dazzling Impression!*



Left to right: Pam Bixler, Leslie Fitzner, Diane Green, Carma DeJong and Heather DeJong.

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