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CORE offers high-quality physical therapy

A frequent lament of people accessing healthcare has been the inability to work with the same practitioner start-to-finish. Too often, the rehabilitation process is prolonged as new strategies and new strategists become involved.

Bill Padamonsky realized that in 2009 when he, Tyke Steiner and Paul Eash started CORE Sports Training and CORE Physical Therapy in Altoona. Blair County's only board certified Sports Clinical Specialist, Padamonsky approached the situation from both the clinical and the practical side.

"I started CORE Physical Therapy in an effort to give a more one-on-one, patient-centered physical therapy experience," he acknowledged. "I wanted to have the autonomy to spend time with my patients and give people a better value for their out-of-pocket expenses. Co-pays and deductibles have been steadily increasing over the

past ten years and I wanted people to feel like they were getting more attention from the physical therapist if they had to pay more out of their own pocket."

CORE Physical Therapy has a close relationship with CORE Sports Training, allowing for athletes to be transitioned from physical therapy treatment to a high-level sports training program once they are cleared to do so. CORE has no affiliation with a hospital, physician or orthopedic group. It plans to maintain that independence.

"We treat people of all ages," Padamonsky pointed out. "Low back injuries and chronic low back problems are the most common injury we treat but shoulder injuries, both sports-related and overuse-related and surgeries are a close second." Many in those categories, at least recently, tend to be older.

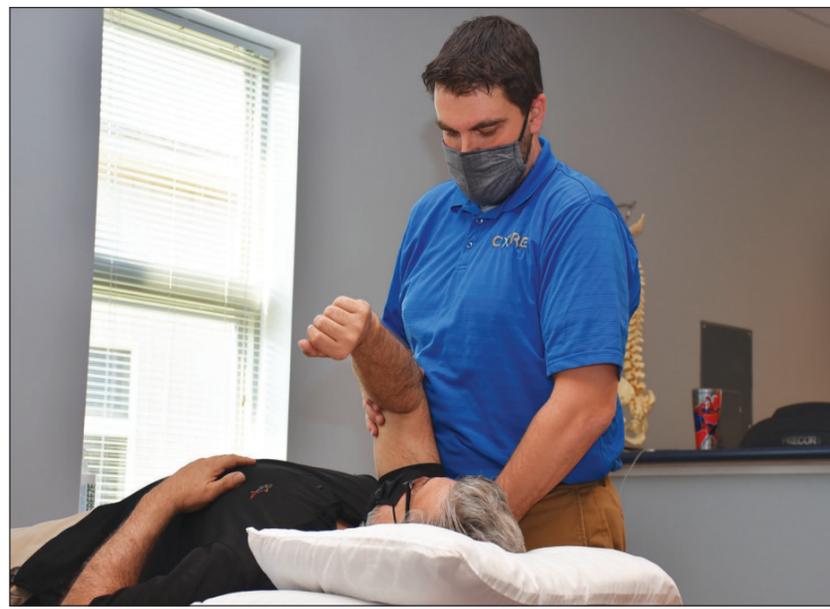
"It is exciting to see people in older generations staying more active into

their later years, but unfortunately this leads to more frequent overuse injuries. Physical therapists in general are poised to be able to help athletes, weekend warriors and active individuals of all ages prevent injuries, recover more quickly from injuries and get back to the activities they love."

While many health-related businesses struggled as the result of Covid-19, CORE was more fortunate, according to Padamonsky.

"Covid-19 did not have a significant negative impact on our business," he admitted. "Other than only being able to see patients two days a week from March until June, we were able to pick up where we left off by the end of the summer. One positive consequence was that we were forced to reevaluate our sanitation and cleaning policies to make sure that we were at the top of our game in terms of safety."

As far as the future of CORE, Padamonsky is confident that the overall suc-



Bill Padamonsky, sports clinical specialist at CORE Physical Therapy in Altoona, helps a patient rehab following shoulder surgery.

cess that the business has experienced since its inception could be duplicated to help others. He's looking forward to exploring the possibility.

"I feel we have a business model that gives patients

the most attention and greatest value for their healthcare dollar," he disclosed. "I plan to try to expand this model to another local community in the near future. The connection I have with CORE Sports

Training would also offer a great combination of services for another community."

(CORE Physical Therapy has been a Blair County Chamber member since 2010.)

Jethro's restaurant combines homemade food with a diverse lineup of entertainment options

For nearly fifty years, Jethro's Restaurant in Altoona has been a destination for anyone looking for good homemade food in a rustic environment. To Georgette Clark, who has been employed there for twenty of those years and who has served as general manager for the past ten, Jethro's is a whole lot more.

"People who come here on a regular basis know the real story," Clark points out. "They understand that we offer a lot of things that other restaurants don't, including menu items that aren't available other places. They appreciate the variety of entertainment options that exist here and they enjoy the relaxation that occurs as the result of our location."

From the menu side, the steak, ribs and Italian specialties draw considerable acclaim. That's just the beginning, according to Clark.

"Our fried zucchini is must-try, she noted. "Our baby-back ribs fall off the bone. Our grilled chicken salads and steak salads remain very popular and our homemade ranch dressing



Georgette Clark, General Manager of Jethro's Restaurant in Altoona, knows a good dessert cooler when she sees one. Desserts are just a part of Jethro's allure as a local eating site.



is in high demand. Then there are the desserts . . ."

Oh yes, the desserts. The glass case featuring the desserts greets you the

minute you enter the front door. Selecting just one after a satisfying dinner is next-to-impossible.

"The decision isn't whether to order dessert or not order dessert," Clark explains. "It's whether to eat dessert while you're still here or take it home. Otherwise, you'll be disappointed for a long time."

Jethro's is locally owned and features a fully-stocked bar, party rooms and an outdoor patio with a great

view of Park Hills Golf Course. There are trivia nights, live music, catering services and a whole lot more.

"During the shutdowns that were part of the pandemic we even offered delivery services to Altoona, Hollidaysburg and Duncansville," Clark stated. "We wanted to help wherever we could."

(Jethro's has been a Blair County Chamber member since 1981.)

Non-Profit Committee out to raise awareness



Among the programs hosted by the Chamber's Committee of Non-Profit Businesses are Best Practices Forums.

"A non-profit touches every person's life every day."

Such is the premise behind the Blair County Chamber's Committee of Non-Profit Businesses. Created more than a decade ago, the Committee is unusual in many respects.

"Most chambers don't have them," explained Chamber President Joe Hurd. "Sadly, many business communities regard non-profits as second-class citizens. That's a short-sighted approach to people and organizations that have a huge influence on local economies and quality of life."

Non-Profit Committee members strongly agree.

"Without the non-profits, where would you go to access the services that we offer?" asked Samantha Humphrey-Watters, executive director of Big Brothers/Big Sisters of Blair County.

"It's a misconception that non-profits only take money out of a community," believes Tara Enedy, director of Altoona Community Theatre. "We also spend considerable dollars here which heavily impacts our economy. It would be hard to do much without us."

The Committee of Non-Profit Businesses features a variety of educational and networking programs as well as an annual advocacy event. Each quarter, it holds a Best Practices Forum which deals with some topic of interest to non-profits. It holds periodic social gatherings that encourage non-profits to get to know one another better. This has led to a greater sharing of services and resources.

"Sharing resources is really important," stated Nicole Germaux, executive director of CONTACT Altoona. "We've got similar challenges."

On the advocacy front, the Committee holds a Legislative Breakfast each Spring with elected officials at the state level.

"This event has really provided an opportunity for our non-profits to engage in relevant conversation with the people who can make a difference for us," noted Natalie Depto-Vesey of Home Nursing Agency, who chairs the Committee.

(Any non-profit who would like to be part of the Committee should contact Joe Hurd at jhurd@blairchamber.com.)

- Blair County Chamber WE-LEAd Committee presents -

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