

# TRIO



REHABILITATION  
& WELLNESS  
SOLUTIONS

APR  
25

EDUCATE | PROMOTE INDEPENDENCE | IMPROVE FUNCTION



## PODCASTS

*what we're  
listening to*

» Substantial Matters

<https://www.parkinson.org/resources-support/online-education/podcast>



## BOOKS

*what we're  
reading*

» *Parkinson's: How to Reduce Symptoms Through Exercise* by Kristine Meldrum

## Important Update: Changes to Our Treatment Model

Effective **March 15, 2025**, Trio Rehabilitation & Wellness Solutions transitioned from our traditional 1-on-1 care model to a new system where patients will be seen every **45 minutes**. This change comes after careful consideration of patient needs, clinic capacity, and the financial pressures resulting from recent Medicare reimbursement cuts.

Medicare's ongoing payment reductions have created significant strain, and this adjustment is necessary to continue providing high-quality care while managing resources effectively. Under the new model, there may be occasional overlap between patient appointments, and some sessions may involve support from a rehabilitation technician. However, we remain deeply committed to providing patient-centered care.

We understand that changes can be challenging. If you have any questions, please don't hesitate to reach out to **Jennica Colvin**, our owner, or **Katie Barclay**, our Front End Manager, for assistance.



830-331-8604



[info@triorehab.com](mailto:info@triorehab.com)



*featured google review*

"They are very knowledgeable, and know when and how to move forward with the treatments. They make videos so I don't forget how to do the homework. Working with them was a delight. The OT ladies, Kate, Kathy, Jennica, and Pam were all very helpful in my treatments." - *Douglas Oian*

Google  
Reviews ★★★★★



*words of wisdom*  
CORNER

"When we give ourselves permission to fail, we, at the same time, give ourselves permission to excel."  
Eloise Ristad

## CELEBRATING WORK ANNIVERSARIES!

Join us in celebrating the following team members' work anniversaries:

- Karen Ross, SLP – 9 years
- Kara Short, PT, DPT – 1 year
- Sarah Reeh, PT, DPT – 1 year
- Stephanie Compean Waite, PT – 3 years
- Mary Lee "Bitsy" Pratt, PT, DPT – 2 years
- Kate Grove, OT – 2 years
- Katie Barclay – 1 year





### our vision

Provide individualized therapy in order to improve all persons quality of life.

### our mission

Trio Rehabilitation & Wellness Solutions provides Physical, Occupational, and Speech Therapy for adults in a one-to-one setting.

Our experienced therapists will teach you how to improve independent function and fully participate in life.



Provide personalized care.  
We provide individual treatment plans.



Never overbook or leave our patients unattended for long periods of time. We care about our clients and their time.



Receive ongoing education and training to ensure we stay up-to-date on the latest and best treatment programs available.



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## Trio at the Parkinson's Symposium 2025

On **March 22, 2025**, Jennica Colvin (Owner) and members of the RISE wellness program attended the **2nd Annual Parkinson's Symposium 2025** hosted by UT Health. The free event featured experts who discussed the latest research, treatment options, and community support.

Dr. Danial Corcos made a compelling case for **exercise** in slowing the progression of Parkinson's Disease. His key recommendations include:

- 1 Cardiovascular exercise 3 times a week, getting the heart rate to 100 BPM
- 2 Strength training at least 2 times a week using body weight, resistance bands, or weights
- 3 Mindfulness/meditation daily (Tai Chi was emphasized)
- 4 Read his article: "[Advice to People with Parkinson's in My Clinic: Exercise](#)"

Dr. Corcos's final remark, "Take your Parkinson's pills and then take them out and run with them," really made us smile. **Exercise is medicine!**



Trio's **RISE wellness program** is here to help with the consistent performance of exercises Dr. Corcos recommends.

[CLICK HERE TO LEARN MORE](#)

## EXCITING NEWS: CERTIFIED STROKE REHABILITATION SPECIALISTS!

We are beyond thrilled to announce that Trio now has four certified stroke rehabilitation specialists—a first for Boerne and the surrounding area! A huge congratulations to Kate Grove, OT, CSRS, and Stephanie Compean Waite, PT, CSRS, for passing the certification exam. Additional team members with this designation include Jennica Colvin, OT, OTD, CSRS, and Suzanne McCrum, PT, DPT, CSRS.

This prestigious certification ensures that our therapists are equipped with the most up-to-date interventions to offer the best possible rehabilitation for stroke survivors. To learn more about the CSRS designation and to see how few professionals in our area have it, visit [Stroke Certification](#).



## PLEASE WELCOME OUR NEW TEAM MEMBERS!



### Dr. Amanda Seneri, PT, DPT

Dr. Amanda earned her Doctor of Physical Therapy in 2018 from the University of the Incarnate Word (UIW). She has a passion for treating clients with neurological conditions, including stroke and Parkinson's disease. Amanda will also serve as an adjunct professor at UIW.



### Dr. Skyler "Sky" Rost, PT, DPT

Sky graduated in 2024 with her Doctor of Physical Therapy degree from UIW. She has a special interest in treating neurological conditions like stroke and Parkinson's disease, as well as orthopedic issues such as back and hip pain.



### Paul Giguere

Paul joined Trio in March 2025 and will be working to expand our community partnerships. He will focus on raising awareness of our services, particularly for those affected by stroke, fall prevention, Parkinson's Disease, and other movement disorders.

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[INSURANCES ACCEPTED](#)

