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# TERRITORY

## NEUROLOGY & RESEARCH INSTITUTE

SUMMER/FALL 2017 NEWSLETTER



### WELCOME NURSE KOPECKY!

A GREAT NEW ADDITION  
TO THE TEAM

We would like to welcome  
Kerry Kopecky M.S.N., F.N.P.,  
to the Territory Neurology

family. Kerry Kopecky has extensive hospital nursing experience in the Emergency Department, and has been practicing for over 27 years. Nurse Kopecky, we look forward to bringing you on to the team, and we know you will make a great addition to our clinic staff. Nurse Kopecky will be accepting patients starting October 1, 2017 – call to book your appointment.

### RENOVATIONS COMING SOON!

### WE ARE GROWING & EXPANDING

After two years of success, we have grown a little too big for our building. To accommodate more patients and our growing staff, we will be adding on to our current office. Expect a newer addition to our building in the near future!

### SUMMER HEALTH TIPS FROM DOC AND JAY

#### COOL DOWN

Hotter temperatures tend to exacerbate MS symptoms. To help keep symptoms down during the Tucson summer heat, try the following:

- 1) Have a popsicle, or maybe some cold-cuts! Foods served cold can help lower your core body temperature.
- 2) Get your sun at the right time! Try to get your much-needed vitamin D from the sun during the cooler early morning or later evenings, to avoid peak temperatures.





## STATE-OF-THE-ART INFUSION ROOM

### OUR INFUSION ROOM IS AT YOUR SERVICE

Territory Neurology and Research Institute's infusion center is open to the community, as well as to our own patients. Any one receiving an infusion treatment can contact our front office to have it performed here in comfort. Our infusion room features satellite television, luxurious leather reclining chairs, and an amazing and dedicated infusion nurse. Please direct all inquiries to (520) 742 – 1833. We look forward to your call.

### FALL/SUMMER TRIVIA!

1. How many U.S. states border the Gulf of Mexico?
2. What's a water moccasin often called, due to the white inside its mouth?
3. What's the ballet term for a 360-degree turn on one foot?
4. Who was the first mailman in Philadelphia?
5. Who said: "I'm the president of the United States and I'm not going to eat any more broccoli"?

Answers will be provided on the next edition!

### FEATURED PATIENT TESTIMONIAL

#### FROM HEATHER K.- PATIENT/DOG ENTHUSIAST

"I love how dog-friendly the office is! It's always great to see the dogs when I come in. [Territory Neurology and Research Institute] is very accommodating and understanding of my schedule. I also appreciate that when I call, I receive a fast response from the staff." Thank you so much for the kind words Heather!

### SAVE THE DATE, SUPPORT THE COMMUNITY!

Put on your running shoes and grab the dog, here are some upcoming events in the Tucson area that go to a great cause:

August 19, 2017 – Walk to End Alzheimer's

September 11-12<sup>th</sup>, 2017 – Territory's Neuroscience & Support Skills Symposium

November 5, 2017 – Handi Dogs present: Dogtoberfest

November 12, 2017 – Tucson Buddy Walk