

FOR IMMEDIATE RELEASE

## Local Therapists Bring Home Statewide Awards

**Burlington, Vt.** – Therapists at Burlington Health and Rehabilitation brought home two of the highest awards from Vermont Health Care Association this year. Jenny St. Onge was named Occupational Therapist of the Year, and Sandra Titchner was named Physical Therapist of the Year. The recipients were chosen from among nominees at 90 health care centers throughout the state.

St. Onge received the award in part because of her work in a unique specialization called manual lymph drainage. This therapy is vital for patients who experience a build-up of lymph fluid, which can occur after surgery or as a result of obesity. The swelling can cause complications like slow-to-heal skin wounds and circulation problems.

“Jenny is the only person in the area who is qualified to do this very specialized therapy,” explained Todd Patterson, Senior Director of Rehabilitation Services at the center. As a result, he said, she often drives two hours a day in order to visit all of the patients who need her, and ends up working evenings and weekends – including time at her home sewing machine, where she makes customized wraps and garments for her patients to wear to help the swelling go down between therapy sessions. St. Onge has been at the center for 15 years. “To her patients, she is a true saint,” said Patterson.

Titchner was chosen in part because of her leadership role, as well as her uniquely holistic approach to physical therapy. “Sandy looks at the whole person from all possible angles,” said Patterson. “She consults with physicians so she can take all medical information into account, and she works very hard to get a complete picture of patients’ environment and daily life before they go home from the center.”

Patterson pointed out that many patients are fearful when they come for in-patient therapy, because they have the impression that they will never go home. “But this is not your grandma’s nursing home,” Patterson said. “From the moment people walk in the door for rehab, Sandy and her colleagues are helping them plan their lives back at home.” Titchner has been at the center for 30 years.

“We are so proud that Jenny and Sandy both got their award in the same year,” said Patterson. “They are both so devoted to their patients’ well-being. They really deserve this recognition.”

Burlington Health and Rehabilitation, a member of Revera Health Systems, offers short-term care and therapy after surgery or illness for adults of all ages, as well as long-term, respite and hospice care. For more information, visit [www.reveraBurlington.com](http://www.reveraBurlington.com).

300 Pearl Street  
Burlington, VT 05401

P 802-658-4200  
F 802-863-8016

[reveraBurlington.com](http://reveraBurlington.com)