

WE ARE ACCEPTING NEW REFERRALS WITH IN 24-48 HOURS!

HOMEBOUND HAPPENINGS

June 2026

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Monthly Testimonial:

“My occupational therapist, Jackie, and physical therapist, Eric, are both very good. They take a great deal of interest in my recovery, paying close attention to my shoulder injuries and helping improve the strength and function in my arms. We have been working together for about four weeks, and I have already seen progress.”

-P. Fritsky Jr.

🌿 Great Outdoors Month: Get Outside and Enjoy the Benefits!
Quick Tips for Getting Outdoors Safely:

- 🚶 Take a daily walk around your neighborhood or local park.**
- ☀️ Get 10–15 minutes of sunlight each day to support vitamin D production.**
- 💧 Bring water and stay hydrated, especially on hot days.**
- 🧴 Wear sunscreen, a hat, and lightweight clothing when outdoors.**
- 👟 Wear supportive shoes to help prevent slips and falls.**
- 😊 Enjoy the stress-reducing benefits of fresh air and natural surroundings.**

Meet Our Staff

Each month, we highlight one of our dedicated team members who helps make Homebound Health Services exceptional

Eric Paczewski, PT



🎓 Education:

Bachelor's Degree – (IUP)
Master of Physical Therapy –
Gannon University
Doctorate – University of St. Augustine

📅 Experience:

28 years as a Physical Therapist

♥️ Why Physical Therapy:

Multiple sports injuries growing up exposed me to physical therapy. Since then, I have been interested in injury recovery and exercise.

★ Favorite Part of the Job:

Seeing patients make progress and overcome the challenges that come with injury.

🎯 Best Advice for Patients:

Trust the process.

🎸 Fun Fact:

I played guitar in a college band called *The Screamin' Jimmies*.

Healthy Recipe Spotlight Grilled Lemon Herb Chicken Ingredients

- 4 boneless skinless chicken breasts
- Juice of 2 lemons
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- Salt and pepper to taste

Directions

- Combine all ingredients and marinate chicken for 30 minutes.
- Grill over medium heat for 6–7 minutes per side or until fully cooked.
- Serve with grilled vegetables and brown rice.

♥️ Men's Health Month: Taking Charge of Your Health

June is Men's Health Month, a time dedicated to raising awareness about preventable health issues and encouraging men to take proactive steps toward better health. Many chronic conditions can be managed—or even prevented—through routine medical care, healthy habits, and early intervention.