



Elizabeth Story, M.D.
MEMBERSHIP MEDICINE

From the Desk of Dr. Elizabeth Story, M.D.

We have some exciting news about the expansion of our medical team that I'm delighted to share with you this month! And while we still have to contend with COVID, it is looking much better in terms of severity and number of cases across the region and nationally. I encourage everyone to continue to take good care of yourselves and your families, both physically and mentally.

As always, if you have any questions or concerns, don't hesitate to reach out anytime. I am honored to be able to care for you and carry on Dr. Bohnsack's legacy.

Happy Spring!



Elizabeth Story M.D.



Physical Health Focus Meet Mary Capstick, PA-C!

We are delighted to announce that we have added a Physician Assistant, Mary Capstick, to our practice team. As a Physician Assistant (PA), Mary examines patients, prescribes medicine, and orders diagnostic tests. She practices under the supervision of Dr. Story, but she works independently and can also handle day-to-day patient care.

Mary has more than ten years of experience in urgent care settings, as well as family practice and chronic care treatment. She performs all wellness examinations and maintains vaccination schedules. Having specialized in family

practice and orthopedics, Mary has worked for hospitals, group medical practices, and private practices.

“Even though it sounds cliché, I love that my training as a PA allows me to help people. It fulfills me to be able to do so!”

When not working, Mary enjoys spending time with her son and husband as well as family and friends. She loves reading historical fiction, baking and traveling to both the mountains and the beach. She and her husband currently weightlift together at the gym.

The next time you come in, hopefully you’ll see Mary’s smiling face and be sure to say hello! You can also reach her by email at mary@elizabethstorymd.com or on her cell phone at (979) 574-4787.



Mental Health Focus

Self Care is Health Care: It's Time for a Fresh Start!

The early days of lockdown restrictions had a powerful effect on people's daily lives. Alcohol sales went through the roof, physical activity dropped off significantly, and "comfort eating" led to weight gain. Those factors, coupled with the fact that most people feel guilty about taking time for themselves because of family or societal culture of self-deprivation and sacrifice, have led to increased anxiety and stress.

We have all been living 'on edge' for the past two years, and the increased levels of stress hormones take a toll on our bodies and well-being. If you or someone you love have been feeling this way, you are not alone! Data shows that many, many people are experiencing increased weight gain, stress and depression. I am here for you, to sit and talk through what you are experiencing, provide resources, and partner with you on the path to good health.

A Fresh Start

So now, coming out of the lockdown and pandemic and with the arrival of spring around the corner, it's the time of year for new beginnings and a fresh start! I am encouraging all of my family, friends and patients to take time for themselves through exercise, quiet time, a hot bath or cup of tea, massage, or any other form of self-care.

Here are four tips from NPR.org to "reset" your lifestyle and habits and put your health first:

- 1) Make an appointment with yourself in your calendar for exercise or physical activity. It is as important to keep this appointment as it is any other scheduled meetings!
- 2) Set bite-sized goals. Don't put pressure on yourself to make big changes, but instead focus on something that you can make progress on each day. "When we have bite-sized goals, we're more likely to achieve them," says Katy Milkman at University of Pennsylvania.

“This is true, whether you're trying to change exercise or eating habits, or if you're trying to save money. Saving \$150 a month is the same as saving \$5 a day, but when we focus on the smaller, daily goal, it feels better. The goals don't seem enormous or impossible.”

3) Make it fun. If you've been binge-watching TV shows, put it on while you are at the gym! Or invite a friend to join you on a walk ... if you make it fun, you are more likely to do it.

4) Bet on yourself. “There's a body of science to back up the idea that we're more likely to achieve our goals if we have to give up something if we don't stick to our plan.” Make a bet with a friend or family member that you will hit a goal within a certain time period – it can be very motivating!

TESTIMONIAL

Not Only Great Care, But Saving Time and Money!



“When I cut my hand badly on broken glass at home, I called Dr. Story's office immediately. Dr. Story saved me from an expensive and time-consuming ER visit with her same-day availability -- I was able to get in to see her right away. It was so quick and easy to get in and stitched up right when I needed to -- that was WELL worth the monthly membership fee.

Not only did I save time and the hundreds of dollars that an ER visit would have cost, but I also avoided all of the other exposure that comes with a hospital visit. I was so thankful that Dr. Story was there for me!”

E.J., member/patient



More About Me :)

JPS DONATION DRIVE

One of my heart's passions is the plight of the homeless and underserved in our community. During my training at JPS, I saw firsthand the struggles of those living on the margins, who are almost invisible in our world. The issues of chronic mental health and the cycles of crisis -- instead of blaming the patient, my heart was really opened to seeing their critical need for the very basic of life's necessities.

I have come to see it as an honor to serve the underserved, homeless, imprisoned, and marginalized people in our community -- my daughter, Elise, is beginning to see how important it is to share what we have, and to think of others who don't have even the very basics.

During the rest of March and April, we will be collecting "THE BASICS" (especially NEW socks, underwear, gloves and hats -- plus even old phone chargers!) in our office for a "JPS DONATION DRIVE." You can drop them off anytime in the big box in the lobby, and thank you so much for your support!

Dr. Elizabeth Story, M.D.

6049 Harris Parkway, Fort Worth, TX 76132

Office: 817-346-4000 | Cell: 682-226-

1207 drstory@elizabethstorymd.com



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Dr. Elizabeth Story, M.D. | 6049 Harris Parkway, Fort Worth, TX 76132

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