

Cousin Letters; The Beginning

Date: Circa January 2019

Location: The Deep North

Dear Family:

As I sit down and write this letter I cannot express how excited I am to begin this journey of cousin letters. It is wonderful we have so many people interested. It just goes to show how great our family is. So let us begin this journey.

I am currently living in St. Peter, MN. It is located about an hour south of the twin cities and 3.5 hours north of Norwalk (Or as Norwalk's welcome sign says "Noticeably Norwalk". Seriously...who came up with that... Yuck). I have been living here in St. Peter since July 2018 after moving from Mankato, MN. I was living in Mankato for ~2 years following graduation from Des Moines University. I currently have my doctorate in Physical Therapy from DMU. My apartment, or as Emily and Sarah have coined "The Mansion", is located approximately 2 blocks from my workplace at Rivers Edge Hospital. The mansion reference comes from comparing my last apartment which was primarily college student housing and rather small. My new apartment is almost double the size of my old one. I will attach some photos below of my new place. The proximity to work is a huge plus. I either bike or walk to work. Yes, even with -40 wind chill expected next Wednesday I will plan on walking to work as Minnesota how made me Coo Coo for the cold.

I have been working at Rivers Edge Hospital for ~2.5 years. It is an eighteen bed rural hospital located here in St. Peter. I work alongside nine other therapist including occupational therapists. I work both inpatient and outpatient which means I see people from the community (outpatient) and within the hospital (inpatient). Most of the inpatient are post-surgical including total knee arthroplasty (TKA), total hip arthroplasty (THA), cervical and lumbar spinal fusions, and sacroiliac joint fusions. Along with treating these patient I lead a weekly pre-surgical education class. We call this class Joint Camp. I put on a 20 minute PowerPoint presentation to educate patients how to prepare for their

surgery. I am also part of a newly formed hospital committee called the Patient & Community Advisory Council. We will meet throughout the year to better meet patient's needs within our hospital. I am also a Credentialed Clinical Instructor (CI) which allows me to oversee physical therapy students during their clinical internships. I am currently working with my second student as a CI. I have always enjoyed serving as a mentor to people. My role as a CI allows me to fulfill this passion of mine. My recent professional focus has been on Pain Neuroscience Education (PNE). PNE is typically centered on chronic pain. We are only scratching the surface of what could revolutionize us as the primary drivers of treating this pandemic.

St. Peter is a town of ~11000 people. One of the perks of living in a smaller town has been getting involved within my community. I am a member of the Kiwanis group here in St. Peter. Kiwanis is a national organization used to promote the development of youth. We are putting on the 2nd annual "St. Peter's Got Talent" show this upcoming April. I also started a new volunteer position in Mankato on Thursday nights serving as a teaching assistant in an ESL (English as a Second Language) program. I am so thankful my parents instilled in me the importance of volunteering. This quote from Winston Churchill summarizes it well: "We make a living by what we get, but we make a life by what we give".

My birthday is coming up on January 30th as I will be turning 28 years old. This past year has been filled with a lot of fun. Let me paint you a picture of an early 2018 highlight. The date was February 4th, 2018. The country was preparing for an epic showdown between an unheralded hero and a loathed villain. The coliseum that day was speckled with onlookers, young and old. The frenzy of excitement stirred the freshly fallen snow from the scaffolding. The battle commenced at seventeen thirty hours. Each side tried to gain the upper hand. A few warriors were lost during the first hour of battle. The tides of momentum shifted with a masterful decision by two of the commanders: Caption Pederson and Sir Nicholas. The opposition had retreated to their front gates, attempting to stop this onslaught. Sir Nicholas and his troops would not be denied. Sir Nicholas directed his troops into formation. Their breathing slowed as they prepared to execute this deft attack. Chief Clement began this attack followed closely by Sergeant Burton. With the eyes of the enemy directed at his fellow comrades Sir Nicholas peeled off formation with vicious intent. He plunged toward the enemy walls unbeknownst by the residents of this unforsaken place. When the enemy realized

what had happened, it was too late. The final package, which would seal the fate of the enemy, was swiftly delivered from Sergeant Burton to Sir Nicholas.

TOUCHDOWN! TOUCHDOWN! TOUCHDOWN! Trey Burton to Nick Foles as the Eagles score before half of SuperBowl 52. This victory formation will go down in history as the Philly Special. Ya'll didn't think I was going to write my letter without mentioning the Eagles, right? Click on the hyperlink to enjoy the Philly Special for yourself: <https://www.youtube.com/watch?v=XmhBaUdges>

Other adventures of 2018 included my first time ice Fishing with Blake, Joshua, and Tanner. No surprise here but Joshua caught the most fish. I also went out to Colorado for a week of skiing with my Iowa State friends (and Joshua too!) for the 3rd year in a row. As we like to say out when we are skiing, "Let's shred the gnar" or "I'm looking for that fresh pow". I attended a couple of weddings including my good friend Rachel from graduate school and my second year ISU roommate, Kyle. Kyle's wedding was in Saugerties, NY which is upstate New York. It sure was beautiful up there and it was fun being part of the wedding as I read the second reading: "All I needed to know I learned in Kindergarten". In May we held our 3rd annual cousin trip out in Colorado. We camped in Canon City, CO for a few days, did horseback riding at the Garden of the Gods, and ascended the Mantiou incline which is a mile length and 2000 foot ascent. I also visited many Minnesota state parks including Whitewater state park with Sarah and Hassan, Gooseberry/Split Rock/Tettegouche state park with my dad and Hassan, and most recently Sibley State park with Blake in 2 degree weather.

I am looking forward to 2019 and beyond. I have been reading a book called "Your Best Year Ever" by Michael Hyatt. It discusses a 5 step plan for achieving your goals. It is a phenomenal read and I would highly recommend it. Some of my goals for this year include running a half marathon, accruing 100+ hours of volunteering, reading 12 non-fiction books, and maxing out my Roth IRA. Life is full of opportunity. Don't be afraid to try new things this upcoming year. Remember, it is okay to have bad days as there are good days ahead. I wish all of you a great start to 2019 and beyond. I couldn't have asked for a better family. I love you all very much and I look forward to seeing you all soon.

Love,
Matthew.







Matthew Paggis tagged Emily Samman

1 min · Mankato ·

Not sure if you all know but I am an eagles fan.
(#shocker) I can hardly get #GoBirds through and entire sentence without saying Go Birds. Honestly I am so pumped the eagles were able to win their first ever SuperBowl. It was so much fun watching it with my cousins **Emily Samman** and Sarah who took the time to cheer on my team even though they have their own teams. We got some awesome victory photos afterwards. Now everyone say it with me " E A G L E S" EAGLES!!!!









