



# Lyndy Stewart

– PHYSICAL THERAPIST –

*Cardinal Nursing  
& Rehabilitation Center*

Cardinal Nursing & Rehabilitation is proud to announce Lyndy Stewart as our Quest for Excellence winner for 2022! Lyndy has worked at Cardinal as a Physical Therapist for 11 years. She graduated with a bachelor's degree in Physical Therapy from Davao Doctors College in the Philippines. She then tested in the United States and obtained her physical therapy licensure.

Lyndy is married and she and her husband homeschool their five children. Lyndy enjoys teaching Sunday school as well. She enjoys spending time with her family cooking and baking as well as riding bikes, rollerblading, and going for walks and runs.

Lyndy is a sweet soul, evidenced by her becoming teary as she reflected on her purpose at Cardinal and what it means for her to be recognized. She believes there is nothing quite like the power of a genuine smile, shared laughter, positive attitude, and sincere encouragement in the midst of our residents' illnesses.

Lyndy's supervisor and co-workers describe her as a dedicated therapist, going above and beyond every single day. She is a constant advocate for our residents and her professionalism and passion for our residents can be noted by all. She is the definition of a positive, hardworking team player. She is the first to lend a hand to other departments and will always have a smile on her face as she does so. Lyndy is so deserving of this award given her countless years of service and continued dedication to our Cardinal residents.

