

2016



As the holiday season approaches,
may your home be filled with lots of
love, laughter and yummy smells!!

Jesse Joseph



We are pleased to announce the introduction of our new Patient Portal. We are offering a new way to communicate with us online. The patient portal is a secure, web-based system that allows real time access to certain elements of your record including:

- Access to your medications
- Lab results
- Upcoming appointments.
- Ability to message your provider about any **non-urgent** medical matters. *(please be advised that we DO NOT check the messages daily)

We are excited about our Patient Portal and hope you will log in and start taking advantage of these great features!

Please contact us to get your log in information and get started today.



Visit our  Patient Portal

Skinny Snickerdoodles

- 3/4 cup pastry flour or white flour
- 1/4 tsp baking powder
- 1/4 tsp salt (just under level)
- 1/4 tsp cream of tarter (optional)
- 1/4 tsp plus 1/8 tsp baking soda
- 1/4 cup sugar or evaporated cane juice
- 1/2 tsp pure vanilla extract
- 1 and 1/2 tablespoons milk of choice
- 1/4 cup "butter" of choice

Preheat oven to 330 F. Combine dry ingredients and mix very, very well. In a separate bowl, melt the butter, stir in vanilla and milk. Pour dry into wet and mix again. Form balls. For true snickerdoodles, roll each ball in a mix of cinnamon and sugar. If you want soft cookies, you'll need to get the balls very cold. (So roll the balls, cover in the cinnamon-sugar, then fridge until cold.) Cook for 9-10 minutes. They'll look way underdone when you take them out, but that's ok.

TIPS TO TAME STRESS

Is stress making you frustrated and irritable? Stress relievers can help restore calm and serenity to your chaotic life. You don't have to invest a lot of time or thought into stress relievers. If your stress is getting out of control and you need quick relief, try one of these tips.

- ✓ Get active
- ✓ Eat a healthy diet
- ✓ Avoid unhealthy habits
- ✓ Meditate
- ✓ Laugh More
- ✓ Connect with others
- ✓ Assert yourself
- ✓ Try yoga
- ✓ Get enough sleep
- ✓ Keep a journal
- ✓ Get musical and be creative
- ✓ Seek counseling