

# TUALATIN INTERNAL MEDICINE

TUALATINMED.COM

NEWSLETTER

T:503-272-8825

## STAYING HEALTHY

JANUARY 2026

## HOW TO MAKE THE MOST OF YOUR VISIT

### ARRIVE EARLY

#### **Arrive at least 15 minutes Ahead of Time**

Update info, insurance, meds, co-pays, and allow the medical assistant to escort you to your room, get your vitals, enter info and update your chart.

Our goal is to have you in your room and ready for the provider to walk in at your appointment time to ensure you get the full time with your provider.

### MEDICINES

Please bring a current medication list, or your actual medications if you aren't completely sure of the medications you are currently taking.

We will ask you each and every time to please review your medication list. This is to help us keep our records as current as possible as many patients see multiple specialists and we may not have received the most updated notes from those visits.

### WHAT GETS YOU GOING?

There are many benefits to moving your body, activating your immune, lymph, + cardio systems, which results in longevity! When you see messages saying 'how to be healthy fast!' Start walking, racing, running, cycling, rowing, skiing, hiking, dancing, skating, jumping, skipping, golfing, bowling, climbing, racquet/tennis/pickle-balling, or whatever gets you moving, and you will reap the benefits of feeling good now, and living longer!

### MAKE A LIST

Bring a list of your top concerns to be addressed at the visit! That way you are sure to remember all the things you want to discuss.

Please be aware that the provider may only be able to address 2-3 concerns depending on the complexity. They may ask you to schedule another appointment to discuss further concerns if needed.



# Tik Tok Recipe

Jump on the Dense Bean Salad bandwagon with this delicious plant protein-packed recipe! Loaded with a mix of beans and fresh veggies that then tossed in a homemade olive oil-based dressing, this dense bean salad has taken TikTok by storm for good reason!

## INGREDIENTS

### The Salad:

1 can garbanzo beans, drained, rinsed, dried  
1 can navy beans, drained, rinsed and dried  
1 small red onion, diced (about 3/4 cup diced)  
2 small bell peppers, diced (red, orange, yellow)  
1/2 English cucumber, diced  
1/2 cup Kalamata olives, pitted and sliced  
6 ounces vegan feta cheese, crumbled (I like Violife brand and use about 3/4 of the block)  
Fresh parsley, stems removed, finely diced

### The Dressing:

1/4 cup extra virgin olive oil  
Juice of one lemon (about 3 tablespoons)  
1 tablespoon maple syrup  
1 teaspoon dijon mustard  
3 large cloves garlic, pressed through a garlic press  
1/2 teaspoon fine salt  
1/2 teaspoon dried oregano

## INSTRUCTIONS

1. Chop onion, bell peppers and cucumber into bite-sized pieces. Slice the pitted Kalamata olives.
2. Rinse the beans. Drain, rinse and dry the chickpeas and navy beans.
3. Add all salad ingredients to a mixing bowl.
4. Add the salad dressing. Whisk or shake the dressing ingredients together and pour overtop the salad. Toss well to combine.
5. Serve! Enjoy immediately or divide into mason jars to save for later.

Source: [www.eatingbyelaine.com](http://www.eatingbyelaine.com)

# Pet Corner

TIM has a new receptionist, Hannah, who lives with Pepper, a Blue Heeler, Bordie Collie, & Aussie Shepherd mix. Pepper is smart enough to do tricks like rollover, crawl, hoop jumps, etc.,--when there are treats involved! She enjoys walking at the park, chasing squirrels, and barking at cows. Andrea, our previous receptionist, has retired, and is spending much-deserved time with her beautiful grandchildren. You are loved and missed, Andrea!



Hannah's Pepper  
(Similar to Jennifer's Pepper!)

Annual physicals and wellness exams: Please try to schedule these at least 2-3 months in advance. We schedule longer times for these appointments, limit the number of physicals per day, and they fill up fast!

## TIM Team

Adam Glaser, MD

Adam Berens, NP

Anita Cintron Rivera, PA-C

Kathy, Office Manager

Jennifer, MA

Johanne, MA

Pat, MA, Membership, Bouquets, etc.

Robin, MA

Hannah, Receptionist