

The Community Script

Community Medical Clinic

Fall 2017

[Edition 1, Volume 1]

New Clinic opens in Oak Grove

We are Growing!

Community Medical Clinic opened the doors to its new location in Oak Grove, on November 30th. Located at 244 Thompsonville Lane, (In the Wal-Mart shopping Plaza) our new location will increase our ability to engage with and provide the best possible care and resources to our patients and the residents of Oak Grove and surrounding communities.

We invite our Patients and the residents of Oak Grove to stop by, visit us, or give us a call to make an appointment. We are proud of our new facility and we look forward to continuing to provide the very best in Primary Care, Preventative Care and Chronic Care Management for you and your family. **VISIT US TODAY**

Have Diabetes? A Flu Shot Should Top Your Fall To-Do List

- It is Important for you to Know-

- The Flu Vaccine is SAFE
- It is Effective
- It can lessen the severity of complications if you do get the Flu

Your dedicated health care providers at Community Medical strongly encourage everyone with Diabetes to get the flu shot as soon as possible. **CALL NOW!**

Beth Scheidler, APRN Joins Princeton Practice

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Community Medical Clinic proudly welcomed Beth Scheidler, APRN to our Princeton practice on Oct.23.

Beth is a native of Caldwell County, where she currently resides with her husband Jason and son Jake.

Beth has been caring for patients in the region for almost 20 years; the last eight as a valued nurse practitioner.

Beth is committed to providing compassionate, comprehensive medical care to all of her patients at Community Medical Clinic and is currently accepting new patients.



“Better Health Through Professional Care”



Staying Healthy Through the Holidays

The Holidays are a time to enjoy Family, Friends and Food. However, if you are watching your weight and/or your A1C, the Holidays can also be a time of anxiety. Keeping you Healthy is important to us; and with just a little planning we hope you can make this Holiday Season both Happy and Healthy!

- Enjoy Holiday treats in smaller portions
- Make plans to move (a long walk with a family member can be the perfect time to catch up)
- Make healthy substitutions when you can and ENJOY!

Healthy Holiday Recipe

Gingerbread Pancakes

This healthy whole-grain pancake recipe uses 100% whole-wheat flour, pumpkin pie spice, applesauce and molasses for the unmistakable ginger-bread flavor. If you want to experiment with different types of whole grains, replace up to ½ cup of the flour with cornmeal, oats and /or buckwheat flour. Or add extra fiber and omega-3s by adding up to 3 TBS of ground flaxseed or chia seeds.

Ingredients-6 servings

- 1 ½ cups white whole-wheat flour
- 2tsp baking powder
- 1 ¼ tsp pumpkin pie spice
- 1tsp ground ginger
- ¼ tsp baking soda
- ¼ tsp salt
- 1 large egg
- 1 ½ cup buttermilk
- ½ cup unsweetened applesauce
- 2 TBS molasses
- 1 TBS sugar
- 1 tsp vanilla extract



Directions

1. Whisk flour, baking powder, pumpkin pie spice, ginger, baking soda and salt in large bowl. Whisk egg, buttermilk, applesauce, oil, molasses, sugar and vanilla in medium bowl. Make a well in the center of dry ingredients, add the wet ingredients and whisk just until combined. Resist overmixing-it will make the pancakes tough.
2. Let the batter sit, without stirring, for 10-15 minutes. As the batter rest the baking powder forms bubbles that create fluffy pancakes and the gluten in the flour relaxes to make them more tender.
3. Coat a large nonstick skillet or griddle with cooking spray; heat over medium heat. Without stirring the batter, measure pancake using about ¼ cup batter per pancake and pour onto griddle. Cook until the edges are dry and you see bubbles on the surface, 2 to 4 minutes more. Repeat with the remaining batter, coating the pan with cooking spray and reducing the heat as needed.