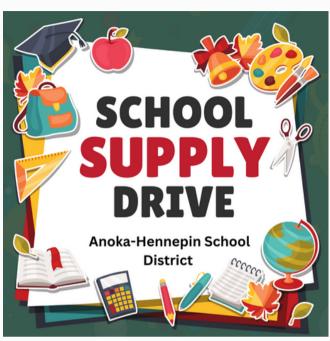
PREMIER HEALTH

Of Coon Rapids





COMMUNITY SPOTLIGHT

Our office is holding a school supply drive to support the students of Anoka-Hennepin School District during the entire month of August! Anyone who donates will receive a coupon for \$5 off any clinic product.

The Anoka-Hennepin School District is the largest in Minnesota and every year, they have more than 1,000 homeless students. Over 30% of the student body is on free or reduced lunch.

PRODUCT OF THE MONTH:

25% OFF OF CLINIC PRODUCTS (EXCLUDING AETREX ORTHOTICS)



WELLNESS CLASS

NO CLASS THIS MONTH

Sign up at the front desk or by calling/texting.

763-270-5828 3340 Northdale Blvd., Ste. 120, Coon Rapids

SUPPLIES MOST NEEDED:

- Crayons
- Colored Pencils
- Markers
- Notebooks
- Folders
- Pencils (regular & mechanical)
- · Pencil Bags

PERSONAL ITEMS MOST NEEDED:

- Deodorant
- Body Wash
- Laundry Pods
- Dryer Sheets
- Shampoo/Conditioner (especially for curly, coily, & textured hair)
- Toothpaste/Toothbrushes

If you would like to have your business and/or group be considered for our Community Spotlight, please email us at: coonrapids@premierhealthmn.com for more information or stop by the front desk at your next visit!



We all know the importance of having hobbies to help promote mental and physical well-being so we asked our team members what their favorite hobby is!

DR. KELSEY: One of my favorite hobbies is playing games with friends! I'm typically up for anything from card games to board games, and I recently learned how to play D&D!

LEXI: It's a tie between painting, playing video games, and making music.

CORTNEY: Buying books... Every time I open Instagram or listen to a Podcast there is a new book that catches my attention!

SHANNON: Obviously, softball is a huge hobby of mine, that has not been kept a secret haha! During the winter months though, I bowl in a league to get out of the house every now and then. But I can also lose myself in a book for hours, no matter the time of year. Reading is the best escape from reality when I'm stressed out!

DR. KELSEY WILL BE IN CLINIC ON SATURDAY 8/5

Dr. Mitch will be starting part-time with us on August 7! He will be here:

Mondays: 8:30 a.m. - 7 p.m. Thursdays: 1:30 p.m. - 6 p.m. Fridays: 8:30 a.m. - noon

Dr. Kelsey is out of the clinic on: August 10 - 11 (Dr. Mitch will be in) August 15 (Dr. Noel will be in)

Dr. Noel will be back on Saturdays starting August 12

RECIPE OF THE MONTH

Chicken Pot Pie (Shannon's Recipe)

Ingredients:

- -2 boneless, skinless chicken breasts
- -11 oz. can cream of chicken soup
- -8 oz. sour cream
- -2 T. butter
- -1/4 cup of onions, chopped
- -2 garlic cloves, chopped
- -6 oz. can peas and carrots, drained
- -2 golden or russet potatoes, diced
- -2 Pillsbury pie shells; rolled, in box
- -Seasoned salt, salt & pepper to taste

Directions:

- -Follow directions on the pie shells, some of them need to sit out at room temperature for awhile before use. I generally pull mine out to the counter before starting everything else and they are always ready for me when needed.
- -Cut the chicken into bite size pieces.
- -Sauté chicken, potatoes, onion, and garlic in butter. Season with the seasoned salt and salt and pepper to taste.
- -Stir in soup (do not dilute) and mix well
- -Stir in peas and carrots. Mix well.
- -Remove from heat and stir in sour cream.
- -Place one unbaked pie crust into a pie plate.
- -Add your chicken filling mixture.
- -Top with the other pie crust and cut slits in top to vent.
- -Bake at 350 until crust is golden brown. Usually takes about an hour but depends on the oven.



