

PREMIER HEALTH

Of Coon Rapids



COMMUNITY SPOTLIGHT

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

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.

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
- ¼ 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.

