

Welcome Fall

Newsletter 2017



Need a Refill?

We will be able to process your request more efficiently if you call your pharmacy for refills, even when you have 0 remaining.

Please plan ahead and allow at least 48 hours for refill.

Thank you!

There are many activities families can complete outside of the clinic to ensure kids remain healthy and safe at school:

-Share the child's health records - including information about asthma, allergies or prescription medication - as well emergency contact information, with the school, and develop a realistic action plan should any health issue arise.

-To help limit illness, keep vaccinations up to date and remind children to wash their hands after using the restroom, or before a meal or snack.

-If traveling by bike, remember helmets. If the child takes the bus or walks to school, plan ahead to explore the route together.

-Set clear and firm expectations for sleep, healthful eating and limiting screen time.



We are looking for a couple new recruits to join our patient and family advisory council. Whether you're a patient or a family member caring for a patient we would love to hear from you.

PFAC meets once a month for an hour to discuss a variety of topics regarding the clinic and patient satisfaction. Interested? Call Sophia @ 541-998-2468 or stop by and ask for more details when you're in the office.



Butternut Squash Soup



PFAC
Approved



Total: 1 hr
Prep: 20 min
Cook: 40 min

Yield: 6 servings

Nutritional Analysis	Per Serving
Calories	125 calorie
Total Fat	5 grams
Saturated Fat	2.5 grams
Cholesterol	10 milligrams
Sodium	1044 milligrams
Carbohydrates	19 grams
Dietary Fiber	3.5 grams
Protein	3 grams
Sugar	4 grams

Ingredients

- ✓ One 2- to 3-pound butternut squash, peeled and seeded
- ✓ 2 tablespoons unsalted butter
- ✓ 1 medium onion, chopped
- ✓ 6 cups chicken stock
- ✓ Nutmeg
- ✓ Salt and freshly ground black pepper

Directions

Cut squash into 1-inch chunks. In large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve.



If you're faced with a health issue or unexpected medical concern-whether it's a temporary setback or related to a long-term health condition-our care manager is here to help. Care management visits are non-billable, so patients will not be charged an additional fee for this service.

A care management visit can be done in person at the clinic or over the phone with our LPN Care Manager, Debi. Debi can be reached at 541-998-4710.

Safety at School Tip

Be careful when you put your child's name on clothing, backpacks, lunch boxes or bicycle license plates. If a child's name is visible, it may put them on a "first name" basis with an abductor.



Patient Survey

Please take a moment to complete one of our patient satisfaction surveys. We strive to improve and make your patient experience the best it can be. Copies are available in the lobby or at the front desk.