



Your Clinic Hours

Monday - Friday
7:00 a.m. - 7:00 p.m.

Saturday
8:00 a.m. - 4:00 p.m.

Sunday
9:00 a.m. - 4:00 p.m.



Mark Your Calendars!

January 8
Alzheimer's Association Caregiver Support Group
6:00 - 7:30 p.m.
@1101 Maine St., 2nd floor, Room B

January 10
Fertility Support Group
6:45 - 7:45 p.m.
@ 1025 Maine St.
Large Nutrition Conference Room

January 15
Autism Support Group
5:30 - 6:30 p.m.
@ 1101 Maine, 2nd floor,
Room B1

January Wellness Tip

New Year Thoughts



Happy New Year from your Quincy Medical Group Wellness Team! A new year is always an exciting time. It gives us the opportunity to reflect on the past 12 months and take time to dream and make goals for the next 12 months. In our world of wellness, we understand that every day is a new day to start fresh. Therefore, if you are not someone to make new year's resolutions... take time anyway to see where you are in your personal wellness goals. If you are struggling to meet your goals, perhaps they are unrealistic, or maybe you need some accountability, a partner, trainer or maybe a wellness coach to help keep you accountable. If you have surpassed what you had dreamed, CONGRATULATIONS... what exciting things are you dreaming of for 2019? Wherever you may be in your journey, we are here for you. We are excited for this year and eager, as always, to provide whatever support you need.

Winter Exercise Tips



For some the winter brings on many reasons why to stay inside, for others the

January 21
Breastfeeding Basics
6:30 - 7:30 p.m.
@1025 Maine St., 1st Floor
Large Nutrition Conference Room
To register: Call Nutrition Services at
(217) 222-6550, ext. 3117
[Click here to learn more.](#)

February 2
Parkinson's Support Group
10:30 a.m. - 12:00 p.m.
@ Quincy Public Library

Winter Safety Tips



Each year, the Red Cross responds to nearly 64,000 disasters, the vast majority of which are home fires. On average:

- 7 people die every day from a home fire, most impacting children and the elderly
- 36 people suffer injuries as a result of home fires every day
- Over \$7 billion in property damage occurs every year

Is your home prepared? Here are seven ways to prepare for a home fire:

1. Install the right number of smoke alarms. Test them once a month and replace the batteries at least once a year.
2. Teach children what smoke alarms sound like and what to do when they hear one.
3. Ensure that all household members know two ways to escape from every room of your home and know the family meeting spot outside of your home.
4. Establish a family emergency communications plan and ensure that all household members know who to contact if they cannot find one another.
5. Practice escaping from your home at least twice a year. Press the smoke alarm test button or yell "Fire" to alert everyone that they must get out.
6. Make sure everyone knows how to call 9-1-1.
7. Teach household members to STOP, DROP and ROLL if their clothes should catch on fire.

For more information visit www.redcross.org.

cold brisk air in a refreshing reason to get outside. A good 15- to 20-minute warm-up could be the difference between an enjoyable heart-healthy, muscle-building exercise and an unexpected trip to the doctor.

- **Take a brisk walk.** Seven to 10 minutes of a light aerobic activity, such as a brisk walk, will get your blood moving. Be sure to swing your arms to warm up your upper body as well as your legs.
- **Air squats warm up your lower body nicely.** Stand with your legs shoulder-width apart and arms at your side. Slowly lower your glutes (buttocks) toward the ground as you lift your arms in front of you to shoulder level.
- **Don't forget your upper body.** You will use your arms for stability or momentum, even during activities and exercises that rely heavily on legwork.
 - Forward and backward shoulder circles warm up your arms, back and shoulders.
 - Arm circles increase the blood flow to the entire arm.
- **Upper-body twist:** Stand with your feet shoulder-width apart and your arms lifted from your sides to form a "T" shape. Breathe in and twist to your right. Breathe out as you twist back to the starting position. Complete the same twisting movement toward your left side. Repeat the stretch for 10 repetitions on each side.
- **Knee-to-chest stretch:** Lying on your back (or standing if you are able), lift your right knee and interlace your hands just below your kneecap. In a controlled motion, pull your knee to your chest, as far as is comfortable. Hold for a second and then release. Repeat on the left leg.
- **Forward hang:** Begin by standing with your knees slightly bent and your feet shoulder-width apart. Bring both hands behind your back and interlace your fingers. (If you are unable to hold your hands behind your back, hold onto a small towel.) With your hands clasped, breathe in and lift your chest as you straighten your arms behind your back. Complete the exercise by bending forward at your waist and stretching your hands toward your head. Hold the stretch for a second or two and then repeat several times.

Stuffed Green Pepper Soup

Winter Safety Checklist:

Have Your Furnace Checked

Although this is something that many people believe they can do themselves, it is often safer to invest in hiring a professional to come and inspect your furnace annually. It's always better to know when something is not working properly than to have it abruptly break down in those cold winter months when you need heat the most.

Check Your Chimneys And Vents

Fireplaces can produce creosote which has the capability of igniting. If your family lights the fireplace often, you most likely need an annual chimney inspection to make sure that there are no hazards capable of starting a fire. It's important to always remember that when burning wood, use dry, seasoned wood which produces more flame with less smoke.

Test Your Smoke Alarms

You always want to double check that your batteries are fresh and will last you through the winter. Always place smoke alarms in the kitchen, bedrooms, and the laundry room.

Always Cover Your Fireplace With A Screen

Either a metal screen or tempered glass will suffice to protect any sparks from leaving the fireplace. Still, you always want to make sure to keep kids and pets at least three feet away from a burning fireplace.

Beware Of Lit Candles

Although candles can set the mood for a relaxing and calming evening, they can be easily knocked over by kids or pets. Only light candles when you are alert and able to watch them, blowing them out whenever you intend to leave the room.

 Send to a Colleague

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Quincy, Illinois 62301
welteam@quincymedgroup.com



INGREDIENTS:

- * 3 cups cooked brown rice
- * 1 lb 95% lean ground beef
- * 1/2 cup chopped green bell pepper
- * 1/2 cup chopped red bell pepper
- * 1 cup finely diced onion
- * 3 cloves garlic, chopped
- * 2 cans (14.5 oz each) cans petite diced tomatoes
- * 1 3/4 cups tomato sauce
- * 2 cups reduced sodium, fat-free chicken broth
- * 1/2 tsp dried oregano
- * 1/4 tsp dried basil

DIRECTIONS:

STOVE TOP:

1. In a large pot or dutch oven, brown ground meat on high heat and season with salt.
2. Drain fat if any, reduce heat to medium-low, then add peppers, onions and garlic.
3. Cook about 5 minutes on low heat.
4. Add tomatoes, tomato sauce, chicken broth, spices and season with salt and pepper to taste. Cover and simmer on low heat for 30 minutes.
5. Serve about 1 1/2 cups of soup in each bowl and top with 1/2 cup cooked brown rice.

INSTANT POT:

1. Press saute button on Instant Pot, spray the pot with nonstick spray, add the ground meat and salt and cook until no longer pink, 5 to 8 minutes.
2. Drain fat if any, then add peppers, onions and garlic and cook 4 to 5 minutes.
3. Add tomatoes, tomato sauce, chicken broth, spices and season with salt and pepper to taste. Cover and cook high pressure 15 minutes. Natural release.
4. Serve about 1 1/2 cups of soup in each bowl and top with 1/2 cup cooked brown rice.

Note: since there is no evaporation in the pressure cooker, you can reduce the broth by 1/2 cup.