

## 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 7**

Living Your Best Life with Diabetes  
Monthly Topic: Quick Meals Demo  
11:00 a.m. - 12:00 p.m.  
Quincy Medical Group  
1025 Maine St., 1st floor

This program is free and open to the community. Registration isn't required.

**Light Alfredo**

## January Wellness Tip

### Happy New Year

AROUND HERE, HOWEVER, WE DON'T  
LOOK BACKWARDS FOR VERY LONG.

WE KEEP MOVING FORWARD, OPENING UP NEW DOORS AND  
DOING NEW THINGS, BECAUSE WE'RE CURIOUS...  
AND CURIOSITY KEEPS LEADING US DOWN NEW PATHS.

WALT DISNEY

"My great concern is not whether you have failed, but whether you are content with your failure." - Abraham Lincoln,

Happy New Year! With the new year comes new beginnings, a fresh start if you so choose. Over the years' of the clock striking midnight and the New Year rolling in, there have many of pens put to paper as resolutions are made, goals are listed and/or the "One Word" of focus for the year is chosen. For weeks after, hard work is done and motivation is tested. Some months later those goals, resolutions and words have become just thoughts of the past, yet some are still holding strong and there has been life change. For those who have not achieved their goals, there is still something to reflect on... not all is lost in setting goals that don't come to be.

What can be learned from unmet goals, the website [www.powerofpositivity.com](http://www.powerofpositivity.com) shares this:

#### 1. FAILURE BUILDS CHARACTER

Failure teaches us more about ourselves and builds character better than success ever could.

#### 2. FAILURE CREATES OPPORTUNITY

Think about this: how many times in your life have you failed at something only to discover another opportunity?

#### 3. FAILURE IS A GREAT TEACHER

Failure has a way of showing what your strengths and weaknesses are while motivating you to correct them.

#### 4. FAILURE INSTILLS COURAGE

Whether the failure experienced was




Ingredients:

- 12 oz fettuccine (or any pasta shape)
- 1 Tbsp extra virgin olive oil or butter
- 4 cloves garlic, pressed or finely minced (approximately 4 tsp minced)
- 3 Tbsp all-purpose flour
- 1 cup chicken stock
- 1 cup low -fat milk
- 3/4 cup freshly-grated Parmesan cheese
- 1/2 tsp salt
- 1/4 tsp black pepper

Directions:

- Cook pasta according to package directions.
- Meanw hile, heat olive oil (or melt butter) in a large saute pan over medium-high heat. Add garlic and saute one minute, stirring occasionally, until fragrant.
- Sprinkle garlic w ith flour, and stir to combine. Saute for an additional minute to cook the flour, stirring occasionally.
- Slow ly add the chicken broth, whisking to combine until smooth. Whisk in milk, and bring the mixture to a simmer. Let cook for an additional minute until thickened, then stir in Parmesan cheese, salt, and pepper until the cheese is melted.
- Reduce to medium-low heat until pasta is cooked.
- Drain pasta, then immediately add pasta to the saute pan w ith Alfredo sauce. Toss to combine. Serve topped w ith fresh parsley if desired.

 Send to a Colleague

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anticipated or not, you'll need to toughen up a bit to get through it.

#### 5. FAILURE TEACHES PERSEVERANCE

#### 6. FAILURE SPAWNS CREATIVITY

Nothing spurs creativity like failure.

#### 7. FAILURE REQUIRES MOTIVATION

Finding the motivation to believe in yourself and press on is paramount.

#### 8. FAILURE IS ACCEPTABLE

...remember that failure is acceptable...lack of effort is not. Here's Michael Jordan again: "I can accept failure, everyone fails at something. But I can't accept not trying."

#### 9. FAILURE ENCOURAGES EXPLORATION

Steve Jobs said: "Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart." So explore and don't let anything, especially failure, stop you.

#### 10. FAILURE TEACHES RESILIENCE

Along w ith making us better people, failure both teaches and strengthens resilience.

## New Year Exercise



Let's start the NEW YEAR off right w ith this work out you can do at home w ith minimal equipment.

Equipment needed: exercise band/tube

- 10 Push-ups
- 10 Squats
- 10 Back row s w ith tube
- 10 Triceps dips off a chair
- 10 Biceps curls w ith tube
- 10 Walking lunges
- 30 second plank
- 10 crunches

--- Repeat all for 2-4 sets ---  
2-3 times a week/not on consecutive days