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Montgomery Medical

A family tradition of family medicine



May 2026 Edition

Healthy Tip: Sleep Hygiene: Quality sleep supports mood, boosts immunity, and reduces disease risk. Conditions like sleep apnea can make consistent rest difficult. Here are some tips to sleep better:

- Stick to a schedule
- Choose a comfortable position
- Keep your room cool and dark
- Avoid screens 60 minutes before bed



Mental Health = Physical Health

May is Mental Health Awareness Month. Implementing small daily habits can make a significant impact:

- Prioritize sleep: 7-9 hours is ideal for most adults
- Eat well: a balanced diet is key for brain function
- Stay connected: Spend time with friends and family
- Make time for yourself: Take time to relax and recharge

Community Event: Chestnut Ridge Counseling will host a carnival at their new location on May 2nd from 11AM-1PM. Stop by and join the fun at 1321 Connellsville Road in Lemont Furnace, PA!

Women's Wellness Matters

Mother's Day is a great time to prioritize women's health. Preventive care supports early detection and long-term wellness. Stay up to date on screenings such as:

- Mammograms
- Pap tests
- Blood pressure checks

As a women-owned business, we're proud to support women's health year-round. Call Montgomery Medical to schedule your next wellness visit with us today.

Self-care is healthcare, too—treat yourself or someone you love to a relaxing massage at Renew You Medi Spa. Call (724) 550-4850 to schedule.



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Celebrating our Nurses

National Nurses Week is a time to recognize the contributions that nurses bring to healthcare. Nurses are often the first point of contact for a patient, providing not only medical care but also comfort and reassurance.

We would like to take the opportunity to express our appreciation for nurses everywhere, especially our staff of nurses at Montgomery Medical. Their compassion and expertise ensure that we can continue providing high-quality care.

Don't forget to say "thank you" to any nurses in your life!



Mediterranean Skillet Dinner

Ingredients:

- 1 tbs olive oil
- 1/2 cups onion, diced
- 6 garlic cloves, chopped
- 1 tsp cumin powder
- 1 tsp coriander
- Pinch of red pepper flakes
- 1 cup quinoa (uncooked)
- 1/2 tsp salt
- 1 cup cherry tomatoes
- 1/2 cups olives
- 1/4 cups fresh parsley
- 1/2 cups feta cheese
- 2 cups broth
- 2 cans chickpeas

Instructions:

1. Sauté: In a skillet over medium heat, add olive oil and onion. Stir for 3 minutes. Add spices. Cook for 1 minute.



2. Simmer: Add in quinoa, broth, salt, chickpeas, tomatoes, and olives. Bring to a boil, then turn down heat and cover with a lid. Simmer for 25-30 minutes, or until all liquid is absorbed and quinoa is plump. Remove from heat.

3. Finishing touches: Stir feta and parsley into quinoa. Top with remaining feta, fresh herbs and chopped tomatoes if desired.

Honoring Our Employees



Montgomery Medical, Inc.

Spring Time Trivia

What is the main spring allergy trigger?

- A) Dust B) Pollen C) Mold

What is a baby rabbit called?

- A) Kitten B) Bunny C) Cub

How many eyes do bees have?

- A) Two B) Five C) Eight

Answers on Facebook the week of May 4th.

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Games