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# Montgomery Medical

A family tradition of family medicine



## MontyMed Monthly

January 2026 Edition

### Wellness Goes Beyond The Exam Room

We're excited to announce that Renew You Medi Spa has officially opened its beautiful new location in the former Montgomery Medical location. Their expanded services, including massage therapy, IV wellness therapy, and customized anti-aging wellness care which are designed to support your overall health by reducing stress, easing tension, and helping you feel restored and balanced.

Combining regular medical care with self-care like massages, IV drips, and facials not only helps you stay healthy clinically but also supports your — mind, body, and spirit. Call (724)-550-4850 for more information or to schedule your appointment.



### Cold & Flu Season Safety

January is peak respiratory virus season. Simple habits make a big difference in keeping families, workplaces, and the community healthy:

- Wash hands often (20 seconds with soap and warm water)
- Wear a mask if you're sick or around vulnerable individuals
- Avoid touching your face with unwashed hands
- Keep tissues and sanitizer handy, especially when traveling

These small steps protect not only you, but everyone around you.

#### If you're feeling sick, don't wait!

Walk in to our MontyMed Same Day Care without an appointment or call us at (724)-569-8100 to schedule an appointment.



### Take Charge of Your Screenings

January is Cervical Health Awareness Month — a reminder of how important regular HPV screening is for preventing cervical cancer.

We're now offering a new **self-collected** HPV test for patients who prefer a more private, comfortable option. With this test, you can collect your own sample in the restroom using simple swabs and instructions, then return it to our team to send to the lab.

This option is less invasive, more comfortable, and ideal for anyone who feels anxious about pelvic exams or traditional screenings.

To learn more or schedule your screening, call us at (724)-569-8100.



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## Caring For Those At Home

Winter can be isolating. Snow, ice, and cold temperatures can trap many older adults, disabled individuals, and those without reliable transportation at home.

We encourage everyone to:

- Check in on neighbors and loved ones
- Offer help with groceries, rides, or a warm meal
- Make a quick call to ensure they're doing well
- Report concerns if someone seems unsafe or unreachable

A simple act of kindness can be life-changing — and life-saving — during the winter months. If you know someone who may be struggling, take a moment to reach out. Your check-in could make all the difference.



## Philly Cheesesteak Lettuce Wraps

- 2 TBSP Vegetable Oil
- 1 large Onion, thinly sliced
- 2 large Bell Peppers, thinly sliced
- 1 tsp Dried Oregano
- 1 tsp salt
- 1 tsp Black Pepper
- 1 lb Skirt Steak (Can use flank steak or ribeye), thinly sliced
- 1 c Shredded Provolone Or American cheese
- 8 large lettuce leaves (butterhead or romaine is best)
- Fresh chopped Parsley for garnish, if desired

- In a skillet, heat a splash of vegetable oil over medium heat
- Add the onion and bell peppers, season with oregano, salt, and pepper. Cook until soft, about 5-7 minutes.



- Increase the heat and add the steak. Cook for about 3-4 minutes until browned.
- Remove from heat and stir in the shredded cheese to melt.
- Spoon generous amounts of the mixture into large lettuce leaves and garnish with parsley.

## Honoring Our Employees



## Winter Wordsearch

MONTYMED  
*Games*

Z I N B C M V K K G  
Z T G P O L X V R F  
W A R M T H I K R L  
H U Y S N O W N T U  
W E L L N E S S I Q  
R I A O G O C G N C  
Q R M L U B Z X I Q  
W O A R T N U R C X  
I P S D M H H D E X  
P Y K Z S L T I A D

SNOW  
WELLNESS  
HEALTH  
CLINIC

ICE  
MASK  
FLU  
WARMTH

Answers on Facebook the week of January 12th.