



Scan the code
and like our page!

Montgomery Medical

A family tradition of family medicine



MontyMed Monthly

September 2025 Edition

Health Tip: Teaching Kids How Not to Spread Germs

Teaching kids not to spread germs starts with helping them understand that germs are what make us sick and can easily spread through touch, sneezes, and coughs. Showing them how to wash hands properly with soap and water for 20 seconds (singing "Happy Birthday" twice makes it fun) is an easy way to start healthy habits. Encourage covering coughs and sneezes with an elbow or tissue, and remind them not to touch their eyes, nose, or mouth. By practicing these habits, kids learn that keeping clean is a way to take care of themselves and be kind to others by keeping everyone healthy.



When Should I Get My Flu Shot?

"As flu season approaches, it is essential to plan ahead and get vaccinated at the right time for optimal protection. October is the perfect month to get your flu shot, ensuring you're protected when the flu virus is most active."

- Kendell Sogliero, CRNP

Key reasons:

- Flu season peaks December - February. Getting vaccinated too early may lead to decreased protection later in the flu season.
- Getting your flu shot in October ensures maximum protection during the height of flu season. It takes several weeks for the antibodies to peak once the shot has been administered.

What You Need To Do To Keep Active At Home

You don't need a gym to stay active—just a little creativity! Try these fun ideas:

- Use canned food or water bottles as weights
- Try chair dips, step-ups, or couch planks
- Turn laundry baskets or backpacks into workout gear
- Slide on towels on hardwood floors for lunges or mountain climbers
- Have a living-room dance party or freeze dance challenge

Staying active can be simple, fun, and a great way to keep your body moving at home!



Montgomery Medical, Inc.
105 Laurel View Drive Smithfield, PA 15478
Center In The Woods Brownsville, PA 15417

www.montymed.com
Phone: 724-569-8100
Phone: 724-569-8100 x 8101

Please leave us a
Google review!

MontyMed Monthly

A family tradition of family medicine



Spinach-Stuffed Baked Salmon

1 tsp olive oil	1/2 tsp dried oregano
2 oz spinach	2 Tbsp plain dry bread crumbs
Cooking spray	4 Salmon fillets (about 4 oz ea)
1/8 tsp pepper	1/4 c fresh basil, chopped
1/2 tsp garlic powder	2 Tbsp Dijon mustard
1 tsp lemon zest	2 Tbsp chopped walnuts
1/4 c chopped roasted red peppers	

- In a large skillet, heat the oil over med heat. Cook the spinach & lemon zest for 2 minutes, until the spinach is wilted. Transfer to a bowl. Stir in the roasted peppers, basil & walnuts. Let cool for 5 minutes.
- Preheat the oven to 400°F. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.

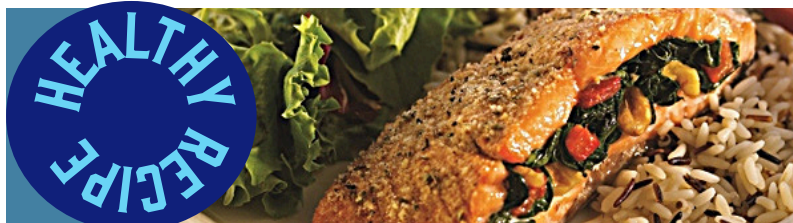
Save The Date - Carn-Evil Trunk or Treat!

Join us for a spooktacular evening of thrills, treats, and carnival fun at our Carn-Evil Trunk or Treat! Dress up in your favorite costume and enjoy decorated trunks, exciting games, and loads of treats. Don't miss our special guest — a spooky cow waiting to meet and greet all the ghouls and goblins!

Date: Thursday, October 30th

Time: 4PM - 6PM

Location: Montgomery Medical, 105 Laurel View Dr, Smithfield, PA 15478



- Cut a slit in the side of each fillet to make a pocket for the stuffing. Stuff 1/2 cup spinach mixture into each fillet. Transfer to the baking sheet. Spread the mustard over the fish.
- Mix bread crumbs, oregano, garlic powder & pepper together. Sprinkle over the fish. Lightly spray the top with cooking spray.
- Bake for 12-13 minutes, or until the fish is the desired doneness & the filling is heated through.

Honoring Our Employees



Montgomery Medical, Inc.

Berna-Giggles

MONTYMED

Games

Joke #1:
What do you call a Labrador at the beach in August?

Joke #2:
What is a pizza makers favorite song?

Joke #3:
What do you get when you cross a fish and an elephant?

Answers on Facebook the week of September 8th.

www.montymed.com

Berna-Giggles comes to you from Bernadette, our wonderful Billing Associate who keeps us laughing as much as she keeps us on track!