



OUR DECEMBER NEWSLETTER

GOLDEN PHYSICIANS MEDICAL GROUP, INC

Winter Edition | November 2021

Preventative Care For a Healthier You

- Flu shots protect you and the people around you. Most people age 6 months or older should get a flu shot this fall. Flu shots are safe and covered by your health plan.
- Regular/annual health-care visits. Stay healthy by staying current with:
 - o Eye exams
 - o Mammograms
 - o Annual wellness visits
 - o Vaccinations
- Mental health. It's important to check in with family and friends. But don't forget about yourself. If you are struggling, know that you are not alone.

The 4 Principles of Hand Awareness

The power is in your hands to prevent COVID-19 and the Flu!

The 4 Principles of Hand Awareness:

1. **WASH** your hands when they are dirty and **BEFORE** eating.
2. **DO NOT** cough into your hands.
3. **DO NOT** sneeze into your hands.
4. Above all, **DO NOT** put your fingers into your eyes, nose, or mouth.

Practicing the 4 Principles of Hand Awareness behaviors will ensure you "stay well."

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Golden Physicians
Medical Group, Inc.

Holiday Recipe - Mini Linzer Cookies

Ingredients

- 3/4 pound unsalted butter at room temperature
- 1 cup granulated sugar
- 1 teaspoon pure vanilla extract
- 3 1/2 cups flour
- 1/4 teaspoon salt
- 3/4 cup good raspberry preserves
- Confectioners' sugar, for dusting

Directions

1. Preheat the oven to 350 degrees F.
2. In the bowl of an electric mixer fitted with the paddle attachment, mix together the butter and sugar until they are just combined. Add the vanilla. In a medium bowl, sift together the flour and salt, then add them to the butter-and-sugar mixture. Mix on low speed until the dough starts to come together. Dump onto a surface dusted with flour and shape into a flat disk. Wrap in plastic and chill for 30 minutes.
3. Roll the dough 1/4-inch thick and cut 2 3/4-inch rounds with a plain or fluted cutter. With 1/2 of the rounds, cut a hole from the middle of each round with a heart or spade shaped cutter. Place all the cookies on an ungreased baking sheet and chill for 15 minutes.
4. Bake the cookies for 20 to 25 minutes, until the edges begin to brown. Allow to cool to room temperature. Spread raspberry preserves on the flat side of each solid cookie. Dust the top of the cut-out cookies with confectioners' sugar and press the flat sides together, with the raspberry preserves in the middle and the confectioners' sugar on the top.

San Diego Farmers Markets

Ocean Beach

4900 Newport Ave. between Cable & Bacon Sts., San Diego, 92107

Wednesdays 4pm-8pm

Hillcrest

3960 Normal St.-between Lincoln & University Ave., San Diego, 92103

Sundays 9am-2pm

We wish you and your family a very safe and fun holiday season!

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