

The High Point Pook

HPC strives to guide, educate, encourage, and support their clients
July 2022 Volume 35

SUMMERTIME FUN

So what is summertime...

The dictionary says it is the season of summer. The thesaurus is much more descriptive and says that it is vacation, midsummer, dog days, riot time, summertime, picnic days, or the sunny season.

So what is fun...

If you look it up in the dictionary it says that fun is something that provides amusement, mirth, enjoyment or playfulness. If you look it up in a thesaurus, you will find other words for fun like amusing, entertaining, pleasant, convivial, merry, enjoyable, lively, boisterous, witty, and/or diverting.

Keeping all that in mind, we decided to just share some of our favorite things to do for fun, entertainment, and diversion during the summertime, dog days of the sunny season. Hopefully you can enjoy some of the same fun things that we do. Perhaps you have your own ways or traditions for marking the summer season and finding enjoyment. If you are out and about having fun this summer and want to share what you enjoy doing, take a picture or two. Then when you come to the clinic we can see about printing them off and putting them on the bulletin board in the main lobby to share with others and hopefully inspire all of us to get out there and have more pleasant, enjoyable, lively picnic days during this sunny season.

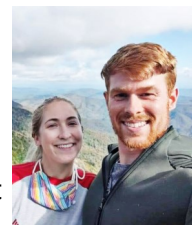
Fun Fact...

We have several new staff people whom you have met around the clinic, but we have never formally introduced them to you. In the paragraphs below you will meet Cari Gregg, Madison Deadrick and Justina Nilsson. All of them are great additions to the HPC staff. Hopefully you will have fun getting to know them better.



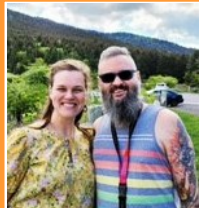
CARI: Meet Cari, our newest addition to High Point Clinic who has joined us as our Case Manager. We are so grateful that Cari has chosen to work with us alongside our patients.

You may recognize my face, I am the new Case Manager around here! One of my favorite summertime activities is hiking the Appalachian Trail. My husband and I love exploring new sections of these beautiful mountains, finding waterfalls we didn't know existed, and letting our dog Paddy swim around. I highly recommend taking a trip from Carver's gap and summiting each bald. The views are amazing. Another good hike is around Watauga Lake over to the Dam. Anytime we can spend more time outside I feel relaxed and refreshed. Let me know if you try one of these hikes out!



MADISON: Meet Madison! She has been with us since Nov, 2021, and we have loved having this young woman in our midst!

Summer! For me, this time of year is all about spending time with my family whether it be having a BBQ at home, going to a get-together, or exploring our neighborhood. It's the people that make this time of year so much fun. Last summer, after moving to Tennessee from California, as a family we decided to wander around our new neighborhood, and we stumbled upon this gorgeous walking trail. It was so unexpected, yet such an amazing place to discover. In Los Angeles you don't often find places like this, and so it was a perfect way for Tennessee to show us what a great place we had moved to; but I could do without all the bugs because I'm not a fan of those. Despite the bugs, I hope everyone has a great summer full of amazing memories.



EMILY: Summer fun for me means going out with family and friends to explore the beauty of this area, which is one of the reasons I choose to live here. Recently family visited from out of state, and we took them up to Roan Mountain to see the rhododendrons (they weren't quite in full bloom) and the incredible sights! We did the short walk from the parking lot to the lookout, and it was breathtaking. Since that trip I've decided I want to do the 5-mile hike on the Appalachian Trail across the Balds! I may not do the whole hike on the first try, but I plan to soak in the incredible gift of this region.



JUSTINA: Meet Justina, our newest therapist at High Point Clinic. She brings a fresh face and outgoing personality that our patients are going to love. In the summer you will find me teaching water safety and swim lessons to children, along with water aerobics to our local seniors. Water is very therapeutic for me as an individual. Any time I can teach something beneficial to others that involves water, it warms my heart as hot as the summertime sun. I also have a passion for cooking and one of my favorite recipes for the hot summer days is:

Shrimp Ceviche

1 tablespoon kosher salt
1 pound medium or small shrimp,
peeled and deveined
3/4 cup lime juice (juice from 4-6 limes)
3/4 cup lemon juice (juice from 2-3 lemons)
1 cup finely chopped red onion
1 serrano chili, ribs and seeds removed, minced

Continued

1 cup chopped cilantro
1 cucumber peeled, diced into 1/2-inch pieces
1 avocado, cut into 1/2-inch chunks
Tortilla chips, for serving



Method

In a large pot, bring 2 quarts of water and 1Tbs salt to a boil. Add the shrimp and cook for 1 to 2 minutes max, depending on size of shrimp. (Over-cooking the shrimp will turn it rubbery.) Remove shrimp with a slotted spoon and place into a bowl of ice water to stop the cooking. Drain the shrimp. Cut each piece of shrimp in half, or into inch-long pieces. Place the shrimp in a glass or ceramic bowl. Mix in the lime and lemon juice. Cover and refrigerate for a half hour. Mix in the chopped red onion and serrano chili. Refrigerate an additional half hour. Right before serving, add the cilantro, cucumber, and avocado. Serve chilled with tortilla chips.



RENE: So, who doesn't love an excellent Cheesecake in the summer?! This was my mother's favorite Cheesecake recipe from Betty Feezor, who had a cooking show on TV many years ago. Try it out and let me know if you liked it or loved it!

Cheesecake

3 16oz packages softened cream cheese
5 eggs – add one at a time
1 cup sugar – add gradually
1/4 teaspoon salt
1/2 teaspoon almond extract



-Add the above ingredients, mix together, pour into 9" spring form pan.
-Cook for 45-50 minutes in oven preheated to 325 degrees. Then follow the directions for the topping

Topping

2 Tablespoons sugar
1 1/2 cup sour cream
1 teaspoon vanilla extract
-Add the above ingredients together and pour over hot cake. Return to oven for 10 more minutes.
-Put in refrigerator until cool.
-Enjoy alone or with friends!



LARAE: I always enjoy spending time with my family and summer has so many great opportunities. The other day we went to the Johnson City Rotary Park and had a great time! They have a splashpad and a wonderful playground; lots of places to sit and all protected by a tall fence so kids cannot wander off and it's all free. If you are looking for a really fun way to spend a hot summer day, I would definitely recommend checking it out. Everyone had fun from my 90-year old mother, to my 1-month old grandson.



DR SHAW: Summertime fun for Dr. Shaw may include the following: ladders, drills, four wheelers, boating, water, fast cars, dogs, saws, electrical equipment, light bulbs...You get the idea.

