



***HASC Diagnostic and Treatment Center
Blanche Kahn Medical Center
Healthy Highlights Newsletter!***



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November/2015

Dear Friend,

Welcome to the HASC Diagnostic and Treatment Center, *Healthy Highlights* newsletter. See inside for the most up to date news from our medical center, and what we are doing to better service you!

Primary Care Hours Now Available on Fridays!



Hate that feeling right before the weekend when you are not feeling so well and are not sure you will make it through the weekend without needing a doctor?

Did your week get so busy that you never made that appointment for an annual physical- which you really need by Monday?

Did someone in your home just get the flu and now you need that last minute Flu shot?

The **Blanche Kahn Medical Center** is happy to help!!

We are pleased to announce the expansion of our primary medical care service which will now include Fridays (9:30 AM-12:30 PM). This addition will commence on Friday November 20th 2015.

In addition we will also be extending our primary care hours on Tuesdays.

We are confident that by providing our primary medical care services six days a week we are better positioned to service our patients and their medical needs.

To schedule an appointment today, please call 718-535-1956.

Services Available

Medical Services:

Primary Care, Endocrinology, Dermatology,
Neurology, Psychiatry, Podiatry, Women's Health

Therapy Services:

Occupational Therapy, Physical therapy, Speech
Therapy (Device specialist on staff),
Psychotherapy, Psychological and Psychosocial
Evaluations

**Evening and Sunday Hours Available!
For an appointment please call:
718-434-4600**

A Healthy Thanksgiving

November is a great month for eating healthy. Delicious sweet potato and pumpkin soups, squash, zucchini and other fresh vegetable sides, hand picked apples, and tons of other delightful tastes all around us. Here is one of the medical center favorites for you to enjoy:

2 pounds Brussels Sprouts
3 tablespoons olive oil
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper

Preheat oven to 400 degrees F (205 degrees C).
Place trimmed Brussels sprouts, olive oil, kosher salt,
and pepper in a large resealable plastic bag. Seal
tightly, and shake to coat. Pour onto a baking sheet,
and place on center oven rack.
Roast in the preheated oven for 30 to 45 minutes,
shaking pan every 5 to 7 minutes for even browning.
Reduce heat when necessary to prevent burning.
Brussels sprouts should be darkest brown, almost
black, when done. Adjust seasoning with kosher salt, if
necessary. Serve immediately.

Recipe taken from Allrecipes.com

Wishing everyone a happy Thanksgiving!

Sincerely,

Shaina Rosenfeld, MPA

Administrator

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