

## Clairpointe Family Chiropractic's Quarterly Newsletter

# "BACK" ON TRACK



### Clairpointe is Opened!

Most of you have returned to your normal adjustment schedules and have learned our new routines in the office. For those who just aren't quite ready to come back yet, let me share with you the changes we've adapted to keep all our patients and staff safe.

To help with social distancing, **all adjustment must be scheduled**. There are 7 patients per 15 minutes with two doctors and 4 per 15 minutes with one doctor. When you first come in, staff checks your temperature and will direct you to your table. We have plastic shields to separate the front desk area from the lobby and Docs are wearing latex gloves upon patient request.

Our first "Power Hour" was June 6th and we are slowly getting back to normal. We are so happy to be back doing what we love most.

### Fullscript™

Clairpointe is now participating with Fullscript to get the freshest pharmaceutical grade supplements sent right to your door.

### COLLEGE STUDENTS/KIDS DISCOUNT

New patient initial exam fee waved for all students this summer.

### DATES TO REMEMBER

*July 11th - 13th*

Mackinac Race

*September 14th - 18th:*

Patient Appreciation Week



### Zoom Meetings with Dr. Shoe

Every two weeks Dr. Shoe will be hosting a 30 minute zoom meeting. Each chat he will discuss a new health topic, supplements, updates in the office and can answer any questions you may have. To join, just respond to the zoom chat email that Lauren sends out a few days before and we will send you an invitation. Our next zoom meetings will be July 1st - "Digestive Health" and July 15th - "Getting the Most Out of Your Adjustment".

### Dr. Shoe's Summer Tips

Muscle cramps are a sign of dehydration so make sure you are drinking enough cool, clean water. Also, we ask our golfers to be sure to warm up by swinging both directions before playing.



## Summer Fitness Challenge

Clairpointe Family invites you to a 30 Day Summer fitness challenge. Complete all 30 days and receive a small treat. The fitness schedule can be found on our website at [www.clairpointe.com](http://www.clairpointe.com) and at the front desk.

## Dr. Shoe's Health Minute

Every month you'll be getting an email on a topic we are teaching in the office along with "Dr. Shoe's Health Minute" video links. Upcoming topics are summer sports injuries, plantar fasciitis and headaches. To learn more about how chiropractic can enhance your health, go to our website at [www.clairpointe.com](http://www.clairpointe.com) and check out "Dr. Shoe's Health Minute" tab and our blog.



## Chiro Kids Summer Crafts To Go

All summer long we have kids crafts to go. We have 4 different crafts you can choose from: Summer Frog, Mini Koinobori, Paper Plate Dinosaur, and Summer Journals.

Each month we will have new crafts to keep the kids busy. So bring the kids in to get their adjustment and take a fun craft to go.

## Summer Recipes

Dr. Shoe, Dr. Alex and Clairpointe Staff are sharing their favorite summer recipes. Go to [www.clairpointe.com](http://www.clairpointe.com) - Blog, to find what summer dishes we like to share with our family and friends.



## Sally O'Neil's One-Tray Baked Chicken Breasts

3 large boneless, skinless chicken breasts (about 2 to 2 1/2 lbs.)

2 Tbsp. olive oil

1 1/2 tsp. kosher salt

1/2 tsp. pepper

1. Preheat oven to 450°. Cut chicken into 1-inch pieces, and

place in a large bowl. Drizzle with olive oil, sprinkle with salt and pepper; toss to coat. Set bowl aside.

2. Line a rimmed baking sheet with aluminum foil, allowing foil to extend 2 to 3 inches over short sides. Pinch foil, making 2 barriers or walls inside baking sheet to create 3 equal-size compartments. Divide chicken

evenly among the 3 sections on baking sheet.

3. Season each chicken portion with 1 of the flavor

variations (see below), tossing to coat. Bake until chicken is cooked through, about 10 minutes. (Cooled chicken may be chilled in separate airtight containers up to 4 days.) Serve chicken over salad, with rice or pasta, stuffed in pitas or as desired.

<https://people.com/food/sally-oneil-one-tray-baked-chicken-breasts/>