

On the *MOVE*

A newsletter from the OICM

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www.oicm.cmmc.org



2015 Year in Review

We've had a busy year here at the OICM. We've helped a lot of people say goodbye to pain and start enjoying the life they want to live. We've done hundreds of joint replacements as well as many other orthopaedic surgical procedures. And, we've helped folks recover faster — showing them new and better ways to walk, run and move their way back to normal.

It has been our pleasure to help you heal and get back to doing the things you enjoy.

So far, in 2015, here is some of what we've done in numbers:



In all, we've had over 1,500 total patients that have stayed one or more nights at the OICM in 2015. Visit our website to hear what some of our patients have to say about their surgery at the OICM. Go to: oicm.cmmc.org/testimonials



Hearty Pumpkin Soup

Makes 4 servings

Everybody seems to be enjoying more and more pumpkin-flavored treats these days. We thought you might enjoy this soup; it's fairly high in fiber, a great dose of beta-carotene, 280% RDA of Vitamin A per serving, and is a nice treat when you come back in from braving the cold. Alternative ingredients are listed to make the soup vegan, as well.

INGREDIENTS

- 1 tablespoon of butter or non-dairy margarine
- 8 fresh sage leaves
- 1 can (15 oz.) of pumpkin (we like One Pie brand from Maine)
- 2 cups of low sodium chicken or vegetable broth
- ½ cup cream or coconut milk
- ½ teaspoon of pumpkin pie spice

DIRECTIONS

Melt butter or margarine in heavy bottomed saucepan over medium high heat. Add sage leaves. Sauté until the leaves start to crisp, but do not burn. Remove leaves (reserve on paper towel). Add remaining ingredients to pan. Whisk together and bring to a simmer. After reaching simmer, cook an additional 5 minutes. Chop reserved sage leaves for garnish. Serve while hot.

NUTRITIONAL FACTS

Serving size of about 1 ½ cup equals: 175 calories, 12g fat, 6g fiber.