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December 2011

"Don't judge each day by the harvest you reap, but by the seeds you plant."

— Robert Louis Stevenson

My Holiday Memories

December is a month I have mixed feelings about. It's not like January which is raw, cold, and generally terrible. Still, it's a month that's usually cold with days that are short and dark. But, it has Christmas.

When I was growing up, I loved December. From the time I was three years old until I turned 11, my family lived in Norwich, NY, a small town in the central part of the state.

My earliest memories of December were of my father putting the tire chains on the old green Chevy. My next memory was of the many evenings in church (It was a Methodist church). I actually didn't mind church then. It was a festive time of the year, for sure and we sang a lot of Christmas carols.

The music continued at home. My dad sang and my mom played the piano. Later on, I had to take piano and violin lessons, which I really hated. But at Christmas time, I would take out the violin at the suggestion, or rather, urging of my parents and play Christmas carols along with my parents.

I certainly don't remember there being so much shopping hoopla as there is today. And the holiday decorations in the stores definitely didn't appear until well after Thanksgiving. Things were a whole lot simpler. I do remember one incident when my mom took me to see Santa. I sat on his lap and when he asked me what I wanted to get for Christmas, I pulled his beard off. I was curious, but he didn't seem too happy about it. I forget what I asked for... but I'm sure I didn't get it. For one thing, my parents didn't have a lot of money.

I can remember going out with my dad to the Christmas tree lot. He would buy the tree a day or two before Christmas, when it was pretty obvious the guy wanted to get rid of whatever he had left. We usually got a pretty ugly tree. But, I didn't really care. It was

a Christmas tree and it smelled good. Sometimes it was a tree with short needles; sometimes, it had long needles. It really didn't matter.

And when my dad got the tree home, he would set it up in the Christmas tree stand. We would decorate it with a few strings of tinsel and lights. We had those shiny bulbs that would shatter if you dropped them. And I dropped my share of them. At the top of the tree, we would put another ornament. I can remember some years it was an angel and other years it was a big star. The presents would go under the tree. I was the oldest but pretty soon I had a brother and two sisters. We'd pick the presents up and shake them and try to guess what was inside.

It was real hard for us to wait until Christmas morning. We usually opened the gifts on Christmas Eve right after we got home from church. Clothes and books is what I remember getting. Not a lot of toys.

As we got older and left home, we would still all try to get home for Christmas. My mom would cook a great meal. We mostly gave gifts to our mom and dad. Then, we'd watch football on the television and eat and sleep and just try to recreate the feeling of being kids again. – Nathan Wei

Holiday Feast Survival Guide

Andrea Dmitruk

HealthNewsDigest.com

Practice moderation over the holidays. Don't deny yourself that favorite cookie, just don't eat the whole plate! Here is the holiday feast survival guide; a road map of sorts, to keep you and your diet from straying too far this year.

- Plan ahead.
- Never go to a party hungry.
- Take control of your environment whenever possible.
- Bring a low-fat dish to the party.
- Fill your plate with vegetables and lean protein foods.

WHO IS THE BIGGEST WINNER? Yes, **Netta Paulson** is Arthritis Treatment Center's biggest winner. She won a \$1,000 check for referring a new member to the Arthritis Treatment Center family! Congratulations!!

- Eat slowly and savor every bite.
- Decide in advance how you will handle gifts of cookies and candy.
- Limit alcohol consumption.
- Don't allow holiday activity to slow down your exercise program.
- Moderation is the key to weight maintenance.

Theresa Gillis has been a clinical research coordinator in the research department at the Arthritis Treatment Center since October 2009. If you think her name sounds familiar, you're right. She is the daughter-in-law of nurse Becky Gillis, who retired from ATC



Theresa Gillis, PA-C, CRC

earlier this year. Theresa was raised in Aberdeen, MD, and moved to the western part of the state to attend Mt. St. Mary's College, where she met and eventually married her husband of 16 years, Chris Gillis. Theresa and Chris lived in Staten Island, NY, for two years, and Theresa attended the Physician Assistant Training Program at Bayley Seton Hospital, where she graduated at the top of her class.

To be closer to family, Chris and Theresa moved back to Maryland, settling first for a few years in Odenton, and then to Frederick in 2003. For 11 years, Theresa was a stay-at-home mom raising son Chris (Jr.), now 13, and daughter, Beth, now 11. Through Becky, Theresa was familiar with ATC over the years and was grateful when the opportunity arose to join the ATC staff. In her free time, you will find Theresa volunteering at her kids' school or at her church, or at home reading, sewing or working on a craft project. If you have not yet met Theresa, be sure to ask Dr. Wei at your next appointment about opportunities for participation in a research trial!

Fun Facts

Learn something new every day with these interesting facts! AARP.com

- The king of hearts is the only king without a mustache on a standard playing card.
- Fleas can jump 130 times higher than their own height. In human terms this is equal to a 6 foot person jumping 780 feet into the air.
- Americans on average eat 18 acres of pizza every day.
- When glass breaks, the cracks move faster than 3,000 miles per hour. To photograph the event, a camera must shoot at a millionth of a second.
- When you blush, the lining of your stomach also turns red.

- It would take 11 Empire State Buildings, stacked one on top of the other, to measure the Gulf of Mexico at its deepest point.
- Your nose and ears never stop growing.
- There are 293 ways to make change for a dollar.
- Honey is the only food that doesn't spoil.
- Maine is the only state whose name is just one syllable.
- Hummingbirds can't walk.
- If you could drive to the sun -- at 55 miles per hour -- it would take about 193 years.

Discover how these 'Mountaineers' Preserve The Past

Mountaineer fans all the way... Carolann Hooton and her husband of 47 years, Mike, have spent a lifetime cheering on the West Virginia University (WVU) football team, immersing themselves in Pharonic history, battling arthritis and cancer, and being active members of



Carolann Hooton and Dr. Wei

the revitalization efforts for the small town of Rowlesburg, West Virginia where her husband grew up.

It was early in their marriage they developed a strong interest in Egyptology and ancient Egypt. They have been fortunate to travel throughout Egypt. Three of their trips were with world renowned Egyptologists. They have seen many historic sites that are no longer open to the public today. They have also hiked the mountains in the Sinai desert and cruised the Nile River. They have collected many Egyptian artifacts and historic books.

Although they have traveled to Greece, several Greek islands, Turkey, Syria, Jordan, Israel, Equator and the Galapagos Islands, Egypt has always been their first love. Mrs. Hooton is quick to point out that none of the trips would have been possible without the medical care she has received, and is still receiving, from Dr. Wei.

The Hooton's enjoy a great football game and have been loyal season WVU ticket holders for several years. They enjoy traveling to their second home in West Virginia throughout the football season and support several favorite charities.

In November 1999, Mrs. Hooton was diagnosed with rare Phase III cancer. She endured months of radiation therapy. As a result of this therapy, she suffered a reaction that rendered her unable to walk and is now dependent on the use of wheelchair. Being in a wheelchair has placed a hardship on travel, and attending WVU games, but it has not dampened her spirits. She states, "You can cry in your beer over these circumstances or you can live your life and do something interesting. I do not let my disability keep me from doing what I want!"



The Arthritis Treatment Center is sponsoring the *Toys for Tots* program again this year. A box is located in the ATC Welcome Area. To contribute, bring your new, unwrapped toy for a boy or girl.

Rowlesburg, West Virginia is small town of 600 residents. It is tucked away in the Cheat River valley. Mr. Hooton was born and raised there until 1959 when his family moved to Lime Kiln, Maryland. One year ago Mr. and Mrs. Hooton purchased a second home in Rowlesburg where they support the revitalization efforts to help generate income and restore the town to its previous condition. Mrs. Hooton has taken on the enormous task of restoring, preserving, and indexing old scrapbooks and newspaper articles pertaining to Rowlesburg and its residents. When completed, there will be hard copies of the books as well as digital copies. Mrs. Hooton has also donated more than 300 books towards the establishment of a library in the town.

When not in West Virginia, the Hooton's live in Lewistown, MD. Although they do not have any children, they have a 2-year-old great nephew they enjoy spoiling.

Before retiring Mrs. Hooton worked in the medical field at the Navy Medical Research Institute, the National Institutes of Health and the FDA. She is an advocate of clinical research and believes it is a moral obligation to help someone else. This winter she will be traveling to Johns Hopkins to investigate new studies that may treat her spinal cord injury. She says she is fortunate to have found Dr. Wei to help manage her arthritis. She says, "He is a wonderful doctor. He has brought me through some rough spots especially since my arms are doing 'double duty.'"

Pecan-Cranberry Tart

From EatingWell.com

Too often pecan pie is overly sweet and laden with fat. Enjoy this better-for-you tart for your next feast.

Ingredients

- ½ cup old-fashioned oats
- ½ cup all-purpose flour
- 2 T. granulated sugar - ¾ t. baking powder
- ¼ t. salt - 2 T. canola oil
- 3 T. water

Filling:

- 1 cup pecan halves - 2 large eggs
- 2 large egg whites - 1 T. butter, melted
- 1/3 cup light corn syrup - 1 ½ T. cider vinegar
- 2 t. vanilla extract - 1 pinch salt
- 2/3 cup packed dark brown sugar
- 1/3 cup coarsely chopped dried cranberries

Directions

1. Preheat oven to 375 degrees F. Coat a 9-inch tart pan with a removable bottom with nonstick spray.
2. **To make crust:** Spread oats in another pie pan and bake, stirring occasionally, until toasted, 6 to 12 minutes. Let cool. Place the oats in a food processor and process until coarsely ground.
3. Stir together oats, flour, sugar, baking powder and salt in a large bowl. Drizzle oil onto dry ingredients

and use a fork or your fingers to blend until crumbly. Using a fork, stir in water, 1 tablespoon at a time, until dough just comes together.

4. Turn the dough out onto a floured surface and knead 7 to 8 times. Roll the dough out to an 11-inch circle, dusting with flour if necessary. Transfer the dough to prepared pan, pressing to fit. Trim edges. (If necessary, use scraps to patch any holes in crust.)
5. **To make filling and bake:** Spread 1/2 cup pecans on a baking sheet and bake until fragrant, 5 to 10 minutes. Let cool and coarsely chop.
6. Whisk brown sugar, eggs, egg whites, corn syrup, vinegar, butter, vanilla and salt in a medium bowl until smooth. Stir in dried cranberries and the chopped pecans. Spoon filling into crust. Arrange remaining 1/2 cup pecans on top of the filling.
7. Bake the tart until filling is set and crust is golden, 20 to 25 minutes. Cool completely in the pan on a wire rack.

Tips for fantastic kissing!

By [Steven Aitchison](http://www.stevenaitchison.co.uk) ~ <http://www.stevenaitchison.co.uk>

Kissing is often an overlooked art. Obviously there are many types of kisses and they can be used in different settings.

Greeting kisses with your partner

- **The hello kiss:** A quick kiss on the lips which says 'hey babe, how was your day?'
- **The hello kiss +:** A bit longer than the hello kiss, this kiss says 'hey babe, I was thinking about you today (eyebrows raised).'
- **Not even in the door kiss:** A passionate kiss which says... well! It kind of speaks for itself.

Lounging about the house kisses:

- **Just a quick kiss:** A quick kiss just to remind them you love them.
- **Kids are out playing kiss:** A longer kiss followed by the words 'the kids are out playing...'
- **Just before sleep kiss:** A quick peck on the cheek or lips to say 'goodnight babe'.

Making love kisses:

- **I really want you kiss:** Long, passionate, all over the face type of kiss saying 'I really love you!'
- **The spiritual kiss:** Slow, long, softer, passionate which says 'I love you on a deeper level'



How can you improve your kissing?

1. Men: Have a good shave, by this I mean a close shave. Women prefer passionate kissing when the man has had a close shave rather than the man with stubble.
2. An obvious one: Do not eat strong tasting foods like curry or garlic, unless your partner is eating it too.
3. Vary your kisses from soft, long kisses to hard and passionate kisses.
4. Kiss with your eyes open and maintain eye contact, most people close their eyes when kissing, so keeping your eyes open can be different and fun.
5. Do it in private. Most people hate seeing other people kissing in public. I don't mean the quick pecks, I mean the passionate 'I really want you kiss.'

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ADDRESS SERVICE REQUESTED

December 2nd – The Office
will be closed at 12 noon.

December 23rd – 26th – The
office will be closed in
celebration of Christmas.

December 20th – 28th –
Hanukkah

December 26th - Kwanzaa

Reminder: Inclement
weather is approaching fast...
patients should plan to have
their prescriptions refilled 7-
10 days prior to their last pill,
in the event that our office is
closed due to severe weather
conditions.

Wei's World

If you're a parent, then you're going to appreciate my thoughts.

As your kids grow up and become involved in different activities, you basically become a taxi service and schedule keeper for them. My wife and I have four children. With each child there were different hobbies to ferry them around to: gymnastics, T-ball, soccer, acting lessons, lacrosse, horseback riding, skating, and too many others to mention. It was exhausting. My friends who were older and had children that had already left the nest told me: "Enjoy it now because it's the best time," and I thought they were crazy. But now I see they were right.

My wife and I sometimes find ourselves missing those days. We'll sometimes drive by a soccer field and reminisce, "Remember when we took Benji to soccer practice?"

Back then, the trips were limited in their geography. Even though there were travel teams, the travel was usually manageable within the day or the weekend. So with the kids at home, the distances traveled were relatively limited. But as the kids left the house for college and beyond, it became apparent that in order to see the kids in their new activities, my wife and I really had to travel.

Our daughter lives in Boston and works at Harvard so that's a trek. And our son, Jeffrey, is a musical theater

performer, so we find ourselves traveling all over the country to see him perform. Benji is in college in Maine, so to watch him play rugby, that's another trip... And our youngest, Emily, goes to school in upstate New York. So we head in that direction to watch her participate in activities. I think you get the picture. But sometimes we're called upon to do other things that remind us of when the kids were little. This story is a real gem:

Recently, we went to see Benji for Parent's Weekend at Bowdoin College. It was typical Benji. His dorm is located on the far end of campus and - get this- it has no laundry facilities! So we asked him, "When was the last time you did your laundry, Benji?" His answer was "Uhhh... I'm not sure... it's been a while..."

Since he was studying for exams and had rugby practice, you guessed it: My wife and I spent an afternoon doing his laundry! The laundromat was one of those ones where you stuck a 10 dollar bill in a changer and got a fistful of quarters. Then you immediately started feeding these machines. Some other parents were there, too, so we didn't feel alone.

When I talk about laundry, I mean LAUNDRY- bags and bags full of it. As we were finishing up later, my wife, Judy, turned to me and said, "This is a good one for Wei's World." I think you'll agree.