

VOLUME 2, ISSUE 4

WINTER 2010

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# The Augusta PT Connection

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## MERRY CHRISTMAS!



### Snicker Doodles

- 1 1/2 c. sugar
- 2 eggs
- 2 sticks butter
- 2 3/4 c. flour
- 2 tsp. cream of tartar
- 1 tsp. soda
- 1/2 tsp. salt
- 2 tsp. cinnamon

Mix together sugar and eggs. In a separate bowl mix butter, flour, cream of tartar, soda, & salt.

Combine flour mixture with egg mixture and chill.

Roll into balls. Combine 2 T. sugar and 2 tsp. cinnamon. Roll balls into cinnamon mixture. Place 2" apart on ungreased cookie sheet.

Bake at 350° for 8-10 minutes. Makes approximately 5 dozen.

*Submitted by: Barbara M. Lee  
Mother of Jacque Walters*

We send our heart-felt Christmas Wishes to you and your family. We hope you will find the gifts of peace, joy, love, and hope in a special way during this holiday.

*Alan, Clara, Jacque, and Sharon*

## Patient Appreciation Day

Friday, January 21st  
8:00 - 5:00

Cookies, Coffee,  
Hot Chocolate, & More!

Snow date: January 28th



### From Dr. Seuss:

"And the Grinch, with his Grinch-feet ice cold in the snow, stood puzzling and puzzling, how could it be so? It came without ribbons. It came without tags. It came without packages, boxes, or bags. And he puzzled and puzzled 'till his puzzler was sore. Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store?"

What if Christmas, perhaps, means a little bit more?"



### The Gift

Bow and ribbon,  
Love and glitter

Cover the gift as curiosities flitter  
Of what wonders could come inside  
And what this eve has been supplied  
By family, friend, and stranger, too  
Saying with the gift,  
"I Love You"

Bow and ribbon, Love and glitter  
The heart is now merrier  
For no matter what the gift may or  
may not hold

The giving is as pure as gold.

*Internet Contributor*



Christmas is not a time or a season but a state of mind. To cherish peace and good will, to be plenteous in mercy, is to have the real spirit of Christmas. If we think on these things, there will be born in us a Savior and over us will shine a star sending its gleam of hope to the world.

*Calvin Coolidge*



**AUGUSTA PHYSICAL  
THERAPY**

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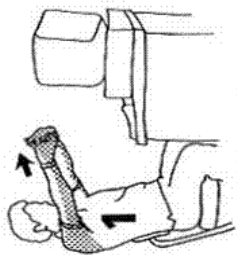
**PUTTING QUALITY BACK  
IN YOUR LIFE**



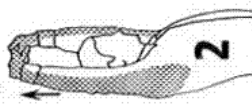
**Computer & Desk Stretches**

*Approximately 4 Minutes*

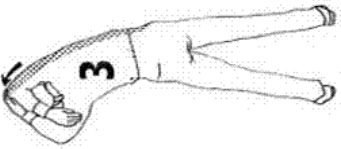
Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day, or whenever you feel stiff. Photocopy this and keep it in a drawer. Also, be sure to get up and walk around the office whenever you think of it. You'll feel better!



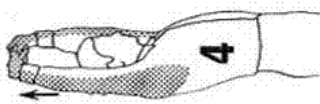
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2 times



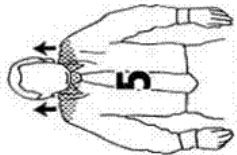
10-15 seconds



8-10 seconds  
each side



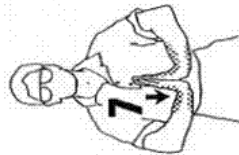
15-20 seconds



3-5 seconds  
3 times



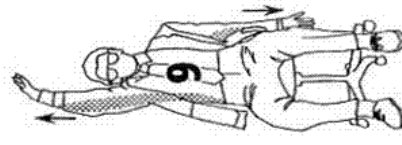
10-12 seconds  
each arm



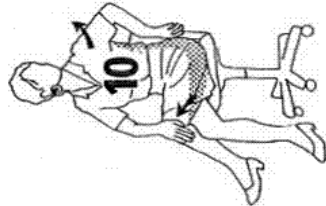
10 seconds



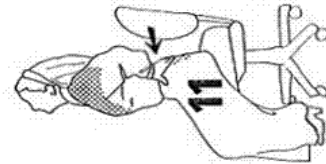
10 seconds



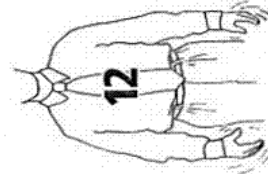
8-10 seconds  
each side



8-10 seconds  
each side



10-15 seconds  
2 times



Shake out hands  
8-10 seconds