

THREE RIVERS DERMATOLOGY NEWSLETTER

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# Skin Matters

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## A LETTER FROM THE EDITORS:

The holidays are a time for honoring traditions: ugly sweaters, your uncle's eggnog recipe. Bing Crosby on vinyl. But it's also a time for forging new ones. A family game night? A holiday-themed 10K run? A new skin care routine? Don't be afraid to shake things up--the end of the year is when memories and good habits are made.

The season is filled with sparkling celebrations, toasts, and of course, gifts. Speaking of gifts why not make this the year you polish off your list early? Stop by Windy Ridge Skin Care Centre for lots of holiday specials for everyone on your list!

*Loretta*  
*Amanda*



HELLO  
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# DR. SASS SAYS...

WRITTEN BY: JEFFREY SASSMANNSHAUSEN, MD



I am getting old. Just the other day I was looking at my hands and I thought to myself, "Holy cow, I have my dad's hands!" This was quite disheartening. We spend so much time keeping our faces youthful and protected, but often, other parts of the body will give away our age. Yes, we can make the hands look so much better!

As always, any anti-aging discussion starts with prevention. Sunscreen, sunscreen, sunscreen. We want to prevent, or slow down, the loss of elasticity and stop the development of those pesky "liver spots". I continue to feel Blue Lizard is one of the best sunscreens. But don't forget the powder sunscreen from Colorescience and *jane iredale*. Or try the SkinMedica superscreen, Total Defense and Repair, which protects from the sun, infrared radiation, and pollution.

As we mature, our hands lose much of their support structure. They become hollow and boney. We can replace that volume and bring back a plump, youthful hand. Juvéderm Voluma or Restylane Defyne are two products that will immediately make a difference and can last up to 2 years. The procedure is relatively painless and there is no downtime.





What about the skin changes such as thinning of the skin, loss of elasticity, and sun spots? This is simple to tackle, while helping your face as well. SkinMedica TNS Advanced+ is the answer. When using A+ for your face, mix the two parts on the back of your hand. After applying to your face, rub the back of your hands together. You will begin to see changes in 6 weeks.

If you have numerous brown spots, we can fix that as well. Chemical peels can be used to even out pigmentation. These are mild and do not limit activities from irritation. The Diamond Glow Dermalinfusion also has a serum just for brown spots. This non-invasive procedure can also help with dry skin. Laser is very effective for hyperpigmentation from sun damage. Usually, 1 or 2 treatments and the spots are gone.

So, look down, see the hands. What is your first thought? If you cringe a little, call the office for a consultation.

**260-436-9696**



*Dr. Sassmannshausen*



# EASY WAYS TO GIVE BACK THIS HOLIDAY SEASON



It's tempting to fall into a routine around the holidays and focus on your own family and friends - which is wonderful! But remember that not everyone experiences such joy and contentment during the holidays. Fill your heart and those you're giving to by donating.

Some of the best parts of life are the little, nameless, unremembered acts of kindness and love that affect others in ways the giver may never know. Here's a list of pay-it forwards we like to share with others this time of year.

## **SERVE A HOLIDAY MEAL**

Many shelters serve holiday meals to hundreds and thousands of people in many communities across the country. Volunteer a few hours to help prep or serve. In return, you'll meet some amazing people. We sure have over the years!

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## **DONATE YOUR CHANGE**

The coins you've been collecting in the bottom of your purse, in the cup holder of your car and in your change jar can go to a good cause! Cash the coins at the bank and donate the proceeds to a local shelter or food bank.

## **SHARE THE FURRY LOVE**

Share your sweet, loving fur baby with a local senior living community or senior center. This is sure to bring smiles to all their faces, including yours!

## **GIVE BACK TO THOSE CLOSEST TO YOU**

It's wonderful to give back to strangers in need, but think of your own family and friends. Is anyone struggling? Could someone you know use a night off? A hot meal? Or an ear for venting? Sometimes the small gestures matter the most.

## **MAKE CARE PACKAGES FOR THE HOMELESS**

These can be simple with just a few essentials and a lot of love. The homeless need basic needs met, so consider including a pair of socks, a couple of snacks, a water bottle, wet wipes and a handwritten note. You can always include more if you choose!

## **ADOPT A FAMILY**

This is such a fun way to give back during the holidays and it's the perfect option if you have kids who want to get involved. Shop and wrap gifts for a family in need this holiday season. You usually can get connected to families through local organizations.

## **PAY IT FORWARD**

Done throughout the year in big and small capacities, paying it forward is taking care of the people in your community through unexpected kindnesses. Have you been the lucky one in the coffee shop drive-thru? Have you paid for someone's meal at a restaurant? Or an unsuspecting driver at the pump? Give a stressed-out stranger a gift card to Windy Ridge Skin Care Centre for some relaxing self care. This is a blast to play out with the kids, too!

**We hope you'll try a few of these this holiday season,  
or share with us what you do to give back during the holidays!**





I love the professionalism coupled with individual care that the staff at Three Rivers always displays!

**- LAURETTA**



5 ★'s! I am a long time patient and will never go anywhere else! The knowledge and professionalism is top notch. Michelle, Kayla and Sydney are the best. The bonus is I look 10 years younger than I did 10 years ago!! Very Happy 😊

**- JACQUELYN**



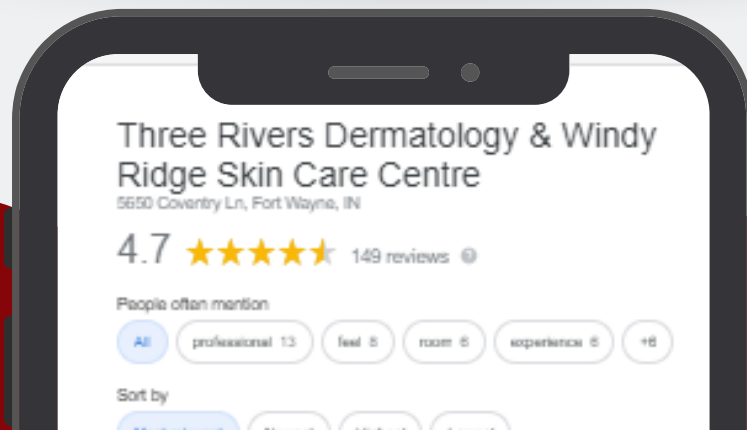
Their entire team is incredibly professional, while still friendly and personable. As someone who previously worked in pharmacy and knows how difficult it can be to reach some offices for necessary paperwork to be completed, it's wonderful to deal with an office that goes above and beyond to help. They're always happy to help, timely, and efficient. Can't sing their praises enough!

**- SARAH**



Always treated professionally, and with kindness. Look forward to my treatments with Kayla and know that I'm in good hands with her and when I come to see Dr. Sass for my annual exam.

**- ROSANNE**





# Mocha Eggnog

Recipe courtesy  
of [tasteofhome.com](http://tasteofhome.com)





# MOCHA EGGNOG

**PREP/TOTAL TIME: 10 MINS**

**MAKES: 2 1/2 QUARTS**

## INGREDIENTS

- 5 cups chocolate milk
- 4 cups eggnog (can use store bought or homemade)
- 1 cup whipping cream, divided
- 2 tablespoons instant coffee granules
- 2-1/2 teaspoons vanilla extract
- 1 teaspoon rum extract

## DIRECTIONS

- 1** In a large saucepan, combine milk, eggnog, 1/2 cup cream and coffee granules. Heat through.
- 2** Remove from the heat; stir in extracts.
- 3** In a small mixing bowl, beat remaining cream until stiff peaks form.
- 3** Dollop over eggnog.

**Serving size:** 1 Cup

329 calories, 21 grams of fat (13 grams of saturated fat), 108 mg cholesterol, 139 mg sodium,



# GIVE THE GIFT OF healthy skin!

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