



Family Health

October 2009

Newsletter

Take Action:

Prevent Colds and the Flu

The fall season is here. The leaves are changing colors, the weather is chilly and cold and flu viruses are on the prowl. Be prepared this year by setting appointments for you and your family to receive flu shots. It is reported that there will be a vaccine available for the most recent epidemic, H1N1, due out in mid October. Be sure you and your family receive both vaccines this year to steer clear of illness. For more information ask your doctors office or visit www.flu.gov.

How to stop the spread of germs that make you and others sick:

- Cover your mouth and nose with a tissue when you cough or sneeze and dispose into the trash.
- If you don't have a tissue, cough or sneeze into your elbow (upper sleeve), **NOT YOUR HANDS!**
- Clean your hands with soap and water or antibacterial hand cleaner after you cough or sneeze.

IMPORTANT!

HAND WASHING:

Washing your hands is simple to do and it's the BEST way to prevent infection and illness at school, work, and especially at home. In the home, hand washing can prevent infection and illness from spreading from between family members. Basic rules in the home are to 1) wash hands before preparing food and after handling uncooked meat and poultry 2) before eating 3) after changing diapers 4) after coughing, sneezing, or blowing one's nose into a tissue, and of course 5) after using the bathroom! Be sure to go over these rules and guidelines this month with your family.

THE RIGHT WAY TO WASH YOUR HANDS:

- Wet your hands with clean running, warm water and apply soap.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 15-20 seconds. Use a timer or sing the "ABC's."
- Rinse your hands well under running, warm water.
- Dry hands using a paper towel, clean towel, or air dryer. (Try to use your drying device to turn off the faucet).



Prevention Corner

October is **Breast Cancer Awareness** month. We encourage all women to be examined. For more information contact your doctor or visit www.nbcam.org.

October 12-16 is **National School Lunch Week!** "All-Star School Lunch" is a slam dunk to help students learn about the importance of eating healthy and being active. The NBA inspired campaign features 5 "basketball teams" each comprised of healthy school lunch menu items. Visit www.allstartschoolslunch.org with your kids to find out about menus, nutrition and even draft their All-Star School Lunch Team!

Celebrate **Walk to School Day** on **October 7, 2009**, and promote safe walking and bicycling throughout the school year. For more information visit www.walktoschool-usa.org.

Halloween is almost here! Decorating the house, choosing costumes and trick-or-treating are all filled with excitement; but we tend to forget about the importance of being safe. Here are a few handy tips for you and your family to practice safety this Halloween. Have fun and be safe!

Halloween Safety Tips



FOR YOU AND YOUR FAMILY

- Children should go out during daylight hours only, unless accompanied by a responsible adult.
- Instruct your children to not eat any treats until they bring them home to be examined.
- Plan a safe route with your children.
- Consider adding reflective tape or striping to costumes and trick-or-treat bags for greater visibility.
- Set a curfew.
- Dress warm.
- Stay in well lighted areas.
- Never go into the home of a stranger or get into their car.
- Only visit houses where the lights are on.
- Walk on sidewalks.
- Carry a flashlight.
- Walk, don't run.



FAMILY FRIENDLY HEALTHY RECIPE OF THE MONTH

Pumpkin Soup

Serves 4

Canned pumpkin puree, available year-round, is an easy source for the mashed cooked pumpkin. When pumpkins abound in the fall, however, you can make your own puree by roasting a small pie pumpkin and whipping the flesh in a blender or food processor.

Ingredients:

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| 3/4 cup water | 1/4 teaspoon ground nutmeg |
| 1 small onion, chopped | 1 cup fat-free milk |
| 1 can (8 ounces) pumpkin puree | 1/8 teaspoon freshly ground black pepper |
| 1 cup unsalted vegetable broth | 1 green onion, green top only, chopped |
| 1/2 teaspoon ground cinnamon | |

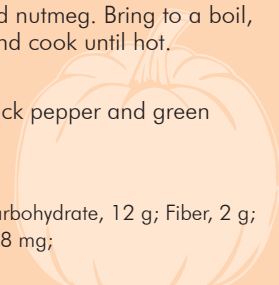
Directions:

1. In a large saucepan, heat 1/4 cup of the water over medium heat. Add the onion and cook until tender, about 3 minutes. Don't let the onion dry out.
2. Add the remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil.
3. Ladle into warmed individual bowls and garnish with black pepper and green onion tops. Serve immediately.

Nutritional Analysis (per serving); Serving size: 1 cup

Calories, 72; Cholesterol, 1 mg; Protein, 3 g; Sodium, 241 mg; Carbohydrate, 12 g; Fiber, 2 g; Total fat, 1 g; Potassium, 199 mg; Saturated fat, < 1 g; Calcium, 78 mg; Monounsaturated fat, < 1 g.

Source: Mayo Clinic



Trick-Or-Treat The Healthy Way

Give out healthy treats this year. Check out online vendors or discount stores to get the best prices on large bags of healthy goodies. Here are some options that the kids will love:

- Colorful pencils and notepads
- Stickers
- Small inexpensive games, puzzles or whistles
- Packages of sugar free chewing gum
- Individual packs of dried fruit
- Small boxes of raisins
- Juice boxes
- Individual packs of pretzels
- Small boxes of crayons or colored chalk

Kids Corner: HALLOWEEN WORD SCRAMBLE

- | | |
|--------------------|-------------------|
| 1. HTSGO | 7. LRUONCD |
| 2. CAKJ O' TRAEENL | 8. CIRKT RO AERTT |
| 3. TBOMROKCSI | 9. CTEHSIW LEPLS |
| 4. KPIMUNP | 10. EETKLSNO |
| 5. TWHCI | 11. UANDEHT SUEHO |
| 6. ANYCD RNCO | 12. BGNILO |

ANSWERS: 1. Ghost; 2. Jack O' Lantern; 3. Broomsticks; 4. Pumpkins; 5. Witch; 6. Candy Corn; 7. Cauldron; 8. Trick or Treat; 9. Witches Spell; 10. Skeleton; 11. Haunted House; 12. Goblin.