



ON THE CALENDAR

Immunization Clinics:

By Appointment

THURSDAY
March 10th
11 a.m. to 4:00 p.m.

Thursday
March 17th
7:00 a.m. to 11:00 a.m.

Thursday
March 24th
2 p.m. - 7:00 p.m.

Breastfeeding Support Group:

Tuesday
March 8th
5:30 p.m.

Family Planning:

Located at 511 Elm
1ST & 3RD MONDAY OF EACH MONTH
9:30 a.m.—12 p.m. and 1:30—5 p.m.
Call 1-877-611-7600 or 359-2855 to make an appointment.

WIC CLINICS:

Recertification by appointment only. Please call 646-5506 if you need to reschedule.

Effective January 2014 WIC benefits will not be ISSUED without Residency, Income, and Identity proofs and your certification appointment WILL be rescheduled.



Eat Healthy. Stay Well.

USDA is an equal opportunity provider and employer.

FOCUS ON FOODS

Food has the incredible ability to affect your mental clarity, mood, memory, and ability to focus.

One of the places you should start with is what you're eating.

Blueberries boost "concentration and memory" for up to five hours because "the antioxidants in blueberries stimulate the flow of blood and oxygen to the brain and keep the mind fresh".

Green tea helps produce a better ability to focus attention, with improvement of both speed and accuracy".

Avocados enhance blood flow and are also loaded with fiber (11 to 17 grams per avocado), which helps keep hunger pangs at bay.

Leafy green vegetables are full of antioxidants and carotenoids, which boost your brain power, and help protect your brain.

Leafy green vegetables are also full of B-vitamins. They also

Mac & Cheese Pie

- 1 pkg. deluxe macaroni & cheese dinner
- 2 cups broccoli florets
- 4 eggs
- 1 pkg smoked ham
- ½ cup shredded cheddar & Monterey jack

Directions:

Cook macaroni as directed on pkg., adding broccoli for the last 2 min, drain.

Beat eggs stir in cheese sauce. Add to macaroni mixture with ham.

Pour into sprayed 9 inch pie plate. Top with shredded cheese.

Bake at 350°F for 30 minutes and top is golden brown.

contain folic acid, which improves your mental clarity.

Fatty/oily fish contains omega-3 fatty acids which "aid memory, mental performance and behavioral function".

The main sources of fatty fish are "salmon, trout, mackerel, herring, sardines.

Water "gives the brain the electrical energy for all brain functions, including thought and memory processes, and it has been proven to help you think faster, be more focused, and experience greater clarity and creativity.

Dark chocolate contains a small amount of caffeine and magnesium. Eaten in small doses can significantly boost your focus.

Flax seeds are high in magnesium, B-vitamins, omega-3 fatty acids, and fiber, all of which aid with mental clarity, weight loss, and focus.

Nuts and seeds are good sources of the antioxidant vitamin E, essential oils and amino acids your focus. You just need an ounce of them a day to get this benefit.

Source: alifeofproductivity.com

DENTAL HYGIENE....

Brushing your teeth is an important part of your dental care routine. For a healthy mouth and smile the American Dental Association (ADA) recommends you:

- Brush your teeth twice a day with a soft-bristled brush. The size and shape of your brush should fit your mouth allowing you to reach all areas easily.
- Replace your toothbrush every three or four months, or sooner if the bristles are frayed. A worn toothbrush won't do a good job of cleaning your teeth.
- Use an ADA-accepted fluoride toothpaste.

The proper brushing technique is to:

- Place your toothbrush at a 45-degree angle to the gums.
- Gently move the brush back and forth in short (tooth-wide) strokes.
- Brush the outer surfaces, the inner surfaces, and the chewing surfaces of the teeth.

- To clean the inside surfaces of the front teeth, tilt the brush vertically and make several up-and-down strokes.

- Brush your tongue to remove bacteria and keep your breath fresh.

Of course, brushing your teeth is only a part of a complete dental care routine. You should also:

- Clean between teeth daily with floss. Tooth decay-causing bacteria still linger between teeth where toothbrush bristles can't reach. This helps remove plaque and food particles from between the teeth and under the gum line.
- Eat a balanced diet and limit between-meal snacks.

- Visit your dentist regularly for professional cleanings and oral exams.

Talk to your dentist about what types of dental products will be most effective for you.

Source: www.mouthhealthy.org



PICK YOUR NOSE...

Nose picking isn't necessarily a sign that your child is overly anxious. Kids usually pick their nose because it has **something in it that doesn't feel right**.

Most nose pickers tend to be children with **allergies**, because the **heavy flow of mucus and its subsequent crusting give them a "something's up there"** feeling that makes it difficult to leave their nose alone.

Nose picking is **completely harmless** except for one thing GERMS... on the fingers can lead to **small skin infections inside the nose**, and **fingers that have been in a nose are a great way to spread colds and flu**.

The most common allergens affecting young children are **dust mites, animal dander, pollen, and molds**.

If you live in a **dry climate** or if **heating or air-conditioning** seems to be **drying out your child's nasal passages**, offer her **lots of fluids**

during the day, or try a humidifier in her bedroom at night. A **saline nasal spray** may also help.

You can't keep a preschooler's hands **clean all the time**, but **washing them a few times a day and keeping her nails trimmed** so that **dirt doesn't build up behind them** will cut the germ load. While you can gently **remind your preschooler that nose picking is unhealthy and impolite, nagging or punishing her when she picks her nose won't help**. Try putting **adhesive bandages on her fingers** to make them **harder to slip into her nostrils** will seem like unjust punishment to a preschooler for something so innocuous.

If your child **still picks her nose occasionally**, your **best bet is to keep her fingernails short and snag-free — and to do your best to ignore the picking**.

Source: babycenter.com



FLUORIDE IS GOOD FOR YOUR TEETH...

There's **fluoride in your toothpaste and even in your water**. But how does it work to **keep teeth healthy?**

Fluoride is a natural element found in the earth's crust as well as in water and air. Decades ago, scientists discovered kids who naturally had more **fluoride in their drinking water had fewer cavities**. In the mid-1940s, communities started to put more fluoride in their water supplies to protect against tooth decay.

Fluoride helps because, when teeth are growing, it mixes with tooth enamel — that hard coating on your teeth. That **prevents tooth decay, or cavities**. But fluoride can help even after your teeth are formed. It **works with saliva to protect tooth enamel from plaque and sugars**. By using fluoride toothpaste, for

instance, everyone can enjoy some cavity protection. **Fewer cavities means healthier teeth when you're an adult — and less chance of having to wear false teeth (dentures) when you're old!**

So how do you get **your fluoride?** Ask your dentist the next time you have an appointment. In addition to **fluoride toothpaste**, **he or she might recommend a mouthwash that has fluoride in it**.

Just how effective is fluoridated water? **Thanks to fluoride, dentists say half of kids between 5 and 17 have never had a cavity in their permanent teeth. We hope you're one of them!**

Source: kidshealth.org



PREGNANCY FACTS

Are you in your **second or third trimester and found a lump in your breast?** **It's most likely benign**. Though finding a **breast lump can be scary; rest assured it's more than likely nothing to worry about**. Having **breast cancer during pregnancy is very rare (especially if you're under 35)**, according to the **American Cancer Society**.

In fact, if you're in your second or third trimester, the most likely explanation for a **lump is actually a clogged milk duct**.

Even as early as your second trimester, your breasts are **prepping to nurse your baby, and sometimes a milk duct can get blocked and enlarged in the process**. **Clogged milk ducts are usually hard, red lumps that are tender to the touch and tend to clear up after a few days**.

To feel better fast, **apply a warm compress to the lump regularly (or run hot water on the area during showers) and massage the duct**, which should help **unclog the milk buildup and eliminate the lump**. Make sure you wear a good bra with lots of support, avoiding underwire bras. If the **lump doesn't clear up or gets worse, check with your doctor**.

Breast cancer lumps, are not usually red or painful when they first appear, and they don't clear up with warm water and massage. It is harder to **examine breasts for cancer right now because your breast tissue is denser and lumpier**. **Don't wait until you after you deliver to get it checked out**.

Source: whattoexpect.com

FUN THINGS TO DO

COFFEE FILTER SHAMROCKS

Materials needed:

- White coffee filters
- Green pipe cleaners
- Green food coloring or dye



Directions:

Flatten one coffee filter. With your index finger, pointer finger and thumb pinch the middle of the coffee filter to create three leaves.

Take one pipe cleaner and snake it around the leaves.

Fill your sink with cold water. Have the kids swirl their shamrock in the water. Gently squeeze the excess water from the shamrock.

Next have them drop 1 to 2 drops green food coloring or dye on each leaf.

Do it over the sink or newspapers to catch any drips.

Allow to dry on a few paper towels.

When dry put in a pretty vase.

Source: weknowstuff.us.com



DISCLAIMER

The information contained in this publication should not be used as a substitute for the medical care and advice of your healthcare provider. There may be variations in treatment that your healthcare provider may recommend based on individual facts and circumstances.