



## ON THE CALENDAR

### Immunization Clinics:

#### By Appointment

**THURSDAY**  
May 12th  
11 a.m. to 4:00 p.m.

**Thursday**  
May 19th  
7:00 a.m. to 11:00 a.m.

**Thursday**  
May 26th  
2 p.m. - 7:00 p.m.

### Breastfeeding Support Group:

**Tuesday**  
May 10th  
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.

### Office Closed:

**May 9th**—Truman's Birthday  
**May 30th**—Memorial Day

### 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

High-fructose corn syrup is a common sweetener in sodas and fruit-flavored drinks. As use of high-fructose corn syrup has increased, so have levels of obesity and related health problems.

Research has shown that high-fructose corn syrup is chemically similar to table sugar.

It is known, however, that too much added sugar of all kinds not just high-fructose corn syrup can contribute unwanted calories that are linked to health problems, such as weight gain, type 2 diabetes, metabolic syndrome and high triglyceride levels. All of these boost your risk of heart disease.

The American Heart Association recommends that most women get no more than 100 calories a day of added sugar from any source, and that most men get no more than 150 calories a day of added sugar. That's about 6 teaspoons of added sugar for women and 9 teaspoons for men.

### Food & Snacks without High Fructose Corn

Apples  
Cheese  
Crackers  
Peanut Butter  
Granola Bars  
Baby Carrots  
Hummus  
String Cheese  
Hard Boiled Eggs  
Turkey Wrap  
Natural & 100% Fruit Juice  
frozen fruit bars  
Dried Fruit  
Nuts  
Motts natural Applesauce

Always read and check labels to make sure there are no High Fructose Corn syrup in the foods you are buying.

You don't have to go without your favorite foods to avoid high fructose corn syrup.

Many products on the market are meeting this demand by taking the ingredient out of their food. Fast food contains high fructose corn syrup.

Foods that are free of high fructose corn syrup:

Nature's Own and Sara Lee bread  
Any of the Kashi cereal brands  
Cheerios, Grape Nuts and Life cereal  
Any of the Annie's Naturals products and Welch's fruit spreads  
Heinz ketchup and Hellman's mayonnaise  
Breyer's All Natural ice creams  
Many of the Ben and Jerry's flavors  
Most Cadbury and Dove chocolates  
Mott's Natural Applesauce  
Ragu spaghetti sauce and most of the Classico sauce brands does not contain HFCS.

Source: wikihow.com

## STROKE AWARENESS....

Every 40 seconds, someone in the United States has a stroke.

Many people think of stroke as a condition that affects only older adults, strokes can and do occur in people of all ages. Nearly a quarter of all strokes occur in people younger than age 65.

When responding to a stroke, every minute counts. The sooner a patient receives medical

treatment, the lower the risk for death or disability. If you or someone you know exhibits the following signs or symptoms, call 9-1-1 immediately. Always think **F.A.S.T**

**Face Drooping**—Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

**Arm Weakness**—Is one arm weak or numb? Ask the person to raise both arms.

Does one arm drift downward?

**Speech Difficulty**—Is speech slurred? Is the person unable to speak or hard to understand?

Ask the person to repeat a

simple sentence, like The sky is blue. Is the sentence repeated correctly?

**Time to call 911**—If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Remember, getting immediate medical attention for stroke is crucial to preventing disability and death, so don't delay—dial 9-1-1.

The American Heart Association recommends getting at least 30 minutes of moderate-intensity aerobic activity at least 5 days per week.

25 minutes of vigorous aerobic activity at least 3 days per week or a combination of moderate and vigorous intensity aerobic activity .

For Lowering Blood Pressure and Cholesterol—An average 40 minutes of moderate to vigorous intensity aerobic activity 3–4 times per week.

Source: American Heart Association



## STANDING, WALKING, RUNNING ...

### After your baby walks – what's next?

After those first magical steps toward independence, your child will begin to master the finer points of mobility:

- Standing:** At 14 months, your toddler should be able to stand alone. She can probably squat down and then stand back up again, and she might even work on walking backward.
- Steadier walking:** By 15 months, your child may be pretty good at walking. She may enjoy push-and-pull toys while she toddles. At this age she will walk with her legs fairly far apart and her feet pointed outward. This is normal and helps her maintain stability.
- Stairs:** At about 16 months, your child will begin to take an interest in going up and down stairs – though she probably won't navigate them with your help until her next birthday.
- Climbing and kicking:** It's likely your child will be a proficient walker by 18 months. She might like to climb all over the furniture, and she

can probably motor up stairs – though she'll still need help getting back down for a few more months. **She may try to kick a ball, though she won't always be successful, and she probably likes to dance to music.**

•**Jumping:** At 25 or 26 months, your child's steps will be more even, and she'll have the hang of the smooth heel-to-toe motion adults use. She's also getting better at jumping.

•**On the go:** By the time your child's third birthday rolls around, many of her basic movements will have become second nature. She'll be able to walk up and down stairs with one foot on each stair. She'll no longer need to focus energy on walking, standing, running, or jumping, though some actions, such as standing on tiptoes or on one foot, might still require concentration and effort.



Source: babycenter.com

## BICYCLE HELMETS...

Bike helmets are so important that the U.S. government has created safety standards for them. Your helmet should have a sticker that says it meets standards set by the Consumer Product Safety Commission (CPSC).

Wear a bike helmet **EVERY TIME YOU RIDE**, even if you are going for a short ride.

Your bike helmet should fit you properly. You don't want it too small or too big. **Never wear a hat under your bike helmet.** If you're unsure if your helmet fits you well, ask someone at a bike store.

Once you have the right helmet, you need to wear it the right way so it will protect you. It should be worn level and cover your forehead. **Don't tip it back so your forehead is showing.** The

straps should always be fastened. If the straps are flying, it's likely to fall off your head when you need it most. Make sure the straps are adjusted so they're snug enough that you can't pull or twist the helmet around on your head.

Take care of your bike helmet and don't throw it around. That could damage the helmet and it won't protect you as well when you really need it. If you do fall down and put your helmet to the test, be sure to get a new one. They don't work as well after a major crash.

Riding a bike that is the right size for you also help keeps you safe.

## PREGNANCY FACTS

Contrast this picture with how a baby really looks just after emerging from the womb: bluish, covered with blood and cream-cheesy glop, and looking as though the little one has just been in a fist-fight.

Remember that the fetus develops while immersed in fluid, folded up in an increasingly cramped space inside the uterus. The whole process usually culminates with the baby being pushed forcibly through a narrow, bone-walled birth canal, sometimes requiring assistance.

In the eyes of adoring parents, your infant looks like the perfect baby.

When you first get to see, touch, and inspect your newborn may depend on the type of delivery, your condition, and the condition of your baby.

Following an uncomplicated vaginal delivery, you should have the opportunity to hold your baby within minutes after the birth.

Infants seem to be in a state of quiet alertness during the first hour or so after delivery. It's a great time for you and your newborn to get acquainted and begin the bonding process.

During the first several weeks, much of the time your baby will tend to keep their fists clenched, elbows bent, hips and knees flexed, and arms and legs held close to the front of his or her body. This position is similar to the fetal position during the last months of pregnancy. Infants who are born prematurely may display several differences in their posture, appearance, activity, and behavior compared with full-term newborns.

Source: kidshealth.org

## FUN THINGS TO DO

### Rainbow Celery Experiment

What you'll need:

- Leafy Celery Stalks
- Mason Jars or drinking glasses filled with water
- Food coloring
- Scissors

Fill the jars or glasses about halfway with water and place them by sunlight. Then drop different colors of food coloring into the glasses.

Cut or rip stalks of celery and place them in the cups of colored water.

Let the celery sit. We started to see some faint color appearing in the celery after a few hours, and the next morning the leaves were tinted pale rainbow colors. After three days, we had these super bright and vivid colors! We also had some tired and wilted looking celery as the leaves dried out.

Take it further: Cut a single stalk of celery into three pieces and submerge each section into a different cup of colored water to see if the colors mix or blend in the leaves. Write down the reactions.

Source: pbs.org



## 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.