



ON THE CALENDAR

Immunization Clinics:

THURSDAY  
November 10th  
11 a.m. to 4 p.m.

THURSDAY  
November 17th  
7 a.m. to 11:30 a.m.

THURSDAY  
No shot clinic due to Thanksgiving

Breastfeeding Support Group:

TUESDAY  
November 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.

OFFICE CLOSED:

November 11th

Veterans Day

November 24th & 25th

Thanksgiving

Daylight savings time ends November 6th.



FOCUS ON FOODS

Thanksgiving certainly comes with its temptations as far as food goes, but the good news is that you can help prevent weight gain from this festive affair by learning which foods to avoid.

Root veggies are popular on Thanksgiving, and that's not entirely a bad thing. On their own, potatoes, sweet potatoes, beets, parsnips and other root vegetables are very nutritious. A sweet potato casserole can have about 500 calories per serving, which is 400 calories more than a serving of roasted sweet potato. The same thing happens when things like sour cream, cheese, bacon, gravy and other items are added into mashed potatoes.

The drippings from cooked meats are used to make gravy. Unfortunately, this makes the sauce high in fat and low in nutritious content.

A nice hot bowl of soup is an excellent addition to a

Thanksgiving meal. Many of the creamier soups contain a lot of sodium and calories. Adding ingredients like meats, cream and cheese make them healthier. Cranberries are great for your health. Cranberry sauce contains so much that the bad outweighs the good. Pre-made cranberry sauces also tend to contain preservatives and extra calories.

A warm roll is both comforting and delicious, this side dish isn't so healthy for you since the sugars and grains are highly processed in most recipes and pre-made rolls. Most people add on a generous amount of butter, which increases the fat and calorie content.

Mac and cheese is not as common as mashed potatoes or stuffing, but still shows up at Thanksgiving dinners, especially when a kid-friendly dish is needed for the little ones. Sadly, this cheese-heavy meal is high in calories and fat.

Source: symptomfind.com

BANANA RAISIN MUFFINS

- 2 cups oat cereal (crushed)
- 1 1/2 cups flour
- 1/3 cup packed brown sugar
- 2 1/2 tsp. baking powder
- 1 cup (2 to 3) ripe bananas, mashed
- 1 cup raisins
- 2/3 cup fat free or low fat milk
- 3 T oil
- 1 egg

Directions:

Preheat oven to 400. Grease 12 muffin cups or line with papers. Mix cereal, flour, brown sugar, and baking powder together. Stir in remaining ingredients and blend until moist. Divide evenly among muffin cups. Bake 18 to 22 minutes.

HANDWASHING ~ DO'S AND DON'TS...

Frequent hand-washing is one of the best ways to avoid getting sick and spreading illness. Hand washing requires only soap and water or an alcohol based hand sanitizer.

As you touch people, surfaces and objects throughout the day, you accumulate germs on your hands. In turn, you infect yourself with these germs by touching your eyes, nose, or mouth. It's impossible to keep your hands germ free, washing your hands frequently can help limit the transfer of bacteria, viruses and other microbes.

Remember to wash your hands BEFORE:

- Preparing food or eating;
- Treating wounds, giving medicine, or caring for a sick or injured person Inserting or removing contact lenses;
- Always wash your hands after preparing food, specially raw meat or poultry;
- Using the toilet or changing a diaper;
- Touching an animal or animal toys, leashes, or waste;
- Blowing your nose, coughing or sneezing into your hands;

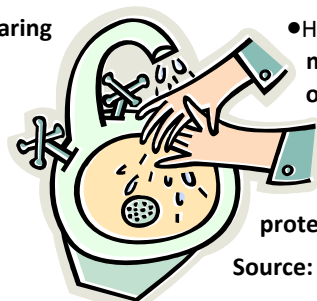
- Handling garbage, household or garden chemicals, or anything that could be contaminated with germs or bacteria.

How to wash your hands:

- Wet your hands with running water; apply soap, lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of your hands, wrist, between your fingers and under your nails. Rinse well. Dry your hands with a clean or disposable towel or air dryer. If possible, use your towel to turn off the faucet.
- Keep your children healthy. Encourage them to wash their hands properly and frequently too. Set a good example yourself.

- Handwashing doesn't take much time or effort, but it offers great rewards in terms of preventing illness. Adopting this simple habit can play a major role in protecting your health.

Source: mayoclinic.com



## BABY'S FIRST STEPS...

Sometime soon, your baby may **actually earn the right to bear the title "toddler"** — by taking his **first shaky steps**. (the range of development for this skill is wide — anywhere from **9 to 18 months is totally normal**.) What can you expect from these early wobbly walks? Your **amateur walker will probably have an uneven gait** that makes him look like he's always about to teeter over (and he often will!). And, like a **mini Mr. Magoo, he's going to bump into furniture, walls, pets, and people**. That's to be expected. After all, he's working so hard at putting **one foot in front of the other that he won't always notice what's right ahead of him**. Plus, at just one year old, he's still **farsighted and doesn't yet have the depth perception of an older child or adult**. Add in an adorable **lack of coordination**, and it's no wonder he **crashes from time to time**.

While it's important to take some **basic safety precautions** (carpeted floors, no-slip socks, thorough childproofing), try not to **stress over his inevitable and numerous tumbles**. Sure, your little one may cry if he

falls, but chances are he's more **frustrated than injured**. Remember, he's got built-in bumpers (that **chubby tush and cushy diaper**) and a **still-flexible skull designed to take a licking' and keep on ticking'**! The bottom line: **He'll likely forget his trips and tumbles long before you do**.

One thing you may notice is those **tiny toes turning inward (known as pigeon toes, toeing in, or in-toeing)**. Unless this condition persists for longer than **six months**, or **interferes with his walking**, it's nothing to worry about and will likely **correct without any intervention**. Ditto for **bowlegs, toeing out, tiptoeing, and flat feet**. All are **normal and typically self-correcting (but do speak with your child's doctor if you have any concerns — if, for example, these conditions seem to be causing pain or preventing your child from wreaking his usual havoc)**. **Have fun...and happy chasing!**

Source: [whattoexpect.com](http://whattoexpect.com)



## PREVENTING THE FLU — GOOD HEALTH HABITS...

Flu is a **serious contagious disease that can lead to hospitalization and even death**.

The single best way to **prevent the seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs**.

- 1. Avoid close contact with people who are sick.** When you are sick, keep your distance from others to protect them from getting sick too.
- 2. Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- 3. Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- 4. Clean your hands.** Washing your hands often will help protect your

from germs. If soap and water are not available, use an alcohol-based hand rub.

**5. Avoid touching your eyes, nose, or mouth.** Germs are often spread when a **person touches something that is contaminated** with germs and then **touches his or her eyes, nose, or mouth**.

**6. Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

**If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)**

Source: [cdc.gov](http://cdc.gov)



## PREGNANCY FACTS

In general, **women who are breastfeeding should focus on eating a healthy, balanced diet**. This is usually **sufficient for proper nutrition in breast milk**. According to **BabyCenter.com**, moms can add **200 to 500 extra calories** into this diet in order to **accommodate for breastfeeding**. There are **some foods that stand out for the great benefits they provide babies through a mother's breast milk, including:**

**Complex carbs:** Complex carbs in **whole grains, squash, apples, berries and brown rice** are nutritious and provide energy.

**Healthy fats:** These fats include **mono and polyunsaturated fats**, like those found in **salmon, avocado and nuts**, and are great for your diet.

**Proteins:** Eat **lean meats, eggs, nuts and other protein-packed foods for proper growth and development for your baby**.

**Calcium:** **Milk, cheese and yogurt** are good sources for the calcium a baby needs, just be mindful not to have too much.

**Fruits and veggies:** **Carrots, sweet potatoes, melons, tomatoes and other fruits and veggies provide essential vitamins and nutrients**.

**Water:** Make sure you're **getting plenty of water**. **Light-colored urine is a sign that you are well-hydrated**.

**Vitamins:** Moms can continue **taking prenatal vitamins for the first month of breastfeeding**. Then, they can switch back to their regular multivitamin.

Source: [symptomfind.com](http://symptomfind.com)

## FUN THINGS TO DO

Here's great family time toddler activity. You'll need a **big box (like a diaper box)** and some **empty cottage cheese containers (24 oz)**.

First, place the 3 containers on the top of a box and draw a **circle around the base**. Then use a utility knife (adults only) and cut the holes you just marked, but cut them a little bigger so you can push the containers in about halfway.

Then, print out the numbers/letters, cut them out and tape to the inside of the containers and put them in the holes you cut in the box. Then, lean the box up against a wall at a slight angle so if a ball lands in a cup, it will stay in and not roll out. Now is the fun part for your toddler.

Let him/her place or throw some balls or plastic eggs into the cups. You can have a fun family game by keeping score and seeing who can get the most points after 10 throws. Each time someone gets a ball in a cup, celebrate and "oh, yeah I got it in the #2 cup!". It's a fun way to teach your toddler numbers.

Supplies needed:

- **Big box (diaper boxes work great)**
- **3 (24oz) cottage cheese containers or any other**
- **utility knife**
- **small balls/plastic eggs**
- **printer to print the numbers/letter or marker**

Source: [toddertoddler.com](http://toddertoddler.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.