



ON THE CALENDAR

Immunization Clinics:

THURSDAY
November 12th
11 a.m. to 4 p.m.

THURSDAY
November 19th
7 a.m. to 11:30 a.m.

THURSDAY
No shot clinic November 26th due to the Thanksgiving Holiday

Breastfeeding Support Group:

TUESDAY
November 3rd
5:30 p.m.

FamilyPlanning:

Located at 511 Elm

THURSDAY
November 19th
Call 646-3379 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 26th and 27th
Observance of Thanksgiving



FOCUS ON FOODS

Thanksgiving – it’s supposed to be a time to **time.**

give **thanks for the things in your life you are grateful for.**

Many people are grateful for that Roasted Turkey, the mashed potatoes and gravy or the candied yams, but did you know that the average Thanksgiving dinner has **over 2000 calories?** That’s about what most people eat in a DAY!

If you’re like many of us, and you’re **watching your waistline**, Thanksgiving can be a real challenge. If you are a guest of a Thanksgiving dinner:

Don't go to the Thanksgiving dinner **hungry: we often eat faster and more** when we are hungry - **therefore eat a wholesome breakfast and lunch on the day to avoid overeating at dinner**

CornyGreenBean Casserole

- 1 (16 oz) package frozen French style green beans, thawed and drained
- 2 cups frozen corn, thawed
- 1 can condensed cream of celery soup, undiluted
- 1 cup chopped onion
- 1 cup sour cream
- 1 cup shredded cheddar cheese
- Salt and pepper to taste
- 1½ cups crushed butter-flavored crackers
- ½ cup French fried onions

Directions:

Combine beans, corn, soup, sour cream, cheese, salt and pepper. Bake in a 9 X 13 baking dish. Sprinkle with crackers and French fried onions. Bake uncovered at 350F for 25 –35 minutes or until heated.

Thanksgiving dinner is not an all-you-can-eat buffet: Fill your plate half with vegetables, one quarter with a lean meat and the rest with a starch of your choice. **Eat slowly and stop when you are full.**

Turkey - **go skinless:** choose your **4-oz turkey portion** skinless to slash away some fat and cholesterol. Save your appetite for the side dishes and desserts.

Side Dishes - watch your portion size: go for **smaller portions.** This way you can sample all the different foods. **Moderation is always the key.**

Make a **conscious choice to limit high fat items: high fat food items** can be found in **fried and creamy dishes as well as cheese-filled casseroles** in a

H1 N1 VACCINE : FACT & FICTION ..

Public health departments across the nation are now battling not only a **fast spreading influenza virus, but also unfounded fears about the vaccine that can prevent it.**

The good news is that for the first time in more than 50 years we’ve made a vaccine against a pandemic strain of influenza before the **onset of winter**, when **lower temperatures and humidity allow the virus to spread more easily.**

Distributing this vaccine to those who need it most—**pregnant women, health care workers, children older than six months and people with compromised immunity**—will be difficult enough.

But the task is made **harder by the various myths, spread on TV talk shows and Web sites, suggesting that Americans have more to fear from the vaccine than from the deadly disease it prevents.** Here are some of those **MYTHS**, and why they’re **wrong:**

“Swine Flu” vaccine is unsafe: The H1N1 virus **revealed itself too late** for it to be included in the year’s seasonal flu vaccine. The **H1N1-specific vaccine was manufactured in the same way as the regular vaccine.**

The VACCINE is UNTESTED: The H1N1 vaccine has **already be given to thousands of volunteers** to determine whether it could **protect them from the virus and to make sure that it caused no adverse reactions.** Only then did the **Food and Drug Administration license it.**

The VACCINE has a DANGEROUS PRESERVATIVE Thimerosal, a preservative containing ethyl mercury has been linked to **autism or mercury poisoning.** In fact, recent studies found **infants can safely receive eight times as much mercury** as is contained in the H1N1 vaccine.

Source: Paul A Offit, Chief of the infectious diseases division of the Children’s Hospital of Philadelphia



BRIGHT BEGINNINGS...

The Livingston Health Center would like to make you aware of a new program called **BRIGHT BEGINNINGS**. Our nurses will visit with you before and after baby arrives to **answer questions and empower you to make the best health decisions for your child**. The nurses will visit with you during your WIC appointment to set up a time and date that will work for you.

Areas that will be covered are:

- Growth and Development
- Smoking Cessation
- Feeding and Safety
- Referrals to Community Services

Choices that you make before and after your will make a big impact on their lives as well as yours.

Growth and Development ~ Knowing that your child is growing and developing as he/she should, will also ease your mind.

Smoking Cessation ~ Are you a smoker? Smoking during pregnancy puts your baby in danger. When you smoke they also smoke. Our nurses will give you information on the hazards of smoking during and after your baby is born.

Feeding and safety ~ The feeding and safety of your baby will also help you as first time parents or even if you are already parents make wise decisions.

Referrals to Community Services ~ If you have any needs or help with your heating bills, child screenings or just a question in general about the services in our community we can answer them and help you to get in touch with them.

If you have any questions or concerns feel free to call our office at **660-646-5506** and ask for **Mary Taylor, RN** or any four other nurses and they will be glad to help you. Our office is located at **800 Adam Drive**.



SYMPTOMS OF H1N1...

H1N1 and seasonal flu symptoms are much alike; including: **fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue**.

According to the CDC, more people **who are sick with the H1N1 virus are experiencing vomiting and diarrhea** than folks usually do with seasonal flu. Keep plenty of **clear fluids on hand and stay well hydrated**. It can be hard to tell the difference between flu, a cold or other respiratory illness with children. The **best course of action is to see your health care provider immediately** so that you can know for sure and get treatment started early.

This is **especially true if you suspect the flu (or any other) and your child has another condition or illness** that could cause complications. **Children under 5 are already at higher risk for**

complications but **something like asthma can also increase the risk**. Asthma is difficult to diagnose in a toddler. Even if you **haven't had a formal diagnosis** but your child has had **episodes of wheezing and respiratory infections** be sure to **see your health care provider at the first signs of illness**.

If your toddler experiences any of the following symptoms, **fast breathing or trouble breathing, bluish or gray skin color, not drinking enough fluids, severe or persistent vomiting, not waking up or not interacting, being so irritable that the child does not want to be held**. Flu-like symptoms **improve but then return with fever and worse cough**, seek immediate emergency care.

Source: <http://babyparenting.about.com>



PREGNANCY FACTS

Your **pregnant and stressed**. Recognize that you do indeed **feel stressed**. Accepting the fact you are **stressed and identifying** the situations that **cause you stress are the first steps in helping reduce it**. You can also **help reduce your stress** by:

- Eating regularly and nutritiously and drinking lots of water.
- Resting when you can—and when your body needs it.
- Exercising (with your health care provider's OK).
- Relaxing by meditating, listening to music or writing in a journal.

Resisting any urges to drink alcohol, smoke or take herbal products or drugs (except those prescribed by your health care provider). Staying away from stressful people and stressful situations, when possible. Talking—to your partner, friends, relatives, health care professionals and your employer.

If you feel **overwhelmed**, talk with a **trained counselor or other mental health professional**. Going to all your **prenatal care appointments** will give you the **reassurance that everything is okay** with your **baby**. Let your **health care provider know about a problem while there is still time to do something** about it. You'll feel **less stressed** because you know you are doing the **best for your baby**.

Source: March of Dimes

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.

FUN THINGS TO DO

Children will enjoy **creating** this one-of-a-kind paper turkey for Thanksgiving.

What you'll need:

Construction paper in **brown, tan, orange, red, yellow and white, scissors, and glue**.

Trace both feet (with shoes on) on brown construction paper. **Trace both hands** on tan construction paper, red construction paper, and **both hands** on orange construction paper. **Trace one hand** on yellow construction paper. Cut out all the pieces. Cut out all the hands and feet tracings. Put the **two feet tracings together to make the turkey body and head**, placing the **heels together one on top of another, and spreading the bottoms apart**. Glue.

Cut two feet out of the orange scraps, then cut a diamond shape for the beak. **Draw the eyes on white paper and cut them out**. Make the **wattle out of red construction paper**. Glue each piece onto the body.

Attach the tail: Glue the **red, orange, and yellow construction paper hands behind the brown body to make the tail**.

Position the two tan hands on either side of the body to make the turkey's wings and glue them in place.

Source: <http://crafts.kaboose.com>

