

RENO COUNTY  
HEALTH  
DEPARTMENT

CALENDAR AT  
A GLANCE

Foot Care Clinics

- Thursday, February 4th  
Sunrise Acres  
1:00pm – 3:30pm
- Thursday, February 11th  
Pretty Prairie Sr. Center  
9:00am – 11:00am
- Thursday, February 18th  
Sylvia Senior Center  
1:00pm – 3:00pm
- Thursday, February 25th  
Central Friendship Meals  
9:00am—11:30am

Child Care Class

A class for prospective child care providers will be held on Thursday, February 4th at 3:15pm.

For more information or to register, call Nancy Gay at 694-2900.

This class is for adults only and there is a \$20.00 registration fee.

Immunization Action  
Plan Clinics

Tuesday, February 23rd

Amish Community  
Building  
5917 W. Mills Ave  
9:45am—11:00am

Tuesday, February 23rd

Yoder  
2913 East Red Rock Road  
1:30pm—3:30pm

Seasonal Flu  
& H1N1  
Vaccinations are  
still available at  
all locations!!

# Health Flash

FEBRUARY, 2010



## National Wear Red Day—Friday, February 5th

Today, we're learning more and more about the way our health needs change over time.

**While some things never change, like the need for a healthy diet, regular exercise and a positive attitude, other aspects of your health are simply due to your stage of life.**

The more thoughtfully you protect your heart starting as early as your 20's, the less likely you'll face the life-threatening challenges posed by cardiovascular disease.

No matter what your age or where you feel you are in your life, the best time to take action and get healthy is always right now!

From jogging with your friends, to

swapping healthy recipes, to keeping up with loved ones and learning your family history, your heart health depends on a life-long commitment. As always, the first way for you as a woman, to **GO RED** is to take care of yourself every day. Because when you do, your life can be as beautiful as you are yourself!

As doctors have learned more about cardiovascular disease, they've also discovered the steps you can take to help you keep your heart healthy.

- ♥ For physical activity, think walking, jogging, cycling or dancing with someone you love.
- ♥ For healthy diet, think whole grains, delicious

fresh fruits, vegetables and more.


- ♥ For reducing stress, think of taking time for your favorite hobby or celebrating your "unbirthday" with your best friend.
- ♥ For quitting smoking, think about saving the money you're spending on tobacco for a fun family trip.

**Of course these are just some of the fun ways you can add heart-healthy habits to your daily routine. So, why not get started now??? A healthy heart is probably the nicest gift you could give yourself and your loved ones.**

For more information:  
[www.goredforwomen.org](http://www.goredforwomen.org)

## National Children's Dental Health Month

**February is National Children's Dental Health Month and a chance for you to help your kids brush up on good oral hygiene. The following tips can help your children maintain a great and healthy smile all year long.**

 Brush at least twice a day to remove plaque. If plaque is not removed, it can lead to cavities.

Floss daily. Flossing helps to remove food from in between teeth that a toothbrush can't reach.

Eat healthy and nutritious foods and limit the intake of sugary carbonated drinks

Visit your dentist for regular check ups and cleanings.

Fluoride treatments twice a year are very beneficial in preventing tooth decay.

Sealants can be applied to the chewing surfaces of the back teeth and premolars. Sealants help to prevent tooth decay.

Wear a mouth guard during sports. Mouth guards can greatly reduce injuries to the mouth and teeth.



# Healthy Eating



**FREE HIV Testing**

**February 5th**

**9:00am—4:00pm**

- Confidential
- No Appointment Necessary
- Results in 20 Minutes

**WIC can help you get nutritious food for you and your family!**



**Their light texture and fruity flavor make these heart-shaped scones a treat for your sweetie!**

Whether you have a toddler or a teen, here are five of the best strategies to improve nutrition and encourage smart eating habits:

1. **Have regular family meals**
2. **Serve a variety of healthy foods and snacks**
3. **Be a role model by eating healthy yourself**
4. **Avoid battles over food**
5. **Involve kids in the process**

Family meals are a comforting ritual for both parents and kids. Children like the predictability of family meals and parents get a chance to catch up with their kids. Kids who take part in regular family meals are also:

- ♥ More likely to eat fruits, vegetables and grains
- ♥ Less likely to snack on unhealthy foods.
- ♥ Less likely to smoke, use marijuana or drink alcohol.

In addition, family meals offer the chance to introduce kids to

new foods and to act as a role model for healthy eating.

What counts as a family meal? Anytime you and your family eat together—whether it's take-out food or a home-cooked meal with all the trimmings. Strive for nutritious food and a time when everyone can be there. This may mean eating dinner a little later to accommodate a child who's at sports practice. It can also mean setting aside time on the weekends, such as Sunday Brunch, when it may be more convenient to gather as a group.

## Women Infants & Children (WIC)

What is WIC?

WIC is a temporary assistance program for Women, Infants and young Children who have a nutritional need for the program.

WIC provides nutrition education (ideas to help improve eating habits) and supplemental foods (checks to buy specific foods for good health).

What are the requirements for WIC?

Women must be pregnant, breastfeeding, or have recently delivered a baby. Children must be under five years of age.

Clients must also:

- Be determined at nutritional risk by a health professional.
- Receive a health check up by WIC staff
- Meet income guidelines

- Live in the State of Kansas

WIC checks are used like checks, used to buy specific foods and are used at a WIC approved grocery store.

Some of the WIC supplemental foods are: Juice, cereal, eggs, peanut butter, dried beans, milk, cheese, iron fortified infant formula and infant cereal. For more information: call 694-2900 and ask for a WIC Representative.

## Cranberry Sweetheart Scones

### Ingredients

- cups flour
- 1 tbsp. sugar
- 2 tsp. baking powder
- ½ tsp. salt
- 4 tbsp. margarine
- 1 tsp. orange zest
- 1 cup chopped fresh cranberries
- 2 eggs
- ½ cup milk

### Instructions

1. Combine the 1st four ingredients in a large mixing bowl. Blend in the margarine with a fork until the mixture is crumbly. Using a wooden spoon, stir in the zest and cranberries. In another bowl, beat the eggs well and then stir the milk into them.
2. Make a well in the middle of the dry mixture

and pour the wet ingredients into it. Stir just until blended. Turn the dough onto a floured surface and knead a few times. Pat the dough to a 1 inch thickness. Use a butter knife to cut heart shapes. Bake on an ungreased cookie sheet at 400 for 12-15 minutes.

Makes 8 scones