



MAY-JULY 2021

QUARTERLY NEWSLETTER

EDITION IV



Sunny Salad with Berries ☀️

Ingredients:

½ cup honey mustard dressing (or dressing of choice)

1 cup pecans (toasted)

12 cups salad greens

4 oz goat cheese crumbled (or feta cheese)

½ cup dried cranberries (or raisins)

1 cup strawberries (sliced)

1/2 cup grilled chicken (tip: use left over chicken from another meal!)

Serving: 1 salad | Calories: 725 cal | Carbohydrates: 29.3g | Protein: 27.7g | Fat: 56.4g | Saturated Fat: 16.5g | Cholesterol: 150mg | Sodium: 820mg | Fiber: 6.4g | Sugar: 18.1g

Featured:

- Sunny Salad Recipe
- Mental Health Month
- Shop Local: Perks of Farmer's Markets
- COVID Update: Vaccinations for ages 12+
- Summer Family Fun: Bucket List

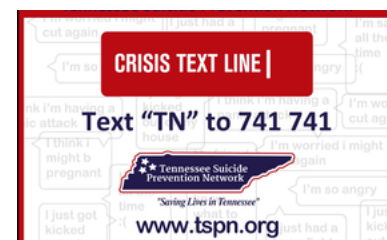


May is Mental Health Awareness month and Henry County Medical Center has several activities planned throughout the month of May to raise awareness and help stop the stigma surrounding mental health. Tune in to our **"Silence the Shame" video series** for a new video each Tuesday in May to learn about resources in our area, as well as powerful testimonials from people in our community who have turned mental health struggles into stories of encouragement and hope. These videos can be viewed on the HCMC Facebook page at facebook.com/hcmcparistn. For questions or help connecting you to a mental health provider, call our HCMC Findline at 731-644-3463 or visit our website at www.hcmc-tn.org.

- **1 in 5 people will suffer from mental illness or substance abuse.**
- **2 out of 3 with a mental health disorder don't seek help, typically because of the stigma associated with these issues.**



Talking to your loved one about behavioral health problems can be difficult. One of the most important ways you can help a loved one is by connecting them to professionals that can help with their treatment and recovery. Talk to your healthcare provider about resources that you can tap into to get your loved one the help they need. You can also reach out to the free, confidential hotlines and resources below:



"Flip the Script on Childhood Mental Health."

Alisha Fortenberry, MSW Student, Union University
Intern with Le Bonheur Community Outreach

Childhood mental health is so important. It aids in the ability to reach developmental milestones and make social connections. Fostering good mental health in kids is the beginning of learning how to deal and cope with life's difficulties. It is estimated that about 15 million children are at risk for being diagnosed with a mental health concern (about 1 in every 5 children). Of those 15 million, it is estimated that only about 7% of these children actually get the help that they need from a mental health professional. Mental health concerns among kids don't discriminate against race, background, or gender.

It is important to be aware of signs and symptoms that could possibly indicate if a child is struggling with their mental health. Some of these signs could include: changes in sleep patterns, frequent outbursts of anger, isolation, excessive worrying or anxiety, and frequent disobedient or aggressive behaviors. These behaviors could be triggered as result of genetic, biological, or environmental stressors. After recognizing signs and symptoms, it is important to address concerns. A great place to start is seeking evaluation from a professional licensed mental health provider/counselor. Children thrive in environments that are loving, trusting and safe. Being a part of a school that is not only focused on a child's academic success but mental well-being is also helpful. Making sure children are involved in local activities and events can be a therapeutic outlet for them by providing social activity.

All in all, maintaining frequent conversation and beginning to apply these interventions could be the start of flipping the script on children's mental health.

Our Proud Grow Well Partners





Why Shop Local? West Tennessee's Farmer's Markets



- **Fresher, richer flavor** – Farmer's markets are stocked with fresh seasonal, local produce. If your produce is coming from across the US or another country, it is picked before it's ripe. As it travels to your local grocery store, it ripens in a cardboard box, often after being sprayed by chemicals to prevent it from ripening too quickly.
- **Better nutrition** – When produce is picked before it's ripe, the nutrients do not fully develop in the flesh of the fruit. If you eat seasonally, you are guaranteed to consume a variety of produce, which will assist you in eating a balanced diet.
- **Cost efficient** – Produce in season is more abundant, so it is less per pound in the store.
- **Environmentally friendly** – As we truck in produce from other areas, it requires gas to get the produce to the store. This fuel charge is something often added to price of the food upon delivery, not to mention what this does to the carbon footprint.
- **Community benefit** – Buying your produce from local farmer's markets is a great way to build community, but also allows you to feel more connected to where your food is coming from and who is growing it.

Check out our partners- **the Northwest TN Local Food Network**- for more information about Farmer's Markets- <https://nwtlnfn.org/markets/>

What parents need to know about new COVID-19 vaccine authorization for children 12 and up

Posted: May 10, 2021



The United States Food and Drug Administration (FDA) recently authorized use of the Pfizer-BioNTech vaccine in adolescents ages 12 and older. Find out answers to some commonly asked questions by scanning the QR code (←) or visiting:


<https://www.lebonheur.org/blogs/practical-parenting/what-parents-need-to-know-about-new-covid-19-vaccine-authorization-for-children-12-and-up>



Make This Summer One To Remember

Nicole Newman, Supervisor Community Programs
Le Bonheur Community Outreach

Nothing can aggravate a parent more than hearing the overly used line, **"I'm Bored"**, ESPECIALLY during the summer months. Perhaps now more than ever, we've learned to stay creative during our time at home thanks to the COVID-19 pandemic. However, this year we are hopeful for a sunny, healthy summer- OUTSIDE of the house! Let's enter into Summer 2021 by compiling a Summer Bucket List, one that is SURE to ward off any summer boredom.

What are some of your family's favorite things to do? What are some **FREE** things you can do as a family around your neighborhood? Are there any skills your child has been wanting to learn? What projects sound fun? Keep a running list of things your little ones can do this summer to keep them busy and always learning. Here is a sample bucket list to get you started. Feel free to sit down with your family and make one of your own! 



Sample Bucket List:

- Have a yard sale
- Star gaze in the back yard
- Play hide and seek with ALL the neighborhood kids/friends
- Have a grill out (try grilled veggies!)
- Catch fire flies
- Have a picnic
- Go swimming
- Enjoy a game of tennis (check out a local park)
- Start a dog-walking business
- Make homemade ice cream with fresh fruit
- Try fishing
- Play frisbee
- Go to a baseball game
- Have a dance party
- Make a bird feeder
- Plan a special trip to the zoo
- Hike a nature trail
- Visit a local park
- Have a water balloon fight
- Go to a drive in movie
- Set up a lemonade stand

CHECK OUT OUR COMMUNITY CALENDAR OF EVENTS!

[http://www.growwelltn.org/
county-events/](http://www.growwelltn.org/county-events/)

To submit any events going at your organization, please send details to Nicole.Newman@lebonheur.org