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QUARTERLY NEWSLETTER

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Featured:

- Exercise 1 hr a day!
- Helping children cope with tragedies in our community
- Prevent T2 Diabetes
- 3 Ingredient Pumpkin Bites & Health Benefits of Pumpkin
- Get Your Flu Vaccine!

Learn more
about
exercise!



FALL
INTO GOOD HABITS...
EXERCISE ONE HOUR A DAY

Who are we?

Meet our Grow Well Partners



PARIS AND HENRY COUNTY
HEALTHCARE FOUNDATION INC.

Le Bonheur
Children's Hospital



HARDEMAN COUNTY
COMMUNITY HEALTH CENTER

HIC HENRY COUNTY
MIC MEDICAL CENTER

How to talk with children and help them cope with tragedies in our community and on the news

Carlos Torres, PhD

Le Bonheur Family and Employee Assistance Program Counselor

In the aftermath of tragic events, families often wonder how to best support their children and help them cope with painful news. The American Academy of Pediatrics (AAP) encourages parents, teachers, child care providers, and others who work closely with children to filter information about traumatic events and present information in ways that their child can understand, adjust to and handle in a healthy way. Begin by asking your child what they already know or have seen and heard. When tragic events gain media attention, it is likely that children have already heard something about them. That's a good place to start. Ask them what they know or have seen and try to find out where they are getting that information. After listening to understand, ask them how they feel about what has happened. Let your child know that their feelings are valid and that you are here to support them. Ask them if they have any more questions before offering new information. Older children, teens, and young adults may ask for and benefit from additional information. But regardless of your child's age, it's best to keep your conversation straightforward and direct.

Limit exposure to graphic details and visuals. While children want information to understand what's going on, it's best to avoid graphic information and images. Keep younger children away from repetitive graphic scenes and sounds on the television, radio, social media and websites. If you regularly view news coverage with your older children, the AAP recommends pre-recording the segments so that you can screen them before deciding if they're appropriate to watch together. Before beginning the program, ask your child if they would like to watch it with you and let them decide if it's something they can handle.

Provide age-appropriate information. The best way for your child to learn about a major crisis event is to hear it first from you or another parent, caregiver or loved one. Assume that if you don't talk to them, they will learn about what's happening some other way, even if they are only pre-school aged. Provide accurate information, answer questions as they arise and reiterate that you are here to support your child with any feelings they experience. Parents who have a child with a developmental delay or disability should gear their responses to their child's developmental level or abilities, rather than their chronologic age. If your child has an autism spectrum disorder (ASD), tailor to their specific needs and try to prepare for the discussion in a way that you know is calming or most comforting for them. ...continued



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How to talk with children and help them cope with tragedies in our community and on the news

Discuss your family safety plan and trusted sources of information.

After you and your child have processed feelings, consider having a discussion about the reliability (or lack thereof) of the different types of information that we encounter in our lives. These days, misinformation abounds and it is useful for parents to discuss with their kids the difference between legitimate sources of information (possibly teachers, mentors, reputable news sites, etc.) and likely sources of misinformation (many social media outlets). A great place to have that conversation regarding information sources is when families discuss what they can do to remain safe in their community. Any conversation around establishing safety protocols should include knowing who your trusted sources of information are.

Watch for signs of stress.

You may see signs that your child is having difficulty coping with recent events. Some of the things to look for are: increased arguing and irritability; increased whining or crying; prolonged periods of sadness, worry, anxiety or fear; physical symptoms such as headaches and stomachaches; sleeping problems including trouble falling or staying asleep, difficulty waking up; nightmares or other sleep disturbances; changes in eating habits; in teens, turning to tobacco, alcohol or other substance use.

Sometimes it can be hard to tell if a child is reacting in a typical way to an unusual event or whether they need extra support. If you are concerned, talk to your child's pediatrician, your child's teacher, or a mental health professional or counselor in the school or community.

PLEASE JOIN US FOR THE

What is it?

As part of a PreventT2 group, you will work with a trained lifestyle coach and other participants to learn the skills you need to make lasting changes. You will learn to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes.

PreventT2 is a year-long program with weekly meetings for the first 6 months, then meetings once or twice a month for the second 6 months to help you maintain your healthy lifestyle changes. By meeting with others who have prediabetes you can celebrate each other's successes and work together to overcome obstacles.



Classes are being scheduled soon! Want to join us?
Call 731-644-3463 to be put on list for our next session.

3 INGREDIENT PUMPKIN BITES

Each year, I can't wait for the weather to cool down in time to whip out this annual recipe. It never fails... this recipe is always a crowd pleaser. And the best part? It's SO easy! With only three simple ingredients, this might become a staple in your home each Fall.

-Nicole Newman, Supervisor of Community Programs,
Le Bonheur Community Outreach

Ingredients:

- 1 box of spice cake mix
- 1 cup of water
- 1 can (14-15oz) of pumpkin puree

This recipe could not be any easier. Combine all the ingredients and fill your lined cupcake pan. Bake on 350 for about 15-20 minutes.

Nutrition

Calories: 77kcal | Carbohydrates: 13g | Protein: 1g | Fat: 3g | Saturated Fat: 1g | Sodium: 149mg | Potassium: 59mg | Fiber: 1g | Sugar: 7g | Vitamin A: 4IU | Calcium: 27mg | Iron: 1mg

Wanna spruce it up even more?

Try adding chocolate chips or topping with cream cheese icing.

Health Benefits of Pumpkin

This stunning squash is considered a superfood, meaning it is nutrient dense, while being low in calories. Pumpkin is great for your eyes (vitamin A), healthy for your heart (potassium), and can boost your immune system (vitamin C). Pumpkin is loaded with fiber, which is great for your gut and helps you feel full longer. You can roast pumpkin in the oven as a side dish, roast their seeds and enjoy those as a snack, or add pumpkin puree to many baking dishes, like the recipe above.



Healthy Tip:





Common Questions about the Flu Shot:

Information from CDC.gov

What exactly is the flu shot?

Influenza vaccines (often called “flu shots”) are vaccines that protect against the most common influenza viruses. All flu vaccines for the 2022-2023 season are “quadrivalent vaccines”, which means they are designed to protect against four different flu viruses, including two influenza A viruses and two influenza B viruses.

What's new for this season? According to the CDC, there are three flu vaccines for people 65 years and older that are preferentially recommended over your standard-dose flu vaccines. These are Fluzone High-Dose Quadrivalent vaccine, Flublok Quadrivalent recombinant flu vaccine and Fluad Quadrivalent adjuvanted flu vaccine.

Who should get the flu shot?

It is important for all people 6 months and older to get a flu vaccine every year.

When is the best time to get the flu shot?

It's best to be vaccinated before the flu begins spreading in your community. September and October are generally good times to be vaccinated. Ideally, everyone should be vaccinated by the end of October. However, even if you are not able to get vaccinated until November or later, vaccination is still recommended because flu most commonly peaks in February and significant activity can continue into May.

For more information, talk to your provider or visit [cdc.gov/flu/season/](https://www.cdc.gov/flu/season/)

Find out more about all of our programs at

www.growwelltn.org

