



December Health Newsletter

Nurse Katie M. Fisher-Walz's Health Tips:

Influenza is abounding this late Fall/early Winter season. With this in mind, many of us may be asking ourselves what we can do to avoid contracting influenza, or to stop the spread of influenza to others. Here are some tips on how to keep ourselves, our children, and our co-workers safe this winter season.

1. Get the Influenza vaccination! Even though Influenza season



**Winter Health
Tips-How to Stay
Healthy During the
Winter Months**

**Healthy “Family-
Friendly” Winter
Recipes**

**Influenza
Signs/Symptoms**

**“Healthy & Fun
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**Winter Exercise
Activity**

**Nurse Katie M.
Fisher-Walz:**

725 W. 2nd Street
Ottumwa, IA 52501

kwalz@sieda.org

641-682-8741 ext. 163

is already upon us, it is still not too late to get an Influenza vaccination. Contact your family doctor, or the public health department to get vaccinated. Grocery stores, such as Hy-Vee, or pharmacies, such as Walgreens, provide the Influenza vaccination at minimal to no-cost, as well.

2. Follow a heart-healthy diet! Make sure you are eating, and you are feeding your children foods that are high in Vitamin-C and Vitamin-D, and are encouraging your children to consume low-fat, or skim milk every day for proper bone health. Luckily, we also get a nice boost of Vitamin-D from the sun!
3. Since the Influenza vaccination is not 100% effective and does not protect against every strain of the “flu,” you should also follow these tips to help prevent you and your family from contracting Influenza.
 - Wash your hands often! One of the most common ways individuals catch Influenza, is by rubbing their eyes or noses after their hands have been contaminated. Wash your hands often, specifically before, during, or after you prepare food; after you use the restroom; after handling/touching animals, including your household pets and their “waste” products, and whenever your hands are visibly dirty/soiled.
 - Disinfect your home routinely. Use soap and hot water to disinfect toys and objects that your children commonly touch and/or put near their mouths/faces. Make sure you disinfect commonly touched surfaces every day, including door knobs, kitchen counters, and bathroom sinks, toilets, and telephones. Lysol wipes are an easy way to disinfect surfaces in a hurry. Nothing beats, in my opinion, though, good old muscle/arm grease with a towel and hot, soapy water!
 - Teach your child proper “cough etiquette,” which means teaching your child the importance of turning their head and coughing into the side of their elbow. Carry hand-sanitizer wipes or gel in your car, backpack, or purse to keep your hands less “germy!”
 - Avoid contact with those you know to be ill. Avoid exposing younger children to large crowds of people if you do not have to during Influenza season, even if this means missing your favorite sporting or music event!
 - Send a reusable water bottle to school with your children, or take one yourself with you to work. Water fountains, especially fountains in schools, tend to harbor a lot of germs, especially during Influenza season. By bringing a water bottle of your own, you are helping to minimize the amount of germs entering into your or your child’s body. Make sure to wash the bottle every night with warm, soapy water.

VITAMINS IN OUR FOODS

Vitamin-A rich-foods:

- orange fruits and vegetables (like cantaloupe, carrots, sweet potatoes)
- dark green leafy vegetables (like kale, collards, spinach)

Vitamin-B rich-foods:

- whole grains, such as wheat and oats
- fish and seafood
- poultry and meats
- eggs
- dairy products, like milk and yogurt
- leafy green vegetables
- beans and peas

Vitamin-C rich-foods:

- citrus fruits, like oranges and kiwi
- cantaloupe
- strawberries
- tomatoes
- broccoli
- cabbage
- sweet red peppers

Vitamin-D rich-foods:

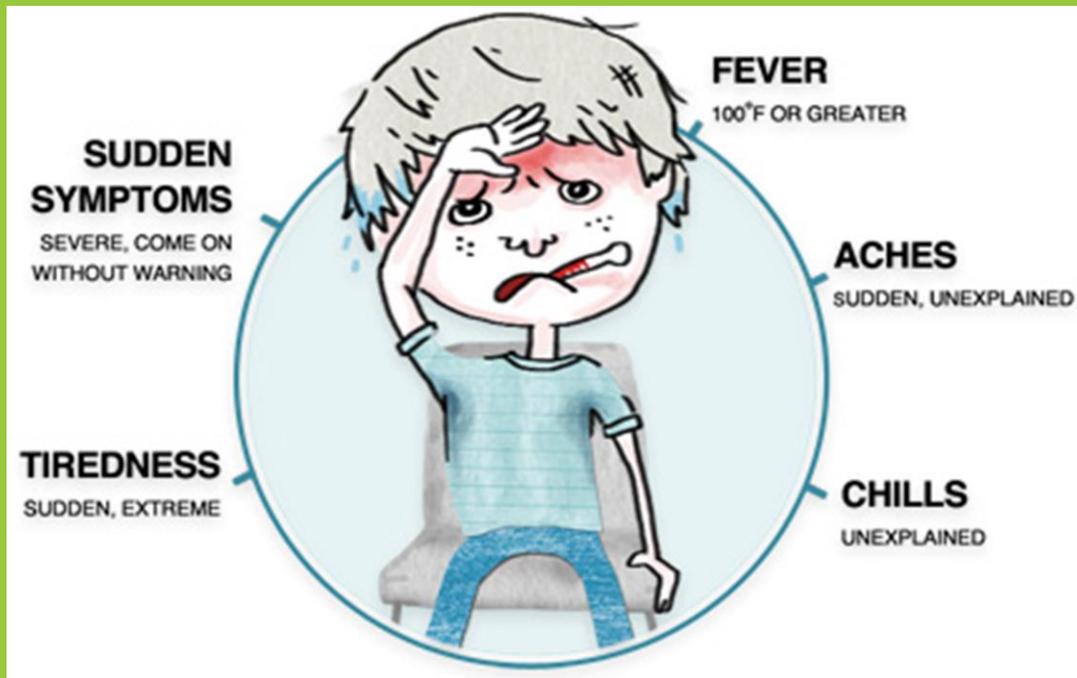
- milk fortified with vitamin D
- fish
- fortified cereal

Vitamin-E rich-foods:

- whole grains, such as wheat and oats
- leafy green vegetables
- nuts and seeds

- Send your child, or go to work yourself, with your stomach full! It is essential, especially during the winter months, to maintain proper nutrition to stay fit and healthy. Be sure breakfast is served every morning. This not only helps one's physical health, but also mental health, because I fully believe we always think better when we have "fuel" for our brains! Oatmeal with fresh berries, toast with peanut or Sun butter, or an egg-white omelet with lean-ham and fresh veggies makes for a great breakfast meal! Top it off with skim milk, and you have provided your child and/or your body with the "fuel" it needs to keep working effectively during the day. ☺

Influenza Signs/Symptoms



Flu symptoms can be mild or severe, and can come on suddenly (usually within 1-4 days of exposure)-be sure you know your treatment options so you can be well-prepared.

The common symptoms of Influenza include, but are not limited to:

- Fever (100°F or greater)
- Headache
- Muscle aches
- Chills
- Tiredness
- Cough
- Runny nose (more common in children than adults)

If you have any of these symptoms, especially a combination of 2 or more symptoms, contact your family doctor for appropriate Influenza-cares.

Winter Exercise Activities: for Children of all Ages and Adults:

1. **Indoor Ice Skating:** This activity works best when played on carpet. Place foot size pieces of wax paper on the floor, and open your own ice skating rink! For hardwood or tile floors, simply wear a thick pair of wool socks. Play some fun music (ex., “The Skater’s Waltz”) and play freeze-skating. When the music is playing, “All Skate.” When the music stops, children freeze in place in their favorite “animal-pose!”
2. **Follow the Leader:** As your children move around the room, follow them. Do any exercises they do, including gallops, wiggling, one-footed hops, backwards walking, tippy-toes, etc. Then you be the leader. Lead your children into a homemade obstacle course by arranging furniture safely and maneuvering over, around, thru, and behind the obstacle course objects!
3. **“Simon Says” or “Hot, warm, cold”:** This is always a fun and energetic game to play on a cold, Winter day!
4. **Crab Soccer:** Blow up a balloon or use a nerf ball. Get down on your hands and feet, belly facing up, bottom off the ground, and get moving! Try to get the ball into another person’s goal without ever getting out of your crab position, and never using your hands. A lot trickier than it sounds! 😊
5. **Popcorn Pushups** – Put a small bowl of popcorn on the floor (try Boom Chicka Pop or Skinny Pop for a low-fat healthy option). Lower yourself down and stick out your tongue to get a piece of popcorn with each thrust! What a tasty, yet fun workout...no gym membership required or fees to pay!

“Healthy & Fun” Stocking Stuffers

1. Gift card to one’s favorite healthy-eating restaurant (great local options include; Pita Pit or Subway). Also, consider a gift card to your local gym or recreational center (YMCA, Anytime Fitness, etc.)
2. Dark-chocolate bars or chocolate-covered almonds (great source of protein). My favorites are dark-chocolate Toblerone & Galaxy Smooth Dark Chocolate.
3. Hand-held electronic games (choose Solitaire, Scrabble, or Sudoku to boost brain-power!)
4. Fun Band-Aids! (What child wouldn’t be excited to have Avengers or Hello Kitty on their “battle scars!”?)
5. Magazine subscriptions (I suggest Men’s or Women’s Health).

Family-Friendly Winter Recipe:

Slow-Cooker Taco Soup Recipe (kid-friendly):

Ingredients-

- 1 lb. cooked and chopped lean, ground turkey
- 28 ounce can of crushed or diced tomatoes
- 2 cups frozen corn
- 2 cups black beans
- 2 cups red kidney beans
- Ranch seasoning recipe (listed below)
- 2 Tbsp. Taco seasoning
- 1 small onion, chopped

Ranch Seasoning Recipe:

- 1 teaspoon dried chives
- 1 teaspoon dried parsley
- 1 teaspoon dried dill weed
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Directions-

- Place all ingredients in a crockpot or slow-cooker, and cook on low heat for 4-6 hours. Stir occasionally.
- Serve warm. May garnish, if desired, with broken up tortilla chips, and low-fat sour cream.

