



National Eye Exam Month

August 2009 Newsletter

Healthy Waldo County

A Local Healthy Maine Partnership



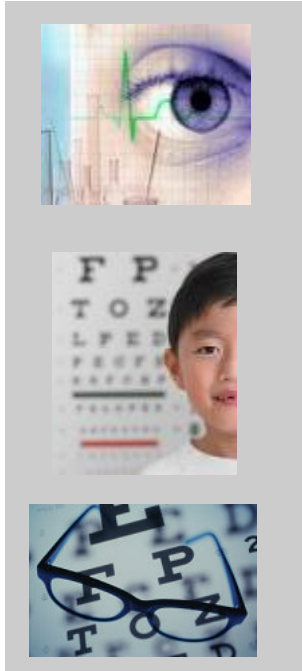
The Eyes Have It! Time for a check up?

Have you have found yourself sitting closer to the TV...
Or started holding your magazines at arms length...
Or squinting at report cards, office memos and recipes?

If you or someone you love has any of these behaviors, it may be time to have an eye checkup:

- Rubs eyes excessively
- Shuts or covers one eye
- Tilts or thrusts head forward
- Has difficulty with reading or other close-up work
- Holds objects close to eyes
- Blinks more than usual or is irritable when doing close-up work
- Is unable to see distant things clearly
- Squints eyelids together or frowns
- Complains that eyes itch, burn or feel scratchy
- Complains of dizziness, headaches or nausea after doing close-up work
- Blurred or double vision

Need help finding an ophthalmologist or optometrist : dial 211 to find one in your area



Healthy Eyes– The Basics

- **Quit Smoking–** Smoking can lead to narrowing blood vessels and reduced blood flow to the eye
- **Wear a hat and sunglasses when you are outside-**UV rays increase the risk of skin cancer, macular degeneration, and cataracts
- **Get regular, comprehensive eye exams**
- **Maintain a healthy diet and adequate nutritional balance**



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Drink your Veggies- Veggie and Fruit Smoothies



Splendid Spinach Spree

An excellent source of vitamins, fiber and iron.

- 10 oz. baby spinach
- 1/2 cups apple juice
- 1 Golden Delicious Apple, cored and sliced
- 1 cup low fat plain yogurt
- 1/2 loosely packed fresh parsley leaves
- 1/2 tsp salt

1. Fill bowl with ice water and set aside.
2. Cook spinach in large pot of boiling salted water for 2-3 minutes. Transfer to ice water and wring excess water from spinach with hands.
3. Puree spinach and apple juice in blender until smooth. Add apple, yogurt, parsley and salt and puree until smooth.



Serves 6 86 CAL per 1/2 C



Beta-Carotene Barrage

Rich in fiber, beta-carotene, vitamin C, and ginger this little cocktail packs some powerful nutrition.

- 3 Large Carrots (10oz), sliced
- 1 cup coconut milk
- 1 cup orange juice
- 1 2-inch piece ginger(1oz), thinly sliced
- 1 Tbs. fresh lime juice
- 1/2 tsp salt



1. Fill bowl with ice water, and set aside
2. Cook carrots in large pot of boiling salted water 5-7 minutes, or until tender. Drain and transfer to ice water to cool. Drain again.
3. Puree carrots and remaining ingredients in blender until smooth



Serves 6 115 CAL in 1/2 C Gluten Free



Did you know that your eye's health is dependent on a healthy neurological and cardiovascular system? Our cardiovascular system helps to supply oxygen-rich blood to the eye. Our brains help to process the images that we see via electrical impulses to the brain where they are processed and transformed into mental images.

The Beet Goes On

Rich in folate and good source of vitamin C



- 1 large beet (7oz)
- 1/2 C low-fat sour cream or goats milk
- 1 large shallot, sliced (1/4 cup)
- 3 Tbs fresh dill
- 2 Tbs fresh lemon juice
- 1/2 tsp salt

1. Fill a bowl with ice water and set aside
2. Cook beet in large pot of boiling sated water for 25 minutes or until tender. Drain and transfer to ice water to cool.
1. Peel beet and thinly slice. Puree in blender with 1 cup water until smooth. Add sour cream, shallot, dill, lemon juice and salt. Puree until smooth.

Serves 6 47 CAL per 1/2 C Gluten free



Leave No Child Inside- Discovering the Natural World



Exploring nature with your children helps them to develop creativity and a sense of awe for the world around us. Research reveals that experiencing nature is an important component for physical, academic, emotional and spiritual growth. Making a connection to nature heightens children's curiosity and develops a desire to explore the world around them. With this knowledge, children learn to protect and preserve the natural environment.:



Our environment is a classroom. Teaching your child about the 3 R's(reading, writing and arithmetic) while out in nature makes lessons fun and easy. When you use nature to teach, children's natural curiosity and love of the outdoors develops.

Mathematics concepts:

Children count, order, match, and classify rocks, leaves, flowers, seeds, nuts.

Language concepts:

Children describe differences in color, shape, and position—in, out, over, under, around.

Science concepts:

Children follow animal tracks, find animal habitats, watch plants and animals change and grow, discover shadows—learning when they are longest and shortest, experience the seasons and the changes they bring, and strengthen their powers of observation.

Social Studies concepts:

Children connect with the world and the people and animals that live in it, learn to take responsibility, and develop sensitivity and caring.

Leave No Child Out- Conserving at Home



It's never too early to start teaching your children about the importance of conservation. One way to teach conservation to your children is to ask for help conserving things around the house. While they help with activities, make sure to share why you are conserving.. Here are a few ideas for conservation:

After brushing teeth or washing hands, turn off the faucet and explain why you are turning it off.



Have your children turn off lights when leaving a room.

Reuse envelopes by writing your grocery list on the outside and putting the coupons on the inside



Set up recycle bins for paper, plastic and bottles and label each bin. If your child can't read, simply add a picture to the label.

Instead of throwing away toys and clothes, save them for your favorite charity.

Encourage your child's reduced use of electricity by limiting time in front of the TV and computer.

Walk the Walk-Double Vision

Modeling behaviors you want to see in your child



Young children learn by observing and imitating the adults in their world. They sometimes make us laugh by the way they imitate everything we say and do. Studies show that children who have strong, loving role models in the early years grow into strong, successful adults.



Young children need positive role models in their lives so that they grow up making healthy decisions. As a parent, when you recognize and practice positive role modeling you instill and encourage healthy child behavior. They will view the world, their peers, and themselves in positive terms and have few problems with abuse of drugs or alcohol.

Reducing Stress Show your children how to handle stress. If you are tired or sad or angry, talk to your child about your feelings and your need to rest quietly. Help your child learn to manage his or her feelings in the same way.



Problem Solving Show your children how to solve their own problems. If you quietly address issues as problems to solve rather than as behaviors to punish, children will calmly apply problem-solving strategies to difficulties elsewhere in their world.

Family Fitness Preparing healthy meals and snacks together and teaching your child about portion sizes are two steps toward preventing childhood obesity. The next important step is staying fit through physical activity.

Appreciating Cultural Differences Children may see and interact with people of different races or ethnic backgrounds —around the neighborhood, while grocery shopping, at school, or in the media. Research shows that children as young as 3 identify gender and ethnic differences. Parents can help model respect for differences and discuss with respect questions a child may have.

Children and Honesty When we make it easy for children to tell the truth they'll be less likely to lie. At the age of 4 or 5, children understand the difference between truth and lies. Sometimes they want so much to please you that they have a hard time admitting to a mistake or accident, especially if they fear punishment.



The New Three Rs Along with the traditional 3 “R”s (reading, writing and arithmetic), teach your child the new Three Rs-Recycle, Reuse, and Reduce-to help our children learn to take care of the environment.

For more information go to: <http://www.bbblocks.samhsa.gov/family/default.aspx>



Family bonding is the bedrock of the relationship between parents and children. Bonding starts at birth and can be maintained and strengthened through parents supportive of their children, parent-child communication and parental involvement. Parental monitoring and supervision are critical for future drug abuse prevention. These skills can be enhanced with early rulesetting, monitoring activities, praise for appropriate behavior, and moderate, consistent discipline that enforces family rules and values.

What you can't see, could harm your child!



Secondhand smoke contains harmful chemicals — and a lot of them. Tobacco smoke contains more than **4,000 chemical compounds, more than 250 of which are toxic**. And more than **50 of the chemicals in cigarette smoke are known or suspected to cause cancer**. Included in secondhand smoke are:

- Formaldehyde
- Arsenic
- Cadmium
- Benzene
- Polonium

Here are a few more chemicals in secondhand smoke that might sound familiar, along with their effects on health:

- Ammonia — irritates your lungs
- Carbon monoxide — reduces oxygen in your blood
- Methanol — toxic when inhaled or swallowed
- Hydrogen cyanide — a potent poison that interferes with respiratory function

The dangerous particles in secondhand smoke can linger in the air for hours. Experts have now identified another threat to children's health: third hand smoke.



"Third-hand" smoke refers to the cigarette byproducts that cling to smokers' hair and clothing as well as to household fabrics, carpets and surfaces — even after secondhand smoke has cleared. Doctors coined the term to raise awareness about the danger these invisible tobacco toxins pose to small children, who are especially susceptible because they breathe near, crawl on, play on, touch and mouth contaminated surfaces.

The important thing to know is that you can't eliminate smoke exposure in your home by opening a window, using air conditioning or a fan, or allowing smoking in some rooms but not others. If you can smell tobacco smoke, even if you can't see it, you're breathing in toxins, including more than 60 known carcinogens. The only way to fully protect your children, and nonsmoking adults in your family, is to make your home and car smoke-free. Consider this added bonus: Enforcing these smoke-free zones may help smokers quit and reduce the risk of teens becoming smokers.

Did you know that boys with asthma who are exposed to second hand tobacco smoke have higher degrees of hyperactivity, aggression, depression and other behavioral problems, according to researchers at Cincinnati Children's Hospital Medical Center.

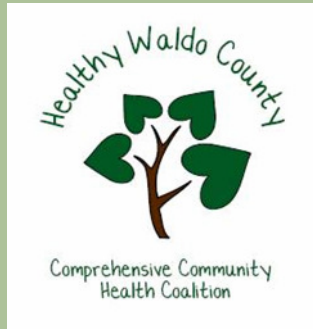
Smoking is one of the unhealthy things that kids do to their bodies. Yet, every day about 4,000 kids between the ages of 12 and 17 start smoking. But why do those who smoke ever begin? There's more than just one simple answer. Some kids may start smoking just because they're curious. Others may like the idea of doing something dangerous — something grownups don't want them to do. Still others might know lots of people who smoke and they might think it's a way to act or look like an adult. Fortunately, fewer people are starting smoking than a few years ago. Maybe that's because more and more people have learned that smoking and tobacco use can cause cancer and heart disease. But sometimes kids can't really think that far into the future to worry about an illness they might not get for many years. So let's talk about the problems that might affect kids more quickly:

- Bad breath
- yellow teeth
- smelly clothes
- more colds and coughs
- difficulty keeping up with friends when playing sports
- empty wallet — cigarettes and tobacco products are very expensive!

Healthy Waldo County

National Eye Exam Month

We're on the web:
www.healthywaldocounty.org



SAVE THIS DATE:

Lifestyle Expo: October 24, 2009 at Point Lookout Resort and Conference center. Targeted audience Men and Women 45-60 years.

National Turn off TV Week– September 20th to 26th

Family Day-Dinner together makes a difference –September 28th

Fresh Start Classes: **Freshstart**, is the American Cancer Society group quit-smoking program. It consists of four 1½ hour sessions, held during a four-week period. The next free Freshstart, adult smoking cessation, sessions begin August 6th at 5pm – 6:30pm. They will be held at Waldo County General Hospital's classroom. Please call 930-2650 to register.



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Adjusting Our Vision-The World Through Their Eyes



As a parent, when we have children we begin to see the world through new eyes. Our vision begins to change and the things we say, the way we say them and our behaviors are all in the process of changing. We begin accommodating for our children's needs and strengths. We rearrange our home environment to make it child-proof. We survey the yard and community to ensure that our children have a safe place to play. We make sure that our children get three healthy meals a day and that they brush their teeth and wear their seat belt. As our children get older, we still work to ensure that our children grow up safe, strong healthy and wise.

As a community organization, Healthy Waldo County works to extend the safety and security of your child's home and school environment by working with area non-profits, businesses, law enforcement, medical community, faith community, media, school community and parents. We are working to build a community coalition that serves and includes everyone in our county. Through our connections and work together we hope to build a safety net to protect you and your family and preserve the nature and innocence of children and the future of our youth.

It is through your commitment as a parent, coworker, student or community member that we find the place where we connect. Thank you for the work you do to support our community and the children who will one day take our place. All of us at Healthy Waldo County want to thank you for adjusting our collective community vision to better see the world through their eyes!



“Sign up to receive Healthy Waldo County e-newsletter monthly. Go to: www.healthywaldocounty.org open newsletters and follow the sign-up directions.