

# Take Home Tips :)



A 2019 HEALTH AWARENESS EVENT

[WWW.HOTELFUNDS.ORG](http://WWW.HOTELFUNDS.ORG)

## KIDS' DAYS

CELEBRATES

## The Animal Kingdom



Join us for fun, games & health tips we've learned from the amazing ANIMAL KINGDOM! Let's explore how animals stay fit, happy & healthy!



Come in for a physical, get camp forms completed, or get your chompers checked at the dentist. Come in and have a great time meeting other families like yours!

**Wednesday, August 21st through  
Friday, August 23rd - At All Dental  
& Health Centers, 9AM TO 5PM**



2019 Kids' Days Celebrates:

*The Animal Kingdom*



# 10 Things We Can All Learn From Animals

By Vint Virga, DVM,

DACVB (*All these letters mean she's a special medical doctor for animals.*)

Late one November evening in my fourth year out of veterinary school, while tending to the first wave of patients who'd flocked to our clinic for emergency care, a single dog in an unconscious haze forever changed the course of my life as a vet.

Pongo, a two-year-old retriever struck by a pickup truck speeding by his front door, lay before me on a blanket no better for all that modern medicine and my training had offered him – his vital signs weaker than when he'd arrived several hours before.

Worn from the onslaught of all the night's cases, I surrendered to a wave of growing frustration and sank exhausted to the floor, with little else left to offer Pongo except for my arm draped across his chest, a soft word spoken, a gentle touch. Yet, from this simple act of caring, in less than an hour, I watched him fully recover in body and spirit.

For the past twenty years since that night spent with Pongo, I've spent most of my working hours studying animals and the profound connections we share with them. As a specialist in veterinary behavioral medicine, I've delved into the inner lives of creatures – from whales, wolves, and leopards to mice, dogs, and cats – and immersed myself in the world from their perspective. My book, *The Soul of All Living Creatures: What Animals Can Teach Us About Being Human*, reveals key truths I've learned through the years about animals and our relationships with them – basic traits we share in common, ways we differ, our likenesses, and how by perceiving the world as they do, we can enrich our own appreciation of life.

Inspired by animals I've come to know through the years as well as the people whose lives they touched, it offers an intimate journey into the lives of our fellow creatures and a thought-provoking promise of what we can learn from spending time with them.

Below are 10 lessons we can all learn from animals:

### 1. Savor the moment.

Animals live focused on the moment whereas we humans are far too often distracted by our thoughts about the past and future—a fight with a friend last night, the performance review tomorrow, our growing to-do list. By taking our cue from animals and noticing more of each moment, we can appreciate what is happening right now in our lives.



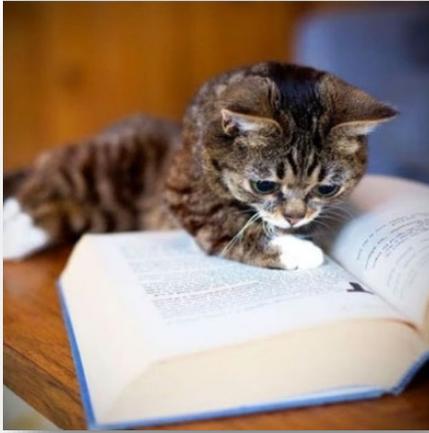
### 2. Heed your instincts.

Alert to each of their senses, animals respond to cues about the world around them by trusting their instincts and acting on them. When we rationalize what our instincts may tell us to take notice of—or ignore what our senses are conveying to us—we risk dismissing important signals about events, circumstances, and the people around us. As we attend to our senses and acknowledge our instincts, we open ourselves to new choices and opportunities.



### 3. Keep focused on what's most important.

On those days when it seems everything has gone wrong and we come home exhausted, our animal companions devotedly greet us with unfailing offers of love and affection. Even those times we may speak harshly toward them or ignore them completely as we walk in the door, they wait in the wings for the moment to come when we, at last, turn our attention to them. And in their patient devotion, they serve as reminders of how vital it is to connect with others and share our hearts.



#### 4. Don't get bogged down on words.

As we communicate with family and friends, most often we think of relying on words. Yet, we often neglect to consider the many other ways that we portray our inner world. The tone of our voice, our facial expressions, our posture, our movements, and even our scents, can all communicate our thoughts, emotions, and intentions. They're often more reliable than the words we choose.

**5. Take time to rest.** In the hurried pace of our daily routines, it's easy to fill our days with a steady stream of activities—places to be, people to meet, tasks to accomplish. But, taking a cue from our dogs and cats, the lions at the zoo, a hawk perched in a tree overlooking the road that we glimpse from the car, we can take quiet moments to rest for a bit and give ourselves time to relax and reflect.



**6. Remember to play.** Likewise, in the middle of our day, when we feel the pressures from work or at home, a well-deserved break—even just a few moments—from the task at hand can lighten our load and help ease our concerns. From Labradors to Bengals and timber wolves to leopards, the creatures around us routinely play to invent, discover, and bring joy to their day.

**7. Don't take yourself so seriously.** Whether rolling in catnip or pouncing on strings, our cats are fully absorbed in their game without worries about how they may appear to others watching them. Likewise, when our dogs chase a ball, sniff at lampposts, or gnaw a bone, they relish their pastimes without concern for how they may look to passersby. Letting go of our inner critic and the judgments of others, we can more fully embrace those times we enjoy.



**8. Let go of attachment to being right or wrong.** Evolution favors those creatures who focus on what matters most: finding food, remaining healthy, resting, breeding, and caring for young. When we defer to our sense of pride and self-importance, we risk losing the outcomes and results we want most. Letting go of our attachment to being right or wrong frees us align ourselves with what we value most.

**9. Practice forgiveness.** While animals, certainly, suffer grief, misfortune, and misery, they move past them with greater poise than we, as humans, often do. The continuity of their lives takes precedence over reliving the past. When words and deeds come back to play in our minds, like the creatures around us, we can give as before with grace and equanimity.

**10. Love unconditionally.**

In the silent presence of the creatures around us—all alone on the sofa with our dog by our side or cat resting cozily curled in our lap—we sense their regard for our thoughts and feelings, and we respond in kind without reserve. If we choose, we can do so, as well, with each other.



Source: <https://www.mindbodygreen.com/0-10379/10-things-we-can-all-learn-from-animals.html>

# Meditation and Yoga: A Great Way to Relax, Stretch and Have Fun!

Try these poses under supervision.



WARRIOR TWO



STANDING LEG SPLIT



TOE TOUCH



TREE POSE



LEG TO THE SKY POSE



EAGLE POSE



LORD OF THE FISHES



CROW POSE



SITTING SPLITS



SPLITS WITH PRAYER



CRESCENT POSE



LOTUS POSE



DOWNWARD DOG



PIGEON POSE



LEVITATION POSE

# Top 10 Reasons to Protect Your Child by Vaccinating

**1** Parents want to do everything possible to make sure their children are healthy and protected from preventable diseases. Vaccination is the best way to do that.

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**2** Vaccination protects children from serious illness and complications of vaccine-preventable diseases which can include amputation of an arm or leg, paralysis of limbs, hearing loss, convulsions, brain damage, and death.

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**3** Vaccine-preventable diseases, such as measles, mumps, and whooping cough, are still a threat. They continue to infect U.S. children, resulting in hospitalizations and deaths every year.

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**4** Though vaccination has led to a dramatic decline in the number of U.S. cases of several infectious diseases, some of these diseases are quite common in other countries and are brought to the U.S. by international travelers. If children are not vaccinated, they could easily get one of these diseases from a traveler or while traveling themselves.

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**5** Outbreaks of preventable diseases occur when many parents decide not to vaccinate their children.

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**6** Vaccination is safe and effective. All vaccines undergo long and careful review by scientists, doctors, and the federal government to make sure they are safe.

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**7** Organizations such as the American Academy of Pediatrics, the American Academy of Family Physicians, and the Centers for Disease Control and Prevention all strongly support protecting children with recommended vaccinations.

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**8** Vaccination protects others you care about, including family members, friends, and grandparents.

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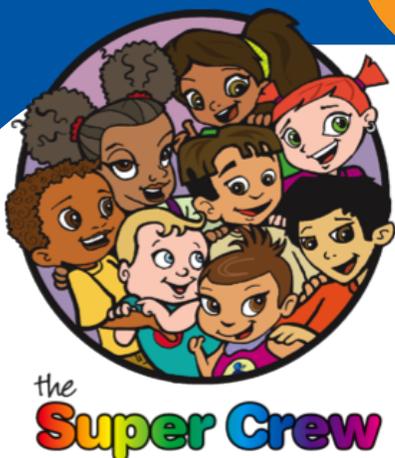


**9** If children aren't vaccinated, they can spread disease to other children who are too young to be vaccinated or to people with weakened immune systems, such as transplant recipients and people with cancer. This could result in long-term complications and even death for these vulnerable people.

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**10** We all have a public health commitment to our communities to protect each other and each other's children by vaccinating our own family members.

Your Name: \_\_\_\_\_



# The Super Crew®

## Powerful Plant Protein Tracker

The Super Crew knows all protein foods can fit into a healthy diet. Even eating meatless meals a few times a week can help you look and feel your best, as well as shield you from cancer and other diseases.

Plant foods, including plant proteins, have super powers from things the Super Crew call “fight-o-chemicals” (phytochemicals). Fight-o-chemicals in plants fight off invasions from bacteria and viruses, so that plants can grow strong and healthy. Fight-o-chemicals do the same thing in our bodies by protecting us from those bad guys!



### Two-Week Plant Protein Tracker

- Goal: Aim for 2-3 plant-based protein dinners per week.
- Draw a shield on the plate on the days you ate a healthy plant-based dinner.
- At the end of two weeks, check back and see if you met your goal of eating at least 4-6 plant-based dinners.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



“My favorite food is red quinoa. It’s like rice but has LOTS of protein, which I need because I’m growing up so fast!”

- Baby Tom-Tom

### Examples of healthy plant-based dinners include:

- Bean chili served with veggies and corn bread
- Baked beans served over brown rice + a side of broccoli
- Hummus, salsa, guacamole and chips + a side of veggies and fruit salad
- Whole-wheat pasta with sun dried tomatoes, olives and chives
- Veggie burger + side of sautéed spinach
- Portobello burger + baked sweet potato fries
- Enchiladas made with refried beans and veggies
- Tofu and vegetable stir-fry with garlic and ginger
- Three-bean salad and coleslaw

## There are many sources of plant protein!

### Foods loaded with protein:

- Lentils
- Beans
- Quinoa
- Veggie burgers
- Seitan
- Soy foods:
  - Edamame
  - Tempeh
  - Firm tofu
  - Soy burger
  - Soy milk

### Foods containing protein in lesser amounts:

- Nuts and seeds – almonds, walnuts, cashews, pumpkin seeds
- Nut butter – almond, peanut
- Vegetables
- Whole grains:
  - Whole-grain bread, Oats, Barley, Wheat berries, Rice, Pasta, Cereal



**Draw a plant-based meal (meatless meal) that you like or would like to try:**

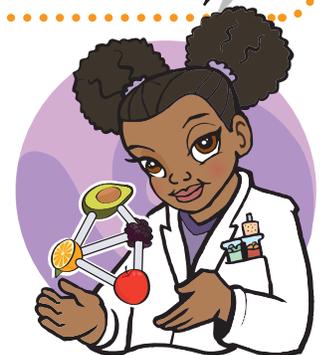
**“I make sure to include all protein foods, including plant proteins, along with exercise to keep my body strong!”**

*-Penny*

## Super Crew Kid Penny Shatters Protein Myth!

**Myth:** Plant proteins must be eaten together to count as a complete protein source.

**Shattered:** We know now that our body can combine the plant proteins we eat at different times during the day to make the protein our body needs to repair its muscles, help keep the immune system strong and continue growing healthy!



**Visit [www.superkidsnutrition.com](http://www.superkidsnutrition.com) to learn how to make healthy eating and living choices and for more fun activities with the Super Crew.**

# 10 tips

Nutrition  
Education Series

# kid-friendly veggies and fruits

## 10 tips for making healthy foods more fun for children



**Encourage children to eat vegetables and fruits by making it fun.** Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

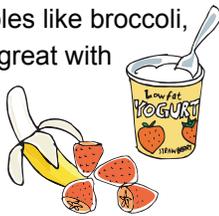
### 1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



### 2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



### 3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

### 4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

### 5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

### 6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make “popsicles” by inserting sticks into peeled bananas and freezing.

### 7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

### 8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



### 9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

### 10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.

# Have you tried baking with a responsible adult? Try these recipes we love...

## Broccoli, Cheese & Spinach Frittata

Author: Cookie and Kate; <https://cookieandkate.com/broccoli-cheddar-spinach-frittata/#tasty-recipes-24230>

This spinach, broccoli and cheese frittata recipe is a simple breakfast, brunch or dinner! It's vegetarian and gluten free.

Prep Time: 15 mins; Cook Time: 25 mins; Total Time: 40 mins

Recipe Yield: 6 large or 8 modest slices

### Ingredients

- 8 Eggs
- ½ cup milk of choice
- 2 small-to-medium cloves garlic, pressed or minced
- ½ teaspoon sea salt, divided
- Freshly ground black pepper
- 1 cup freshly grated cheese, divided
- 1 tablespoon Extra Virgin Olive Oil, more as needed
- 1 small yellow onion, chopped
- ⅓ cup water
- 2 cups thinly sliced broccoli florets
- 2 cups baby spinach, roughly chopped
- ⅓ cup thinly sliced green onions



### Instructions

1. Preheat the oven to 425 °F. In a large bowl, whisk together the eggs, milk, garlic, ¼ teaspoon of the salt and about 5 twists of freshly ground black pepper until well blended. Then whisk in about half of the cheese, reserving the other half for later.
2. In a 10-inch, well-seasoned cast iron skillet or oven-safe sauté pan, warm the olive oil over medium heat until shimmering. Add the onion and the remaining ¼ teaspoon salt. Cook, stirring frequently, until the onion is tender and translucent, about 3 to 5 minutes.
3. Add the broccoli and water to the pan, then cover it with a lid (or a baking sheet) and steam the mixture until the broccoli is brighter green and easily pierced by a fork, about 2 to 3 minutes. Uncover, and add the spinach and green onions. Cook, stirring constantly, until the spinach has wilted, about 30 to 60 seconds.

4. Arrange the mixture in an even layer across the skillet. Whisk the egg mixture one last time and pour it into the pan. Sprinkle the frittata with the remaining cheese. Put the pan in the oven and bake until you can shimmy the pan by the handle (careful, it's hot!) and see that the middle is just barely set, about 12 to 15 minutes.
5. Once the frittata is done baking, let it rest for 5 to 10 minutes before slicing it into 6 large or 8 smaller wedges. Serve immediately. Leftover frittata will keep well, covered and refrigerated, for up to 3 days. Enjoy chilled or gently reheat.

### Notes:

**Make it dairy free:** Use a neutral-flavored, unsweetened non-dairy milk and omit the cheese.

**Change it up:** For a classic broccoli-cheese frittata, simply omit the spinach.



## Healthy Apple Muffins

Author: Cookie and Kate; <https://cookieandkate.com/healthy-apple-muffins-recipe/>

Amazing, healthy apple muffins made with maple syrup and whole wheat flour! No one will guess that this simple cinnamon apple muffin recipe is good for you, too!

Prep Time: 15 mins; Cook Time: 13 mins; Total Time: 28 minutes - Recipe yield: 12 muffins

### Ingredients

- 1 3/4 cups white whole wheat flour or regular whole wheat flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup grated apple
- 1 cup apple diced into 1/4" cubes
- 1/3 cup melted coconut oil or extra-virgin olive oil
- 1/2 cup maple syrup or honey\*
- 2 eggs, preferably at room temperature
- 1/2 cup plain Greek yogurt (I used full-fat but any variety should do)
- 1/2 cup applesauce
- 1 teaspoon vanilla extract
- 1 tablespoon turbinado sugar (also called raw sugar), for sprinkling on top

## Instructions

1. Preheat oven to 425 degrees Fahrenheit. If necessary, grease all 12 cups on your muffin tin with butter or non-stick cooking spray (my pan is non-stick and doesn't require any grease).
2. In a large mixing bowl, combine the flour, baking powder, cinnamon, baking soda and salt. Blend well with a whisk. Add the grated and chopped apple and stir to combine.
3. In a medium mixing bowl, combine the oil and maple syrup and beat together with a whisk. Add the eggs and beat well, then add the yogurt, applesauce and vanilla and mix well. (If the coconut oil solidifies in contact with cold ingredients, gently warm the mixture in the microwave in 30 second bursts.)
4. Pour the wet ingredients into the dry and mix with a big spoon, just until combined (a few lumps are ok). The batter will be thick, but don't worry! Divide the batter evenly between the 12 muffin cups. Sprinkle the tops of the muffins with turbinado sugar. Bake muffins for 13 to 15 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.
5. Place the muffin tin on a cooling rack to cool. If you have leftover muffins, store them, covered, at room temperature for up to 2 days, or in the refrigerator for up to 4 days. Freeze leftover muffins for up to 3 months.

## Notes:

**\*If you are baking with honey:** Honey tends to brown quickly, so to avoid overdone muffins, bake muffins at 325 degrees Fahrenheit until a toothpick inserted in the center comes out clean, about 23 to 25 minutes.

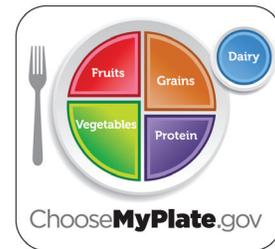
**Make it vegan:** Replace the eggs with flax "eggs" and replace the yogurt with vegan buttermilk—try mixing 1 1/2 teaspoons vinegar with a scant 1/2 cup non-dairy milk. Let it rest for 5 minutes before adding it to the other liquid ingredients. (You could also try using more applesauce in place of the yogurt but I'm not sure it's acidic enough to counteract the bitter taste of the baking soda.)

**Make it dairy free:** See "buttermilk" option above.

**Make it egg free:** Use flax eggs instead of regular eggs.

**Make it gluten free:** Bob's Red Mill or King Arthur Flour make gluten-free all-purpose blends that work well.

# be a healthy role model for children



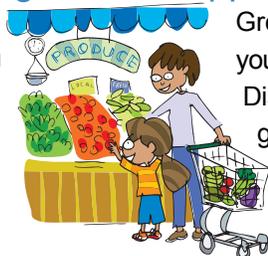
## 10 tips for setting good examples

**You are the most important influence on your child.** You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

### 1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

### 2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

### 3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve “Janie’s Salad” or “Jackie’s Sweet Potatoes” for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

### 4 offer the same foods for everyone

Stop being a “short-order cook” by making different dishes to please children. It’s easier to plan family meals when everyone eats the same foods.



### 5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras”—such as candy or cookies—as replacement foods.

### 6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



### 7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”

### 8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

### 9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



### 10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

# INFORMATION FOR PARENTS, EDUCATORS, AND HEALTH CARE PROVIDERS

## E-CIGARETTES SHAPED LIKE USB FLASH DRIVES:

Electronic cigarettes (e-cigarettes) are battery-powered devices that can deliver nicotine and flavorings to the user in the form of an aerosol. E-cigarettes come in many shapes and sizes.



## WHAT'S THE BOTTOM LINE?

A new e-cigarette shaped like a **USB** flash drive is being used by students in schools.

Nicotine is highly addictive and can **harm brain development**, which continues until about age 25.

The use of any tobacco product — including e-cigarettes—is **unsafe** for young people.

**Parents, educators, & health care providers** can help prevent and reduce the use of all tobacco products, including e-cigarettes, by young people.

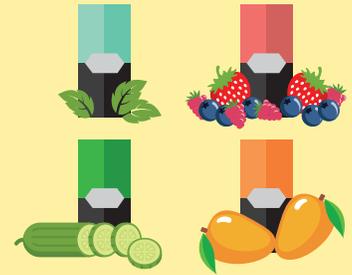
>> **Learn HOW** in this fact sheet.

# AN INCREASINGLY POPULAR E-CIGARETTE DEVICE, CALLED JUUL, IS SHAPED LIKE A USB FLASH DRIVE.



Use of JUUL is sometimes called “JUULing.”

JUUL’s nicotine liquid refills are called “pods.” JUUL is available in several flavors such as Cool Cucumber, Fruit Medley, Mango, and Mint.



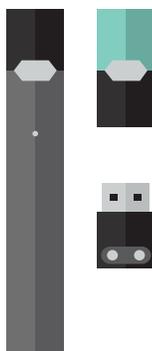
All JUUL e-cigarettes have a high level of nicotine. According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.



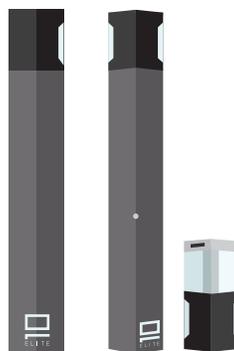
JUUL became available for sale in the United States in 2015. As of December 2017, JUUL is the top-selling e-cigarette brand in the United States.

News outlets and social media sites report widespread use of JUUL by students in schools, including in classrooms and bathrooms.

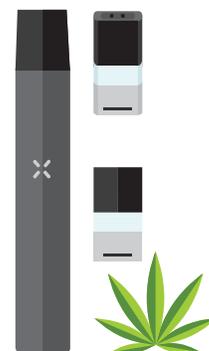
Other devices are becoming available that look like USB flash drives. Examples include the MarkTen Elite, a nicotine delivery device, and the PAX Era, a marijuana delivery device that looks like JUUL.



JUUL



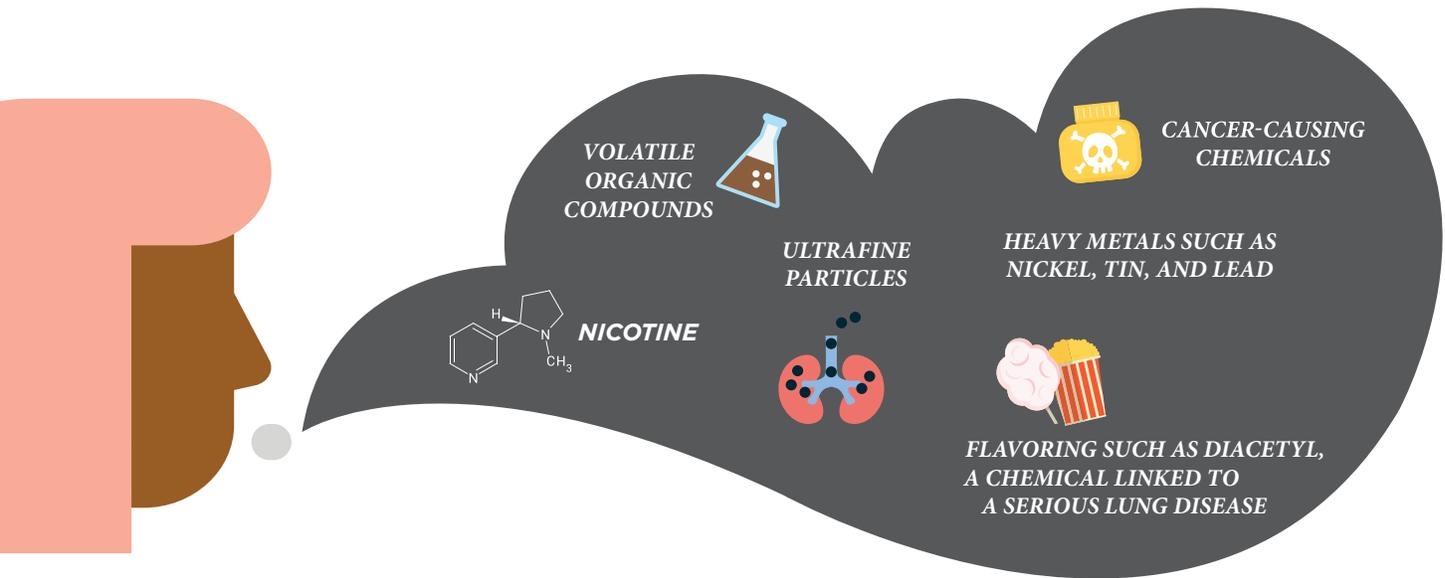
MarkTen Elite



PAX Era

# E-CIGARETTE USE IS NOT SAFE FOR YOUNG PEOPLE.

E-cigarette aerosol is not harmless. It can contain harmful ingredients. However, e-cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products, like regular cigarettes.



Most e-cigarettes contain *nicotine*, which is highly addictive and can *harm brain development*, which continues until about *age 25*.



**YOUNG PEOPLE WHO USE E-CIGARETTES MAY BE MORE LIKELY TO GO ON TO USE REGULAR CIGARETTES.**



# PARENTS, EDUCATORS, AND HEALTH CARE PROVIDERS CAN HELP PREVENT AND REDUCE THE USE OF E-CIGARETTES BY YOUNG PEOPLE.



## PARENTS CAN:

- » Learn about the different shapes and types of e-cigarettes and the risks of all forms of e-cigarette use for young people.
- » Talk to their children about the risks of e-cigarette use among young people. Express firm expectations that their children remain tobacco-free.
- » Set a positive example by being tobacco-free.



## EDUCATORS CAN:

- » Learn about the different shapes and types of e-cigarettes and the risks of all forms of e-cigarette use for young people.
- » Develop, implement, and enforce tobacco-free school policies.
- » Reject youth tobacco prevention programs sponsored by the tobacco industry. These programs have been found to be ineffective for preventing youth tobacco use.



## PEDIATRIC HEALTH CARE PROVIDERS CAN:

- » Ask about e-cigarettes, including devices shaped like USB flash drives, when screening patients for the use of any tobacco products.
- » Warn patients about the risks of all forms of tobacco product use, including e-cigarettes, for young people.

*PARENTS,  
EDUCATORS, AND  
HEALTH CARE  
PROVIDERS  
CAN HELP*

