

# hapitimes



## Flu Update

### Are You at Increased Risk for Flu Complications?

Flu vaccine is recommended for all healthy adults and children, but it is even more important for those with risk factors. These health and age factors are known to increase a person's risk of getting serious complications from the flu:

- Asthma
- Neurological conditions
- Blood disorders
- Chronic lung disease
- Heart disease
- Kidney disorders
- Liver disorders
- Metabolic disorders
- Extreme obesity
- People younger than age 19 on long-term aspirin therapy
- Weakened immune system due to disease or medication

- Adults ages 65 years and older
- Children younger than 5 years old, but especially younger than 2 years old
- Pregnant women and women up to two weeks after the end of pregnancy

American Indians and Alaska Natives are also at higher risk of flu complications.

Check with your doctor promptly if you have a high-risk condition and you get flu symptoms. Symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Your doctor may prescribe antiviral drugs to treat your flu illness and help shorten its duration.

— Source: *National Institute of Diabetes and Digestive and Kidney Diseases*

## Healthy Holidays

### Try These Delicious Desserts That Won't Tip the Scale

As you plan your holiday get-togethers, consider these healthful, tasty dessert ideas:

- Pile on the fruit. Offer a fruit basket to friends instead of a plate of holiday cookies. Make a winter fruit salad with your traditional meal.
- Update family favorites with healthy add-ins. If homemade breads are your family's treat of choice, try baking with whole-wheat flour or adding in healthful options such as bananas, blueberries, cranberries and chopped apples.
- Make it a mini. Serve bite-sized desserts instead of full servings. Mini pies, cake pops

and one-bite cookies are all ways you can control your family's portion sizes. (Just remember, just because they are smaller in size doesn't mean you should eat more of them!)

— Source: *National Heart, Lung and Blood Institute*

## Inside the Landmark

Happy Holidays from Hapi!



Join us for a holiday party on December 23! Details at the front office.

### What a Year!

**Special Guests at the Landmark:** Chefs KJ and Jason Steward, storytellers Mary and Neil Early, HEB Grocery Store, News 12, Enrique Montes of Parkway Life Church, and veteran Carl Smith.

**Garden Time:** We celebrated our community garden groundbreaking and had a winter garden party. Our crops: cucumbers, corn, green beans, squash.

**Party Time:** We hosted a back to school night party, cooking classes for kids, smoothie nights, and a fitness challenge party.

## Hapi Meals

### Fun with Pomegranates

Pomegranates are filled with vitamins A, C and E, plus folic acid and antioxidants.



#### Holiday Mocktails

Top a glass of sparkling water or seltzer with a splash of unsweetened orange or apple juice and a handful of pomegranate seeds for a festive alternative to soda.

#### Winter Fruit Salad

Blend pomegranate seeds, slices of kiwi and tangerine and top with mint for a fruit salad.

## Sliding into 2017

What are we looking forward to in 2017?  
More:

- Cooking classes with local chefs to help show kids how to (oh, and that it's fun to cook!
- An abundance of fresh vegetables from the community garden.
- Play time. Exercise doesn't feel like a chore when it's fun!

