

# hapitimes



## Flu Immunization Update Know the Facts and Protect Your Family

Even healthy people can get very sick from influenza (flu) and can spread it to others. The U.S. Centers for Disease Control and Prevention estimates that flu-related hospitalizations since 2010 have ranged from 140,000 to 710,000 annually, while flu-related deaths have ranged from 12,000 to 56,000.

During flu season, flu viruses circulate at higher levels in the U.S. population. ("Flu season" in the U.S. can begin as early as October and last as late as May.) Getting an annual flu vaccine is the best way to reduce your risk of getting sick with flu and spreading it to others. When more people get vaccinated against flu, it spreads less easily through a community.

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. The flu vaccine is given annually and it changes slightly from year to year. The vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. While it may not protect against all strains of influenza, it can lessen the severity of the infection by preparing the immune system for a similar strain.

*Source: U.S. Centers for Disease Control and Prevention*

## Your Child's Health What Does a School Nurse Do?



In addition to performing screenings of vision, hearing and height/weight, school nurses administer medications, monitor students with chronic health conditions such as asthma or diabetes, administer first aid, train school staff on health issues, and serve on school

committees to address student behavior and achievement. Nurses communicate with healthcare providers, develop individualized healthcare plans, create emergency treatment plans and collaborate with parents to provide care and to support student attendance. If you have concerns about a health issue that affects your child's experience at school, talk with your school nurse.

*Source: New Jersey State School Nurses Association*

Inside  
The Landmark

**Inside and Outside the Classroom**

Thanks to Centerpoint Energy for an event that was educational *and* entertaining for the kids in the after-school program!...



**In the Spotlight**

We're shining the spotlight on Lillie Merchant, one of our generous sponsors.

**Favorite fruit:** Mango

**Favorite vegetable:** Lentil beans

**Favorite healthy meal:** Grilled chicken breast salad

**Favorite exercise:** Squat medicine ball throw with my personal trainer

**Favorite book:** "The Shack"

**What makes you happy?:** Caring for others makes me happy, especially kids

Hapi  
Meals



**Apple Parfaits**

**INGREDIENTS**

- Apples
- Greek yogurt
- Nut of choice (walnuts, pecans, almonds)
- Unsweetened coconut flakes
- Dried cranberries
- Cinnamon

**INSTRUCTIONS**

Slice apples.

Chop nuts.

In a dessert dish, scoop in a layer of yogurt then sprinkle in cinnamon and add coconut, dried cranberries and nuts. Add more yogurt and cover with apple slices. Repeat.

Wise  
Words

"The great thing in this world is not so much where we are, but in what direction we are moving."

- OLIVER WENDELL HOLMES

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