

hapitimes



Time to Quit?

The Great American Smokeout Is Nov. 19

Quitting smoking can be hard, so a good plan can help you get past symptoms of withdrawal.

- 1. Set a quit date.** Choose the Great American Smokeout date or another day within the next two weeks.
- 2. Tell your family and friends you plan to quit.** Share your quit date and ask for support. A daily email, text or phone call can help you stay on course. Plan a smoke-free lunch date or game night to distract yourself. Or gather your family to cook a special meal together.
- 3. Plan for challenges.** Each urge to smoke is short — usually lasting only 3 to 5 minutes. But these moments can feel intense. Before your quit day, write down healthy ways to cope: drinking water, taking

a walk, listening to a favorite song, playing a game or calling a friend.

- 4. Remove cigarettes from your home, car and workplace.** Throw away cigarettes, matches, lighters and ashtrays. Clean your car, home and workplace. Old cigarette odors can cause cravings.
- 5. Talk to your pharmacist, doctor or quitline coach (800-QUIT-NOW) about quitting options.** Nicotine patches, gum or other approved medicines may help with cravings

— Sources: American Cancer Society; Centers for Disease Control and Prevention

Your Diabetes Care Team

The Diabetes Nurse Practitioner

If you or a family member are diagnosed with type 2 diabetes, you will be introduced to a number of different medical professionals in addition to your primary-care physician. A nurse educator or diabetes nurse practitioner is a registered nurse (RN) with special training and a background in caring for and teaching people with diabetes. Many are Certified Diabetes Educators (CDEs) and some may have a masters degree. Nurse educators and diabetes nurse practitioners often help patients learn the day-to-day aspects of diabetes self-care. They can teach you:

- What diabetes is
- How to cope with diabetes and to make changes in your health habits
- How to use diabetes medications

- How to work with insulin and give yourself shots
- How to check your blood sugar
- How to keep track of your diabetes
- Symptoms of low and high blood glucose
- How to take care of an insulin reaction
- How to handle sick days
- How to stay healthy if you are pregnant.

— Source: American Diabetes Association

Hapi Meals



Apple Crisp

Ingredients

- 4 apple (medium)
- 1/4 cup oatmeal (quick cooking)
- 1/4 cup flour
- 1/4 cup maple syrup or honey
- 1 tablespoon cinnamon
- 1/4 cup butter or coconut oil

Directions

1. Preheat the oven to 350 degrees F.
2. Grease the bottom and sides of the square pan.
3. Remove the cores from the apples. Slice the apples.
4. Spread the sliced apples on the bottom of the pan.
5. Cut the butter into small pieces and put in a medium-sized bowl.
6. Add the oatmeal, flour, sweetener and cinnamon.
7. Using two knives, cut the butter into the mixture until it looks like small crumbs.
8. Sprinkle the mixture over the top of the apples.
9. Bake in the oven for about 20 minutes.

Recipe adapted from the USDA:
www.whatscooking.fns.usda.gov

More recipes online at www.hapiapts.org/blogs

Inside the Landmark

Show & Tell: Snack Time

One of the best ways to teach kids about nutrition is to engage them in the kitchen. Instead of simply putting snacks on the table for the kids in our after-school program, we are involving them in the preparation of their healthy (but still delicious!) snacks.

Lesson in Honor: Special Guests

To commemorate Veteran's Day on November 11, Vietnam veteran Carl Smith will visit the after-school program with his service dog, Ace.



Landmark Deals

Ask about leasing specials at the front office.

Food Facts

Most food poisoning outbreaks occur in November and December (and mostly from meat and poultry). To stay safe, be sure to wash hands with soap and water before and after preparing food.

(Centers for Disease Control)

Thanksgiving Food For Thought

"When we give cheerfully and accept gratefully, everyone is blessed." —Maya Angelou