

hapitimes

AT WATERFORD TOWER

AUGUST 2022

VACCINATIONS FOR HEALTH

August is National Immunization Awareness Month, when the health community highlights the importance of getting vaccines throughout your life to promote good health for all.

While pediatricians remind parents about immunizations needed for infants and children, most adults are not aware that they also need vaccines to protect them from preventable diseases.

Some facts about vaccinations:

- Routine vaccinations during childhood help prevent 14 diseases.
- Vaccines, like any medication, can cause some side effects. Many of these effects are minor, treatable, and last only a few days.
- Among children born from 1994-2018, vaccinations will prevent an estimated 936,000 early deaths, 8 million hospitalizations, and 419 million illnesses.

Find out more about recommended vaccines for infants and children, preteens and teens, and adults: www.cdc.gov/vaccines/schedules

Continuing to Fight COVID-19

COVID-19 remains a health concern for our communities. Have you and your family been vaccinated for COVID-19? Have you had your boosters?

The Centers for Disease Control (CDC) recommends COVID-19 vaccines for everyone ages 6 months and older, and COVID-19 boosters for everyone ages 5 years and older, if eligible.

Have you already had COVID-19? People who already had COVID-19 and do not get vaccinated after their recovery are more likely to get COVID-19 again than those who get vaccinated after their recovery.

Find out more from www.vaccines.gov



Cauliflower No-Crust Quiche

Ingredients

- 2 teaspoons olive oil
- ½ cup chopped onions
- 5 large eggs
- ½ cup low-fat milk, rice milk or soy milk
- ½ teaspoon salt
- 1 ½ cups chopped cauliflower
- ½ cup shredded low-fat cheddar cheese
- 1 teaspoon paprika



Rebecca Clyde, MS, RDN, CD

Instructions

- Preheat oven to 375°F.
- Lightly oil an 8-by-8-inch casserole dish or 9-inch pie pan with olive oil or butter. Spread onions evenly in the dish and place in the oven while you prepare the other ingredients.
- In a bowl, beat eggs, salt and milk with a whisk.
- Remove dish from oven with mitts and spread cauliflower and cheese evenly.
- Pour egg mixture over cauliflower, onions and cheese, then sprinkle with paprika.
- Bake for 30 minutes, until cauliflower is cooked and casserole is golden brown.
- Quiche can be refrigerated in a sealed container for 2 to 3 days.

Recipe: www.eatright.org



"Believe you can and you're halfway there."

—THEODORE ROOSEVELT

We are proud to have a community partnership with the Maryland Multicultural Youth Center (MMYC) and its Full Circle Brotherhood Program from the Latino American Youth Center (LAYC)!

The Full Circle Brotherhood Program pairs mentors with youth for homework help and more, from holding a community soccer game to going out to a museum or teaming together for community service. Older brothers get paid training and funding to hold events for their younger brothers in the community. The Brotherhood Circle is about empowering young men to lead. Interested? Email Kiara Williams: kiara.williams@layc-dc.org

MMYC serves Montgomery County residents who are aged 16-24 and ready to reach their goals, such as getting their GED, workforce training, and finding employment. They also offer case management, counseling services, and reentry services for youth returning from incarceration.

FULL CIRCLE BROTHERHOOD
encourage. support. empower. lead.

MENTOR

- 17-24 years old
- PAID Training
- Leadership Development
- Work Experience
- Community Impact

MENTEE

- Middle School
- Homework Help
- Field Trips
- Games
- Activities
- Group Projects
- Meals
- Fun

CELEBRATE WITH US!

Join us in celebrating the opening of our new community room and the launch of the Full Circle Brotherhood Program with a resident-only event!



Wednesday, August 31
3:30-6:30 pm
Waterford Park



There will be complimentary BBQ food, drinks, a photo booth and music from a live DJ, along with free community resources:

- Capital Area Food Bank will offer free food
- Do it for You Montgomery County will offer HIV testing
- Education Opportunity Center will offer advice on going to and paying for college
- The Department of Health and Human Services will share information on rental/utility assistance



PRIZES!

- Flat-screen TV
- Day spa for 2
- Gordon Ramsay Steak House gift card
- Free internet for 1 year
- Plus more!

Learn about the mentorship program and about becoming a mentee (male-identified youth in middle school) or a mentor (male-identified teens and young adults, aged 17-24). Mentors get paid training and work experience and mentees get help with homework, meals, take field trips, and more.

Note: no children will be allowed without adult supervision at the event. RSVP for the event no later than Monday, August 15, by email: waterford-tower@gradymgt.com or Nichole.graham@gradymgt.com