

hapitimes

AT WATERFORD TOWER

DECEMBER 2022

PREVENTING THE FLU & OTHER VIRUSES

National Influenza (Flu) Vaccination Week is December 5-9. Learn more about flu prevention and the differences between the flu, COVID-19 and the common cold.

Preventing the Spread of the Flu

- Get the flu vaccine.
- Avoid close contact with people who are sick.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with viruses.

The Flu and COVID-19

Influenza (flu) and COVID-19 are both contagious respiratory illnesses caused by different viruses. COVID-19 is caused by infection with a coronavirus (first identified in 2019; the flu is caused by infection with a flu virus (influenza viruses). Specific testing is needed to tell what the illness is and to confirm a diagnosis. Getting treated early for COVID-19 and the flu can reduce your risk of getting very sick.

The Flu and Colds

The symptoms of the flu can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems.

Source: Centers for Disease Control and Prevention (CDC)

HAPI meals

Veggie Omelet in a Mug

Ingredients

- 2 eggs
- 2 tablespoons 1% low-fat milk (or nonfat/skim milk)
- 1 pinch salt
- 1 pinch pepper
- 1/4 cup finely chopped mushrooms (or your favorite vegetables)
- 2 tablespoons shredded cheddar cheese (or your favorite cheese)



Instructions

- Lightly grease the inside of a 12-ounce microwave-safe mug.
- Use a fork to combine the eggs, milk, salt and pepper in the mug and stir well. Mix in the vegetables and cheese.
- Microwave on HIGH for 45 seconds.
- Stir and return to the microwave and cook on HIGH until the mixture has puffed and set, 60 to 90 seconds. The omelet may look wet on the top but it will dry as it cools.
- Refrigerate leftovers within 2 hours.
- To make a meal, serve with a slice of whole grain toast and fruit.

Recipe: www.eatright.org

wise words

"Rejoice with your family in the beautiful land of life."

—EINSTEIN

inside
Waterford
Tower

FULL CIRCLE BROTHERHOOD

encourage. support. empower. lead.

| MENTOR | MENTÉE |
|------------------------|----------------|
| 17-24 years old | Middle School |
| PAID Training | Homework Help |
| Leadership Development | Field Trips |
| Work Experience | Games |
| Community Impact | Activities |
| | Group Projects |
| | Meals |
| | Fun |

Older brothers get PAID training and funding to hold events for their younger brothers in the community. From connecting brothers for homework help, holding a community soccer game, or even going out to a museum or doing community service, Brotherhood Circle is about empowering young men to lead.

**Weekly meet ups at Waterford Tower.
Email Randall Laing for more info:
randall.laing@layc-dc.org**

Free Classes

We are offering FREE classes from Montgomery College in the community room!

- Thursday, December 15
Class: Learn how to complete the Federal Student Aid (FAFSA) Application; bring a device with WiFi access
- Thursday, January 19
Class: Find out about high school diploma and GED diploma opportunities
- Thursday, February 16
Class: Learn about career options



HAPI
tips

How to Have a Healthier Holiday Season

- Limit your consumption of sugary or fried foods by eating a well-balanced meal or snacks (fruit, veggies) before attending holiday parties
- Reduce stress and stay fit by adding some extra movement to your schedule; a simple walk around the block or dance break can make a big difference
- Take time to rest and reflect on what makes you feel grateful

