

hapitimes



Breast Cancer Update Reducing Your Risk

Many factors can influence your breast cancer risk. You can't change some, such as getting older or your family history, but you can help lower your risk by taking care of your health in the following ways:

- Maintain a healthy weight.
- Exercise regularly (at least four hours per week).
- Get enough sleep.
- Avoid alcohol, or limit alcoholic drinks to no more than one per day.
- Avoid exposure to chemicals that are known to cause cancer.
- Limit exposure to radiation from medical-imaging tests like X-rays, CT scans and PET scans if not medically necessary.

- If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives, ask your doctor about the risks and benefits.

- Breastfeed any children you may have, if possible.

If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, you may be at higher risk for breast cancer. Talk to your doctor about additional ways to lower your risk.

— Source: Centers for Disease Control and Prevention

Diaper Rash Keep Your Baby's Skin Healthy and Comfortable

Diaper rash is a common form of inflamed skin (dermatitis) that appears as a patchwork of bright red skin on your baby's bottom. It is often related to wet or infrequently changed diapers, skin sensitivity and chafing. (It usually affects babies, though anyone who wears a diaper regularly can develop the condition.)

Diaper rash can alarm parents and annoy babies. But it usually clears up with simple at-home treatments, such as air drying, more-frequent diaper changes and over-the-counter diaper-rash ointment.

Diaper rash is marked by red, tender-looking skin in the diaper region — buttocks, thighs and genitals. You may notice your

baby seems more uncomfortable than usual, especially during diaper changes. A baby with a diaper rash often fusses or cries when the diaper area is washed or touched.

If your baby's skin doesn't improve after a few days of home treatment, talk with your doctor. Sometimes, you'll need a prescription medication to treat diaper rash.

— Source: Mayo Clinic

Inside the Landmark



Winter Garden Party

We celebrated the arrival of fall by planning ahead for winter -- planting winter vegetables, that is! We hosted a garden party at The Landmark, where Hapi students planted their own vegetables. Pictured above is six-year-old Glenn, who told us, "I'm excited to watch the vegetables grow!"

Motivation to Move

We are looking forward to welcoming former Olympian Shakedia Jones, who now runs Furthering the Lives of Youth (www.flyyouth.org). She will talk to the kids at The Landmark about her life as a track athlete and about overcoming challenges in life -- and to also join us outside to sprint and exercise!

Hapi Meals

At cooking classes with Chef KJ, kids in our afterschool program at The Landmark helped to make overnight oats, lettuce wraps, and fruit and yogurt parfaits. We also made fruit smoothies after an afternoon of exercise.

Overnight Oats

- 1 cup rolled oats
- 2 cups soy or almond milk
- 1 tablespoon honey

Refrigerate and eat the next day.

Fruit and Yogurt Parfait

- 3 cups nonfat Greek yogurt
- 1 cup granola
- 2 cups assorted berries

Layer ingredients and scoop 'em up.

Lettuce Wraps

- 2 lbs. ground turkey
- 1 tsp. soy sauce
- 2 tbsp. blackening spice

In a sauce pan, blend all ingredients until meat is browned and cooked. Then wrap in lettuce and enjoy.

