



HeadStartNews

Meatless Meals

Even though meat is a good source of protein, iron and B vitamins, it doesn't have to be part of every meal. Young children and adults only need three to four ounces of meat a day. Pregnant women need about six ounces a day.

There are many good sources of protein besides meat. And because meat is expensive, meatless meals are good for the budget. A completely meat-free diet requires a dietitian's advice, but adding several meatless meals to the weekly menu is easy. Eggs, cheese, peanut butter and legumes (dried beans, peas and lentils) provide protein. Just make sure you combine grains (crackers, bread, cereals and pasta) with legumes or dairy foods to get enough protein.



grated cheese. Serve with a whole-grain bread.

- Rice mixed with pinto beans or peas, corn, diced peppers and tomatoes.
- Pizza and tacos without meat. Try a cheese pizza piled high with mushrooms, onions, green pepper or other vegetables your family likes. Or serve meatless tacos with refried beans, cheese, lettuce, tomatoes and olives.
- Waffles or pancakes with fruit. Some of the best meatless dinners consist of breakfast items.

Tips for planning meatless meals:

- Serve a wide variety of foods. If you don't eat meat, protein, iron and vitamin B12 may be lacking in your diet. Protein is available in nuts, beans, potatoes and corn. Dried fruit, cereal and spinach contain iron. Dairy products, eggs and some cereals contain vitamin B12.
- Mix grain products, such as rice, pasta, cereals and bread, with dairy products, such as milk, yogurt and cheese. Macaroni and cheese is a dish that combines a grain with a dairy product.
- Include legumes (beans, lentils and chick-peas) or tofu with grain products. Bean-filled enchiladas and burritos combine legumes with grain products.

Meatless lunch ideas:

- Peanut butter, grilled cheese and egg salad sandwiches.
- Meatless soups. Vegetable, potato, bean or lentil soups are good at any time of the year.
- Vegetable or fruit salads make good lunches. Serve with crackers, bread or muffins.

Meatless dinner ideas:

- Pasta with a vegetable sauce and

Potato-Toad-in-a-Hole



If your children have made Toad-in-a-Hole with toast and an egg, a potato Toad-in-a-Hole will be a surprise.

What You Need:

- 4 hot **baked** potatoes
- 1/2 cup shredded cheese (cheddar or Swiss)
- 4 eggs
- 1/4 cup 1 percent milk
- Parmesan cheese

How To Fix:

1. With a sharp knife, cut a thin slice across the top of each baked potato.
2. Scoop out about half of the pulp from each potato. Save pulp for another use.
3. Set potato in shallow baking pan. Sprinkle inside each potato with shredded cheese. Crack an egg into each potato.
4. Top each potato with 1 tablespoon milk. Bake about 20 minutes at 325° F, or until eggs are done. Sprinkle with Parmesan cheese. Serve hot. Makes 4 servings. (75 calories and 3 grams fat in 1 potato)

Naps

The number of hours a child needs to sleep varies by age and health. Most newborns sleep at least 16 hours throughout a day, waking mostly when hungry. By about six months, infants begin to stay awake longer during the day and take several naps. Infants nine to 12 months usually need two naps a day, but the length of naps will vary more. Around 15 to 18 months, one nap is often not enough but two is too much. This is a stressful period for parents.



Around 18 to 24 months, children begin to resist naps as they try to become more independent. Even if a

child isn't sleepy, resting and playing quietly is a good idea. A set daily routine will help. For instance, after lunch your child may want to do a puzzle, read a few books, then lie down for a nap. Slow-down time is vital for children before they are able to sleep. Don't assume that a tired child will go to sleep. An overtired child often has trouble relaxing enough to fall asleep.

A preschooler's need for a nap may depend on his health or the day's activities. Drop naps completely when your child is wide awake at bedtime. This happens most often around age four or five.

Recliner Chair Safety

Recliner chairs have caused serious brain injuries and death to children between the ages of 12 months and five years. Children climb or play on the leg rest of a chair in a reclined position. A child's weight can force the leg rest down, trapping the head between the chair seat and leg rest.

Companies have installed a device to reduce the opening between the leg rest and seat cushion when the chair is in the reclined position. A warning



must be attached to all recliner chairs. When buying a new recliner, make sure chairs meet the voluntary guidelines.

If you have an older recliner, always leave the chair in the upright and closed position when children are present. Never let a child climb on the leg rest when your chair is in the reclined position.

Nutrition Fun For Children

There are many books about foods for children in your library. Ask a librarian to help locate these and more:

- *My Apple* by K. Davies & W. Oldfield
- *Messy Bessey's Garden* by Patricia & Fredrick McKissack
- *A Book of Fruit* by Barbara Lember
- *Blue Potatoes & Orange Tomatoes* by Rosalind Creasy
- *Linnea's Windowsill Garden* by Christina Bjork & Lena Anderson
- *The Pumpkin Patch* by Elizabeth King
- *I Know Where My Food Goes* by Jacqui Maynard
- *The Berenstain Bears Forget Their Manners* by Stan Berenstain

Food card games help children improve memory and matching skills while they learn about foods. To make food cards: Cut out pictures, from garden catalogs and magazines, of fruits and vegetables and the tree, vine or plant they grow from. For example, an apple and an apple tree. Glue pictures on cardboard squares. Place cards face down. Turn over cards until a match is found.

Counting Kicks

You can usually feel an unborn baby move by the 20th week of pregnancy. It's good to count the number of times your baby kicks or turns. This is called a kick count. Babies should move 10 times in four hours. If you count fewer kicks, call your health care provider right away.



It's best to take a count during the baby's most active period—after you have eaten, had something to drink or walked for a least five minutes. Write down the time you start to count kicks. Record a check each time baby kicks or turns. Count 10 and write down the time again. Do the kick count every day, the same time each day.



TOBACCO QUICK FACT

OCTOBER : LUNG CANCER

Take the True or False Lung Cancer Quiz:

- ✓ **If you've never smoked, you don't need to worry about lung cancer.**
False: 20% of people diagnosed have never smoked.
- ✓ **There's nothing people can do to lower their risk of lung cancer.**
False: Quitting smoking is the single most important thing people can do to decrease their lung cancer risk.
- ✓ **For people who smoke, much of the lung damage that can lead to cancer can be repaired, if they quit smoking.**
True: 2 weeks to 3 months after quitting your circulation improves and your lung function increases.

Did you know that when detected early, lung cancer patients have a greater chance of survival? Early detection is key to a high 5-year survival rate (Lung Cancer Foundation of America). Call Baptist Health Floyd at 812-981-6208 to speak with our Lung navigator today. For more information visit

WWW.BAPTISTHEALTH.COM/FLOYD/SERVICE/CANCER-CARE/SCREENINGS/LUNG-CANCER-SCREENINGS

MEDICATION MANAGEMENT CLINIC TOBACCO CESSATION SERVICES



BENEFITS OF QUITTING SMOKING

- **20 MINUTES:** Your heart rate drops.
- **12 HOURS:** Your blood's carbon monoxide level drops to normal.
- **2 WEEKS TO 3 MONTHS:** Your heart attack risk begins to drop, and your lung function begins to improve.
- **1 TO 9 MONTHS:** Your coughing and shortness of breath decreases.
- **1 YEAR:** Your added risk of coronary heart disease is half that of a smoker's.
- **5 TO 15 YEARS:** Your stroke risk is reduced to that of a nonsmoker's after quitting.
- **15 YEARS:** Your risk of coronary heart disease returns to that of a nonsmoker's.



BENEFITS OF THE MEDICATION MANAGEMENT CLINIC

Counseling and medication are both effective methods for quitting smoking when used alone. Research has shown that when patients use both counseling and medication, they are twice as likely to quit. Our clinic provides both options to help you quit smoking.

SERVICES PROVIDED

- Our clinical pharmacists will help you to create a plan to successfully quit smoking. We will work with you to set a quit date and prepare for this date in advance.
- We initiate medications, such as nicotine replacement therapy, bupropion (Zyban™), or varenicline (Chantix™) to help decrease cravings.
- We provide counseling to help you achieve a healthy, smoke-free life.

PHYSICIAN FOLLOW-UP

It is important to continue seeing your regular physician to maintain your overall health.

GETTING STARTED

Call 812.948.7674 for an appointment. No physician referral is needed.

WHAT TO BRING TO YOUR FIRST APPOINTMENT

A list of your medications, insurance card and ID (driver's license, etc.).

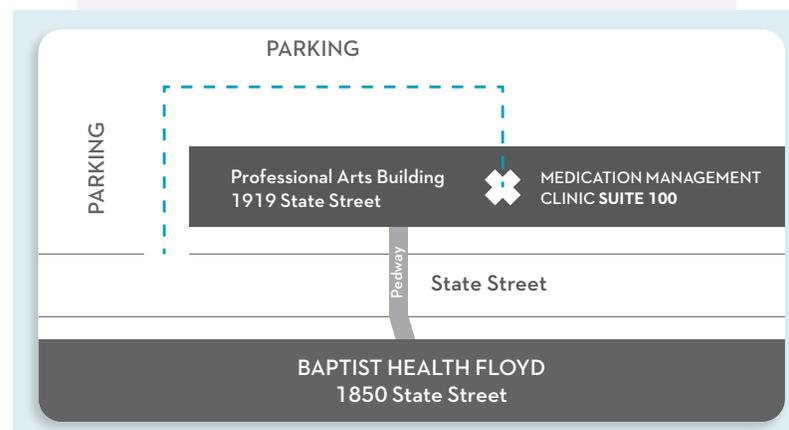
CALL AND REPORT IF ...

- You need to reschedule your appointment.
- There are any changes in your medications, including nonprescription drugs.

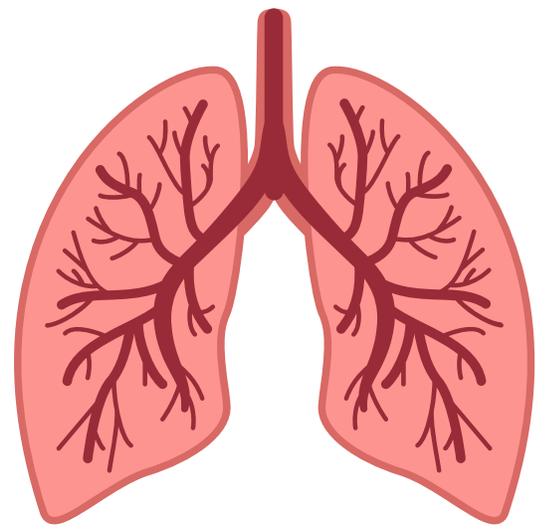
CONTACTING THE CLINIC

The clinic is located at
1919 State St. Suite 100.

Call 812.948.7674.



Lung Cancer Screenings



Are you eligible?

- Are you 50 years or older?
- Do you have a 20 pack year smoking history?
- Are you a current or former smoker who quit within the past 15 years?

Did you answer yes to these questions?

You qualify for a low dose CT scan for screening.

Talk to your doctor to decide if **yearly** lung cancer screening is right for you. Low dose screening can be scheduled by your doctor or by faxing an order to 812-949-5712.

Questions?

About screening, scheduling or need a primary care doctor, you can contact our Lung Nurse Navigator, Tara at 812-981-6212 or tara.shaffer@BHSI.com



BAPTIST HEALTH
FLOYD



OCTOBER-FITNESS AND INJURY PREVENTION

THE MOST COMMON EXERCISE-RELATED INJURIES ARE SPRAINS, MUSCLE STRAINS, AND TEARS OF THE KNEE AND SHOULDER. TO AVOID AN INJURY, FOLLOW THESE IMPORTANT PRECAUTIONS WHEN YOU WORK OUT. FIRST, TALK TO YOUR DOCTOR, THEN CHOOSE YOUR WORKOUT CAREFULLY. LEARN THE PROPER TECHNIQUE, AND GET THE RIGHT GEAR AND START GRADUALLY. REMEMBER TO WARM UP, STAY HYDRATED, COOL DOWN, AND VARY YOUR WORKOUTS. IF AN ACTIVITY HURTS, STOP DOING IT RIGHT AWAY. GET HELP IMMEDIATELY IF YOU SUDDENLY FEEL DIZZINESS, SHORTNESS OF BREATH, OR CHEST PAIN.

HOW TO TREAT EXERCISE INJURIES? APPLY AN ICE PACK FOR 15 TO 20 MINUTES, ABOUT ONCE AN HOUR, FOUR TIMES A DAY. BE SURE TO COVER THE ICE WITH A TOWEL TO PROTECT YOUR SKIN. AFTER 48 HOURS, YOU CAN PUT HEAT ON THE INJURY, REMEMBERING TO PROTECT YOUR SKIN. WRAP THE INJURED AREA IN AN ELASTIC BANDAGE. THE BANDAGE SHOULD BE SNUG, BUT NOT TOO TIGHT. AVOID USING THE INJURED AREA UNTIL IT HEALS. TALK WITH YOUR DOCTOR ABOUT TAKING OVER-THE-COUNTER MEDICATION TO HELP BRING DOWN SWELLING AND RELIEVE ACHES AND PAINS.

OCTOBER-GRAPES



WHEN YOU THINK OF A POPULAR FRUIT WITH A MYRIAD OF USES, GRAPES MIGHT COME TO MIND. DRIED GRAPES (RAISINS) CAN BE A LOVELY ADDITION TO SALADS AND YOGURT. FRESH, SEEDLESS GRAPES ARE A HANDY SNACK ALL BY THEMSELVES. A DELICIOUS TREAT, GRAPES ALSO CONTAIN HEALTH BENEFITS FOR YOUR HEART, EYES, BRAIN, BLOOD, AND JOINTS. GRAPES CONTAIN A SIGNIFICANT AMOUNT OF VITAMIN K, MANGANESE AND RESVERATROL WHICH HELPS THE BODY PROTECT AGAINST COLON AND PROSTATE CANCER, CORONARY HEART DISEASE, DEGENERATIVE NERVE DISEASE AND POSSIBLY ALZHEIMER'S. GRAPES CAN BE ENJOYED IN A VARIETY OF WAYS.

October: Lung Cancer



- **20% of people diagnosed with lung cancer have never smoked.**
- **Quitting smoking is the single most important thing people can do to decrease their lung cancer risk.**
- **Two weeks to three months after quitting smoking your circulation improves and your lung function increases.**
- **Lung cancer patients have a greater chance of survival if detected early. Early detection is key to a high 5-year survival rate (Lung Cancer Foundation of America).**

Call Baptist Health Floyd at 812-981-6208 to speak with our Lung navigator today.

WWW.NO-SMOKE.ORG/SMOKE-FREE-THREATS/THIRDHAND-SMOKE

For help with tobacco cessation, call the Tobacco Cessation Clinic at

Baptist Health Floyd at 812-948-7674.