

Winter 2021

Healthy Carroll Families



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Welcome to Healthy Carroll Families for Winter 2021. Healthy Carroll Families is our media campaign with information designed to help you take the next step in your family-based approach to healthy living. We encourage you to make copies and distribute these handouts to your clients, customers, students, PTA, family, friends...everybody!

These materials may also be downloaded for free from our website, **HealthyCarroll.org**.

Please call or email The Partnership with any questions, feedback, or suggestions you may have about Healthy Carroll Families. We look forward to hearing from you.

ThePartnership
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NEW YEAR NEW YOU

The start of a new year can help motivate you to make changes in your life. Whether you're looking to lose a few pounds, eat healthier, or improve your mental health, we have a few tips to help you achieve your goals!

Let's say you'd like to add more vegetables to your diet. If you've never eaten kale before, would you start your new goal by saying that you'll eat a bag of kale at every meal? Probably not - you wouldn't be setting yourself up for success!

When setting goals, make sure that they are **S.M.A.R.T.**

S - SPECIFIC

M - Measurable

A - Attainable

R - Relevant

T - Time Oriented

If your goal is to eat more vegetables, a great **S.M.A.R.T.** goal would be:

I will eat one extra serving of vegetables per day, at least 3 days a week, for the next month.

If you do well with this goal, add another serving, or try new recipes!

Remember to cut yourself some slack when introducing new things. If you miss a day or two of your goal, it doesn't mean quit – it means try again where you left off.

What **S.M.A.R.T.** goals will you try to achieve this year?

Sources: https://www.ucop.edu/local-human-resources/_files/performance-appraisal/How%20to%20write%20SMART%20Goals%20v2.pdf / <https://www.sandiego.edu/hr/documents/STAFFGoals-PerfPlanningGuide1.pdf>

3 WAYS TO MAINTAIN HOLIDAY FITNESS

1. **PLAN AHEAD:** Ask family or friends if they have fitness equipment you can use; plan simple workouts that doesn't require much space; talk to family in advance and suggest doing something active together.
2. **GET PREPARED:** Bring a workout plan with you; bring resistance bands; wear your running or walking shoes; stream workout online.
3. **USE EVERY OPPORTUNITY:** If you're hanging with kids, set up a game of football, tag, or hide and seek. Walk as much as possible. Take extra laps at the mall, use the stairs, volunteer to walk the dog. Offer to help with housework.

Source: www.verywellfit.com/exercise-during-the-holidays-1231555

JANUARY

THYROID AWARENESS MONTH

The thyroid is a butterfly-shaped gland at the front of the neck. This small gland has a big, big job. The thyroid is responsible for controlling the body's metabolism, heart rate, and how quickly things move through the body.



More than 12 percent of the US population will develop a thyroid condition during their lifetime. 20 million Americans have already been diagnosed with some form of thyroid disease.

Early warning signs of an overactive thyroid include: racing heartbeat, anxiety, nervousness, insomnia, weight loss with increased appetite, and excessive sweating.

Early warning signs of an underactive thyroid include: fatigue, cold intolerance, constipation, weight gain, and depression.

When medical professionals test for thyroid issues, they measure thyroid hormones with a blood test.

If you suspect that you may have thyroid issues, talk to your doctor. When talking with your provider, It's important to be as honest as you can when describing symptoms.

Source: <https://www.thyroid.org/media-main/press-room/>



CHILDREN'S DENTAL HEALTH

Baby teeth are so important because of their key role of saving space for a child's permanent teeth. They stay in a child's mouth for 8-10 years and affect their speaking, chewing, and, of course, smiling. Baby teeth can also indicate a child's overall quality of health. Untreated tooth decay can cause oral infections that enter the bloodstream and lead to other serious health problems, while also allowing bacteria to spread to new adult teeth.

- Schedule routine check-ups. Children should usually be seen by a dentist by the age of 1 or within 6 months after their first tooth comes in. If it's been more than six months since your child has seen a dentist, schedule an appointment as soon as possible.
- Clean your baby's gums daily. Until those teeth come in gently wipe a damp washcloth over the gums to clear away harmful bacteria after each feeding.
- Start brushing with the first tooth. Begin brushing your baby's teeth when you see one coming in with an infant toothbrush. Use water and a tiny bit of fluoride toothpaste (about the size of a grain of rice).
- Brush twice each day for two minutes. Children ages 2-6 should use a pea-sized amount of fluoride toothpaste. Always supervise kids younger than six years old while brushing, as they are more likely to swallow toothpaste.
- Begin flossing. Once your child's teeth touch, you can start flossing in between them.
- Snack healthy! Fruit juice, sports drinks, fruit snacks, and sticky candies all pose serious threats to your child's teeth. Give kids calcium-rich snacks like cheese or low-sugar yogurt. If you must resort to candy – a chocolate bar is preferable to gummy or sticky sweets that can get lodged in between the teeth, even after brushing.
- Keep them hydrated! Avoid sugary drinks and stick to good old-fashioned water. Water helps to rinse away any sugar or particles that can lead to cavities.
- Replace your child's toothbrush every three to four months.

Source: <https://childrensdentalhealth.com/february-national-childrens-dental-health-month/>



VEGAN WINTER LENTIL STEW

A rich and hearty medley of vegetables, lentils, and herbs makes this freezer-friendly Vegan Winter Lentil Stew the perfect cold-weather comfort food. (Prep Time 10 mins / Cook Time 50 mins / Total Time 1 hour)

Servings: 8 1.5 cups each

Instructions:

Ingredients:

- 2 Tbsp olive oil
- 1 yellow onion
- 4 cloves garlic
- 4 carrots (about 1/2 lb.)
- 4 stalks celery
- 2 lbs. potatoes
- 1 cup brown lentils
- 1 tsp dried rosemary
- 1/2 tsp dried thyme
- 2 Tbsp Dijon mustard
- 1.5 Tbsp soy sauce
- 1 Tbsp brown sugar
- 6 cups vegetable broth
- 1 cup frozen peas

Dice the onion and mince the garlic. Add the olive oil, onion, and garlic to a large soup pot and begin to sauté over medium heat.

While the onion and garlic are sautéing, dice the celery, then add it to the pot and continue to sauté. As the celery, onion, and garlic are sautéing, peel and chop the carrots into half rounds. Add the carrots to the pot and continue to sauté.

As the onion, garlic, celery, and carrots are sautéing, peel and cube the potatoes into 3/4 to 1-inch pieces. Add the cubed potatoes to the pot along with the lentils, rosemary, thyme, Dijon, soy sauce, brown sugar, and vegetable broth.

Turn the heat up to high, and bring the stew up to a boil. Once it reaches a boil, turn the heat down to low and let it simmer for 30 minutes, stirring occasionally.

Finally, after 30 minutes, stir in the frozen peas and allow them to heat through. Taste the stew and add salt if needed (this will depend on the salt content of your broth, I did not add any extra). Serve hot and enjoy!

Store leftovers for up to 5 days in the fridge, or 3 months in the freezer.

Source: <https://www.budgetbytes.com/vegan-winter-lentil-stew/>

Proper Shoveling Posture

A. Shoveling is a cold activity, warm up your spine by stretching first!



B. Bend your knees & keep your back straight



C. Keep your feet apart and have a strong low stance



D. Scoop and lift upwards with your legs, not your back



E. Don't shovel more than you can handle, don't strain your back by filling too much snow in the shovel



F. Keep the shovel close to your body making it easier to lift



G. Point your feet in the direction you want to throw the snow, don't twist your spine



H. Push the snow forward if possible, instead of throwing it to the side



I. Take frequent breaks and don't over do it!



Source: American Posture Institute

Fight the Flu & COVID, Too



Protect yourself, your loved ones and your community.

Be up to date on your seasonal flu and COVID-19 vaccines

Get the Flu Vaccine

- The flu can be deadly.
- It is predicted that the incidence of flu will be higher this year than last due to more social interactions.
- The flu vaccine is safe, and you need a flu vaccine each year.
- It is an effective way to prevent flu illnesses, hospitalizations and deaths.
- You can get sick from the flu and COVID-19 at the same time.

Everyone Should Get the Flu Vaccine

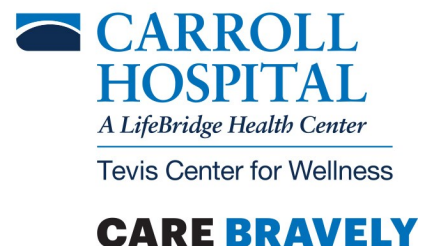
- **It's important for everyone 6 months and older to get the flu vaccine.**
- If you or someone you care about is an essential worker, at high risk for complications from the flu or at high risk for serious illness from COVID-19, make getting your flu vaccine a high priority.
- Those 12 and older can get their annual flu vaccine at the same time as a COVID-19 vaccine.

Prevent the Flu and COVID-19

- All flu vaccines will be quadrivalent this year to protect against four different flu viruses.
- Get vaccinated against both flu and COVID-19. Visit vaccines.gov or talk to your doctor or local pharmacist for more information on where to get vaccinated.
- If you are sick, stay home and talk to your healthcare provider about getting tested.
- Remember, the same actions that prevent the spread of COVID-19 prevent the spread of flu:
 - wash your hands or use hand sanitizer with at least 60% alcohol often
 - stay home when sick
 - wear face coverings
 - avoid large groups of people
 - avoid people who are sick
 - stay more than 6 feet from people
- Practice self-care to keep yourself healthy. Eat a healthy diet, stay hydrated, exercise regularly and get plenty of sleep.

Talk to your healthcare provider for more information and guidance.

Visit cchd.maryland.gov/flu
for more information about this
flu season and flu and COVID-19.





Unique as a Snowflake Art Show

Carroll Community College – Langdon Gallery

Exhibition runs: February 14th – 18th, 2022


Reception: February 18th 6:00 – 8:00 p.m.

Seeking Artist of All Ages!

This program will focus on the beauty of diversity and the uniqueness of individuals. Much like those of a snowflake, no two experiences are alike.

We want participants to celebrate their own resilience and strengths and enlighten the community's idea of what mental health is or "should look like".

Each artist will create a piece that reflects how they are unique, like a snowflake.



- Email The Partnership at ThePartnership@HealthyCarroll.org if you would like to participate.
- Artwork to be submitted to The Partnership by **February 9th, 2022**
- All wall-hanging pieces must be framed and wired (no sawtooth or unwired d-rings)
- Measurements are needed for all artwork: paintings/pictures size of work excluding frame, sculptures size of base
- Artwork does not need to contain snowflakes.



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Mental Health Ranked # 1 in Carroll County

Help Us Make A Difference!



Our community ranked mental health as the number one health concern in Carroll County during our Community Health Needs Assessment.

Join our **FREE** Mental Health Speaker Series and help us make a difference.

FREE CEU'S for Therapists and Social Workers

2022 Speaking Topics

10:00 to 11:00 a.m. *Except March 15th

January 14th - History of Mental Health

February 11th - Mind Over Matter: Addressing Normalizing Stress

March 15th* - Trauma Informed Care (8:00 a.m. to 12:00 p.m.)

April 8th - ACEs (Adverse Childhood Experiences)

May 13th - Taking on Stigma

June 10th - Generational Differences in Mental Health

July 8th - Co-occurring Disorders

August 12th - Early Identification of Mental Illness

September 9th - Integrating Peer Specialist into the Workforce

October 14th - Domestic Violence

November 4th - What is advocacy and what does it look like?

December 9th - Living Mentally Well

Speaker series will start virtually and moved to in-person when safe to do so.

Register at: HealthyCarroll.org/Mental-Health-Speaker-Series/



For more info:

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