

# hapitimes



## Asthma-Medicine Fast Facts for Kids (And Parents, Too!)

Asthma (az-ma) is a condition that causes people to have trouble getting enough air into their lungs. An “asthma attack” is when you have trouble catching your breath. Some common triggers include:

- Dust in your house
- Tobacco smoke
- Dirty air outside
- Cockroach droppings
- Pets
- Mold
- Hard exercise that makes you breathe really fast
- Some medicines
- Bad weather
- Some kinds of food

Even getting really excited, or feeling very mad, sad or scared can cause an asthma attack.

Different kinds of medicine can help. Sometimes you’ll use an inhaler, a little can of special air you squirt into your mouth as you breathe in. Some contain “quick help” medicine to use if you are having trouble breathing. Other inhalers contain medicine that helps keep your asthma under control.

Your doctor can explain more about your medications and how to use them. Remember: It’s always OK to ask questions! Your doctor is here to help.

*Sources: The Centers for Disease Control and Prevention’s National Asthma Control Program*

## Calcium This Vital Mineral Helps Strengthen Bones, Teeth

Calcium, the most abundant mineral in the body, is found in some foods, added to others, available as a dietary supplement, and present in some medicines (such as antacids).

Approximately 99% of the body’s calcium supply is stored in the bones and teeth, where it supports their structure and function. Bone itself undergoes continuous remodeling, with calcium being deposited into new bone. This process is most active in children and teens and it slows with age.

Milk, yogurt and cheese are rich natural sources of calcium and are the major food contributors

of calcium to people in the U.S. Non-dairy sources include vegetables such as Chinese cabbage, kale and broccoli. Foods fortified with calcium include many fruit juices, tofu and cereals.

Your doctor can tell you whether you need to take additional calcium in supplement form and, if so, the correct amount.

*Source: National Institutes of Health*



### Good Food

We're growing cucumbers, green beans, carrots, peppers, tomatoes, onions, and watermelons in the community garden. Top student gardeners this month: Chris and Emily!

What to do with all those nutritious and delicious vegetables? Chef KJ will be using vegetables we harvest during a cooking class for parents on Wednesday, May 3 at 5:30 pm!



### Good Fitness

We will have an obstacle course with the kids in the after-school program on Friday, May 5.... We're also introducing a monthly fitness challenge. First up: the plank challenge. "The plank is a great core strengthening exercise," says Hapi's Director at The Landmark, Michael Cook. "The primary muscles involved in the plank are: erector spinae, rectus abdominis, and transverse abdominis." Say that three times fast! Seriously, what does that mean for all of those participating? Lots of push-ups -- and good exercise!

We're remembering those who sacrificed their lives for us this Memorial Day.



### Christoper

**Age:** 16

**Favorite sport:** Wrestling

**Favorite fruit:** Watermelon

**Favorite vegetable:** Broccoli

**Favorite school subject:** Social studies

**What makes you happy?:** Helping people and loving them!



### Chef KJ's Mushroom Ceviche

#### INGREDIENTS

1 lb. button mushrooms, quartered

#### Dressing:

1 tsp. lemon juice

1 tsp. orange juice

1 tsp. lime juice

2 tbsp. olive oil

1/4 cup red onions, finely chopped

1 red bell pepper, finely chopped

1/2 bunch cilantro, chopped

1 clove garlic, chopped

#### INSTRUCTIONS

Clean mushrooms and cut into fourths.

Mix dressing.

Pour over mushrooms and let marinate overnight.

Serve with your favorite chip or with grilled seafood or poultry.

#### The Landmark Property Deal:

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