

hapitimes



Smoking and Diabetes What's the Connection?

Diabetes is a group of diseases in which glucose levels are higher than normal. The pancreas makes a hormone called insulin that helps glucose enter the body's cells. When you have diabetes, your body either doesn't make enough insulin or can't use the insulin very well. Type 2 is the most common type in adults and accounts for more than 90% of all diabetes cases.

Smokers are 30 to 40% more likely to develop type 2 diabetes, compared with nonsmokers. And people with diabetes who smoke are more likely than nonsmokers to have trouble controlling their disease. Smokers with diabetes also have higher risks for serious complications, including:

- Heart and kidney disease
- Poor blood flow in the legs and feet that can lead to infections, ulcers and possible amputation
- Retinopathy (an eye disease that can cause blindness)
- Peripheral neuropathy (damaged nerves in the arms and legs that can cause numbness, pain, weakness and poor coordination)

If you are a smoker with diabetes, quitting smoking will benefit your health right away. For free help to quit, call 1-800-QUIT NOW (1-800-784-8669).

Source: U.S. Centers for Disease Control and Prevention

Have an Active Lifestyle? Eat Right for More Energy

If you engage in physical activity and sports, healthy eating is essential for optimizing performance. Combining good nutrition with physical activity can lead to an overall healthier lifestyle, too. Here's how.

- Choose nutrient-packed foods. Include whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat less food high in solid fats, added sugars and sodium.
- Power up with protein. Protein is essential for building and repairing muscle. You can get it from plant sources and from seafood, lean cuts of beef or pork, and skinless poultry.
- Stay hydrated. Drink water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.
- Energize with grains. Make at least half of your grain food choices whole-grain foods such as whole-wheat bread or pasta and brown rice.

Source: ChooseMyPlate.gov

Inside The Landmark

At the Table

To shepherd in the holiday season of giving, we will be hosting a Thanksgiving meal for the kids and their families at The Landmark! Chef KJ will make a healthy "Hapi Gumbo" feast and cakes with fruit on November 22 at 4:30. We'll also play musical chairs and will be offering prizes for kids and parents.

In the Classroom



Our after-school program teacher Ms. Smith has been working with new volunteers to help kids finish their homework after school snack time. Left, the kids colored a worksheet showing their favorite healthy foods for Thanksgiving.

Special thanks to Hapi help in the classroom from Ireland Laing, Paisley Laing, Peyton Barnes, John Robert Taylor, Elissia Modica Taylor and Michael Cook.

Hapi Student of the Month

Name: Kelan Thomas

Age: 9

Favorite healthy food: Bananas

Favorite exercise: Sit-ups

Favorite subject in school: Science

What makes you happy? Dancing



The Landmark Property Deal:

\$199 move-in for approved credit for 2 bedrooms!
Landmark has waived application fees for victims of Hurricane Harvey!

Hapi Meals



Chef KJ's Apple & Root Vegetable Hash

Ingredients:

2 cups celery root, peeled and cut into 1/2-inch pieces
2 cups Yukon gold potatoes, peeled and cut into 1/2-inch pieces
2 cups sweet potatoes, peeled and cut into 1/2-inch pieces
1 onion, diced
2 small firm, sweet apples, peeled and cut into 1/2-inch pieces
1/4 cup roughly chopped fresh sage leaves
1/4 cup extra-virgin olive oil, divided
Coarse salt and freshly ground pepper

Instructions:

Bring a medium pot of water to a boil, and generously season with salt. Add celery root, and simmer for three minutes.
Add potatoes and sweet potatoes, and simmer vegetables two minutes more. Drain well, and spread vegetables on a rimmed baking sheet, letting them cool 15 minutes.
Heat two tablespoons oil in a large (preferably cast iron) skillet over medium-high heat, and cook onions until translucent and just beginning to color, about two minutes.
Add remaining two tablespoons of oil, the apples, and vegetables. Season with salt and pepper. Stir to combine, then press into a single layer using a spatula.
Cook, undisturbed for two minutes. Stir, and repeat process until vegetables are very tender and begin to caramelize, about eight to 10 minutes.
Remove from heat and stir in sage, then finish by seasoning with salt and pepper.