

hapitimes



Flu Immunization Update Know the Facts and Protect Your Family

Even healthy people can get very sick from influenza (flu) and can spread it to others. The U.S. Centers for Disease Control and Prevention estimates that flu-related hospitalizations since 2010 have ranged from 140,000 to 710,000 annually, while flu-related deaths have ranged from 12,000 to 56,000.

During flu season, flu viruses circulate at higher levels in the U.S. population. ("Flu season" in the U.S. can begin as early as October and last as late as May.) Getting an annual flu vaccine is the best way to reduce your risk of getting sick with flu and spreading it to others. When more people get vaccinated against flu, it spreads less easily through a community.

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. The flu vaccine is given annually and it changes slightly from year to year. The vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. While it may not protect against all strains of influenza, it can lessen the severity of the infection by preparing the immune system for a similar strain.

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

Your Child's Health What Does a School Nurse Do?



In addition to performing screenings of vision, hearing and height/weight, school nurses administer medications, monitor students with chronic health conditions such as asthma or diabetes, administer first aid, train school staff on health issues, and serve on school

committees to address student behavior and achievement. Nurses communicate with healthcare providers, develop individualized healthcare plans, create emergency treatment plans and collaborate with parents to provide care and to support student attendance. If you have concerns about a health issue that affects your child's experience at school, talk with your school nurse.

Source: New Jersey State School Nurses Association

Inside The Villas of Sorrento

Inside and Outside the Classroom

Summer Blast: We gave summer a fond farewell by hosting an August field day for the kids in our after-school program. Activities included racing on the monkey bar, water boxing, foot races and hoola-hooping. We also got our hands dirty teaching the kids how to make slime!



Back-to School: To prepare for back-to-school studies and exercises, we asked the kids about their favorite books. Some favorites: "Diary of a Wimpy Kid," "The Cat in the Hat," "Cinderella," "The Dork Diaries," "Little Red Riding Hood," "The Three Little Pigs," and "The Emmitt Zone." Thanks to our sponsors for donating school supplies and backpacks, which we distributed to the kids.

Coming Soon: Our community garden! We're in the planning stages of planting a community garden for the families on the property. Stay tuned for more details!

Hapi Spotlight: Student of the Month

Name: Khloey
Age: 6 years-old
Favorite exercise:
Push-ups
Favorite healthy food:
Chicken
Favorite fruit: pineapple
What makes her happy: Climbing the monkey bars



Hapi Meals



Apple Parfaits

INGREDIENTS

Apples
Greek yogurt
Nut of choice (walnuts, pecans, almonds)
Unsweetened coconut flakes
Dried cranberries
Cinnamon

INSTRUCTIONS

Slice apples.

Chop nuts.

In a dessert dish, scoop in a layer of yogurt then sprinkle in cinnamon and add coconut, dried cranberries and nuts. Add more yogurt and cover with apple slices. Repeat.

Wise Words

"The great thing in this world is not so much where we are, but in what direction we are moving."

- OLIVER WENDELL HOLMES

Property Deal:

Ask at the front office about special deals at the Villas of Sorrento!