

# hapitimes



## DID YOU KNOW?

### Clean Hands Help Protect Your Family

When should you wash your hands?

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before and after caring for someone who is sick
- After handling uncooked foods, particularly raw meat, poultry or fish
- After blowing your nose, coughing or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound
- After handling items contaminated by flood water or sewage



- When your hands are visibly dirty

Using alcohol-based sanitizers:

- Rub product over all surfaces of hands and fingers until hands are dry.

— Source: Centers for Disease Control and Prevention

## Respiratory Syncytial Virus (RSV) Know How to Protect Your Child

Respiratory syncytial virus (RSV) infects the nose, throat, windpipe, bronchi and bronchioles (air passages of the lungs). The virus is so widespread that almost all children have had an RSV infection by the time they reach preschool. RSV is carried on secretions. It's easy to catch and spread. Usually it causes only cold-like symptoms in adults and older children. The first signs of infection are usually a runny nose and a red throat. Over the next couple of days, the child becomes sicker with a cough, wheezing and sometimes a low-grade fever or an ear infection. There may be a lot of nasal drainage.

Most children get better by themselves. Some babies and young

children will get sicker. This can happen quickly. Contact your doctor if your infant or child has breathing that becomes faster (more than 40 to 60 breaths/minute), has trouble breathing or has irritability/restlessness. If your infant or child has breathing pauses of 10 to 15 seconds or longer, seek emergency help.

— Source: University of Michigan C.S. Mott Children's Hospital

## Hapi Meals



## Inside the Landmark

### PUMPKIN PUDDING

#### Ingredients

- 1 can pumpkin (15 oz., or 2 cups cooked mashed squash such as Hubbard)
- 2 teaspoons pumpkin pie spice (or 1 teaspoon cinnamon, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves)
- 1/8 teaspoon salt
- 1 1/2 cups milk (low-fat)
- 1 package vanilla pudding (instant, 3.5 oz.)

#### Instructions

1. Remember to start by washing your hands. In a large bowl mix pumpkin, salt and pumpkin spice together.
2. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time.

Recipe from the USDA:  
[www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)  
 More recipes online at [www.hapipts.org/blogs](http://www.hapipts.org/blogs)

#### Extra Credit

Our After-School Program at the Landmark is in full swing, with children receiving help with their homework two days a week.... A big “thank you” goes out to the volunteers from Central MMHS NAACP Youth Group. The community partnership is a valuable one for both sides—providing the younger students with a chance to excel at school and build their communication skills, while also giving the student volunteers a chance to help their community.



#### Dress up!

We will be having a Halloween costume contest on Friday, October 30 at 5 pm in the Community Room. Fruits and snacks will be provided—and costume contest winners will receive gift certificates and gift cards.

#### Landmark Deals

Ask about leasing specials at the front office.

## Food Facts

Cut back on that candy! The average kid consumes 3,500-7,000 calories of candy on Halloween night.

*(University of Alabama study)*

## Inspiration

*“In baseball, as in life, the most important things happen at home.”*