

# hapitimes



## Flu Season Is Coming Here's How to Stay Healthy

The best way to protect yourself and your family from the flu, according to the Centers for Disease Control and Prevention, is for those over 6 months of age to be vaccinated. (There are some exceptions, and your doctor can discuss those with you.) For information on this year's flu vaccine, visit <http://www.cdc.gov/flu/protect/keyfacts.htm>.

In addition, there are simple precautions you can take to help avoid the spread of germs during flu season:

- Wash your hands often with soap and water or an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people.

- Practice good health habits. Get plenty of sleep and exercise, manage your stress, drink plenty of fluids and eat healthy food.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

— Source: Centers for Disease Control and Prevention

## Lunchbox Makeovers Try These Easy Swaps for Better Nutrition

Many lunchboxes are overloaded with fat, sugar and salt and are missing fruit, vegetables and whole grains. The good news? There are simple, easy ways to improve your kids' nutrition by making some simple lunchbox swaps.

- If your child brings a packed lunch from home and buys milk at school, encourage her to choose 1% or skim milk instead of whole milk. Or buy skim or 1% milk at the grocery store and pack it.
- Use whole-grain bread instead of white bread for sandwiches. Choose breads that list "whole wheat" as the first ingredient. If the main flour listed on the label is "wheat" or "unbleached wheat flour," the product is not whole grain.

- Include at least one serving of fruit in every lunch. Try buying a new type of fruit each week to let your child discover new favorites. Try pears, sliced melon, cups of applesauce, grapes or pineapple (fresh or canned in its own juice). Try serving fruit cut into slices, cubed or with a yogurt dipping sauce.

— Source: Center for Science in the Public Interest

# HAPI times

September 2015

## Inside The Landmark

## WE'RE MAKING A DIFFERENCE.

Great things are happening at Landmark's HAPI site! We opened our doors for homework assistance on September 1, 2015 and are serving the Landmark community twice weekly (Tuesdays and Thursdays) from 5:00pm to 6:00pm. Recently, we have connected with the National Pan Hellenic Council at Lamar University and are expecting an outpouring of volunteers from the different service organizations on campus including Alpha Kappa Alpha Sorority, Inc., Delta Sigma Theta Sorority Inc., and many others. Once this happens, we will possibly be able to offer assistance Monday-Friday!

Also this month (date to be announced) we will have a police officer speak with our children and families about the important role our Police Officers play in our community. Everyday Police Officers are here to serve and protect you, your family and our entire community .

## SEPTEMBER 18TH

Family movie night with healthy snacks! Lots of fun! Save the date and look for more information forthcoming.

## THE LANDMARK

3155 French Rd. Beaumont, TX 77706

Hapi is improving the quality of life for the children and families right here at The Landmark Apartments in Beaumont! Hapi has started an after school program in the community room of Landmark Apartments for resident children focusing on homework assistance, reading and math with an emphasis on health and nutrition education .



**Hapi Online**  
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