

hapitimes

Childhood Obesity Facts and Prevention Tips

For National Childhood Obesity Month in September, we work to ensure that families have the information they need to keep kids healthy. Obesity in childhood poses immediate and future health risks and can harm the body in a variety of ways. Children who have obesity are more likely to have high blood pressure and high cholesterol, which are risk factors for cardiovascular disease; impaired glucose tolerance, insulin resistance, and type 2 diabetes; breathing problems, such as asthma and sleep apnea; joint problems and musculoskeletal discomfort; fatty liver disease, gallstones, and gastro-esophageal reflux (heartburn). Here are tips to help keep kids healthy:

- Provide plenty of vegetables, fruits, and whole-grain products.
- Include low-fat or non-fat milk or dairy products, including cheese and yogurt.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Encourage your family to drink lots of water.
- Limit sugary drinks.
- Reduce the availability of high-fat and high-sugar or salty snacks to help your children develop healthy eating habits. Only allow your children to eat these foods rarely, so that they truly will be treats!
- Reduce sedentary time. Although quiet time for reading and homework is fine, limit the time children watch television, play video games, or surf the web to no more than 2 hours per day.
- Ensure adequate sleep. Too little sleep is associated with obesity, partly because inadequate sleep makes us eat more and be less physically active.
- Make sure kids are moving. Children aged 6 to 17 years should do at least 60 minutes of moderate to vigorous physical activity every day. Children aged 3 through 5 years should be physically active throughout the day for growth and development.

Source: CDC.gov



HAPI
meals

Cucumber Yogurt Dip

Ingredients

2 cups yogurt (plain, low-fat)
2 cucumbers (medium, peeled, seeded, and grated)
1/2 cup sour cream (non-fat)
1 tablespoon lemon juice
1 tablespoon dill, parsley or other herb
1 garlic clove (chopped)
1 cup tomatoes, broccoli, and carrots or other vegetables

Instructions

Peel, seed, and grate one cucumber. Slice other cucumber and set aside. Mix yogurt, grated cucumber, sour cream, lemon juice, herb, and garlic in a serving bowl. Chill for 1 hour. Arrange vegetables on a colorful platter. Serve with cucumber dip. Enjoy!

Recipe adapted from www.myplate.gov

FOOD SAFETY

September is Food Safety Education Month. An easy way to ensure safety: Wash, wash, wash! Wash hands frequently and wash utensils and surfaces after each use. Also: Wash fruits and vegetables, but not meat, poultry, or eggs.

More: www.foodsafety.gov

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

inside Village Green

As we work towards finding the best candidate to be the new Resident Services Coordinator at Village Green, we would like to introduce you to Olga Yracheta. Ms. Olga will be administering a virtual calendar of activities for the next few weeks!

Ms. Olga is a coordinator mentor for the Good Neighbor Program in the San Antonio, Texas area. She has been working with Portfolio Resident Services for the last seven years. She enjoys working and reaching out to residents across multiple PRS communities and has been able to see the difference the Good Neighbor Program can make. If you have any questions or suggestions for activities you would like to see offered at Village Green, please reach out at oyracheta@prspurpose.org.



Mientras nos enfocamos en encontrar al mejor candidato(a) para tomar el puesto de Coordinador de Servicios para Residentes en Village Green, nos gustaría presentarles a Olga Yracheta. Olga implementará un calendario virtual de actividades durante las próximas semanas.

Olga es coordinadora del Programa del Buen Vecino en el área de San Antonio, Texas. Ha formado parte de la organización de Portfolio Resident Services durante los últimos siete años. Le gusta trabajar y conectarse con los residentes de varias comunidades de PRS y es testigo de la diferencia que el Programa del Buen Vecino puede hacer en las vidas de residentes. Si tiene alguna pregunta o sugerencia sobre las actividades que le gustaría que se ofrezcan en Village Green, comuníquese por medio de oyracheta@prspurpose.org.

August was a wonderful month full of exciting back-to-school activities and programs. The Good Neighbor Program hosted a group of student volunteers from Loma Linda University, Cal State Long Beach, and UC Irvine. The college students helped the kids get excited about school and all its possibilities.

The volunteers also answered back-to-school questions, played games, and even did some science experiments! Overall, the kids got to enjoy great snacks, refreshments, and good company as they transitioned to this new chapter of in-person schooling through COVID-19.



Agosto fue un mes maravilloso lleno de emocionantes actividades y programas de regreso a clases. El Programa Buen Vecino recibió a un grupo de estudiantes voluntarios de la Universidad de Loma Linda, Cal State Long Beach y UC Irvine. Los estudiantes universitarios ayudaron a algunos de los niños a entusiasmarse con la escuela y todas sus posibilidades. ¡También respondieron las preguntas de los niños sobre regreso a clases, jugaron juntos e incluso hicieron algunos experimentos científicos! En general, los niños pudieron disfrutar de excelentes refrigerios y buena compañía mientras realizaban la transición al regreso a clases en persona durante la pandemia del COVID-19.



Good Neighbor Day is September 28. Would you like to share any news or stories with your neighbors at Village Green? Please email any suggestions to oyracheta@prspurpose.org and we will include them in your monthly newsletter!

¿Le gustaría compartir alguna noticia o historia con sus vecinos en Village Green? Envíe un correo electrónico con cualquier sugerencia a oyracheta@prspurpose.org y la incluiremos en su boletín mensual.

