

# hapitimes



## Is it a cold or allergies? Know the Difference

You're feeling crummy, with sneezing, sniffles, post-nasal drip... is it a cold, or are your allergies flaring up? It can be hard to tell them apart because they share so many symptoms.

Colds are caused by viruses and can lead to a runny/stuffy nose, congestion, cough and sore throat. (Note: The flu can also cause similar symptoms, but it also often comes with a high fever that lasts for three to four days, along with headache, fatigue and general aches and pain. These symptoms are less common when you have a cold.)

Allergies aren't caused by a virus. They occur when your body's immune system reacts to a trigger, or allergen, to which you are allergic. If you have allergies and you breathe

in things such as pollen or pet dander, the immune cells in your nose and airways may overreact to these harmless substances. Your delicate respiratory tissues may then swell, and your nose may become stuffy or runny. Allergies also can cause itchy, watery eyes, which you don't normally have with a cold.

Allergy symptoms usually last as long as you're exposed to the allergen, which may be about six weeks during pollen seasons in the spring, summer or fall. Colds rarely last beyond two weeks. Check with your doctor if symptoms last beyond 10 days or if symptoms aren't relieved by over-the-counter medicines.

*Source: National Institutes of Health*

## Could It Be Strep Throat? Only a Strep Test Will Tell for Sure

Strep throat is a bacterial infection in the throat and tonsils. The bacteria are spread through contact with droplets after an infected person coughs or sneezes.

If you touch your mouth, nose or eyes after touching something that has these droplets on it, you may become ill.

The most common symptoms of strep throat include sore throat; fever; red, swollen tonsils (sometimes with white streaks or pus); tiny red spots on the roof of the mouth; and swollen lymph nodes in the front of the neck.

Your doctor can test for strep by swabbing the throat to quickly see if group A strep bacteria are

causing the sore throat. A strep test is needed to tell if you have strep throat or if it may be a case of viral sore throat, which resolves on its own. (Note: antibiotics are not useful for viral illnesses.) Just looking at your throat is not enough to make a diagnosis. If the test is positive for strep, your doctor can prescribe antibiotics.

*Source: Centers for Disease Control and Prevention*

Inside  
The  
Landmark

Hapi  
Meals

## Celebrating Earth Day

We celebrated Earth Day early with the kids in the after-school program by drawing pictures of their favorite parts of nature and sharing how it made them feel! We also got our hands dirty preparing the earth for our vegetable garden. We added fresh soils and nutrients to the garden and planted carrots, green beans, onions, tomatoes, cucumbers, Jalapeño peppers and bell peppers. Special thanks to Debra Padia for helping us. We look forward to more residents getting involved in our Hapi community garden -- it's a great way to meet your neighbors, enjoy the outdoors, feel the earth and reap the rewards of your hard work with fresh fruits and vegetables!

## Work and Play Time

The Hapi program provides after-school assistance for your children with their homework, but also focuses on building math and writing skills through games and lessons. Join us in April as we sharpen our writing skills and learn the love of journaling. We also have fitness time with outdoor games planned on Mondays and Fridays, from 4:30 to 5:00 pm.



## Chef KJ's Honey-Roasted Squash and Turnips

### INGREDIENTS

12 oz. butternut squash, peeled, seeded and diced large

6 oz. turnips, peeled and diced large

2 oz. honey

Kosher salt and pepper to taste

### INSTRUCTIONS

Cut butternut squash and turnips into 1-inch cubes.

Toss in seasoning.

Roast at 375 degrees on an oiled sheet pan for 30 minutes.

While the vegetables are cooking, periodically loosen them with a spatula so they won't stick to the pan.

Season to taste.

Wise  
Words

### In honor of Earth Day:

"Look deep into nature, and then you will understand everything better."  
- Albert Einstein

### Property Deal:

\$299 move-in special for 2 bedrooms!  
(covers all deposits, fees,  
and prorated rent to move in)