




HEALTH NEWS

From your School Nurse, **Megan Fitzgerald, BSN, RN**
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Did you know that tooth decay (cavities) is one of the most common chronic conditions of childhood in the United States? Untreated tooth decay can cause pain and infections that may lead to problems with eating, speaking, playing, and learning. Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month to raise awareness about the importance of oral health. This year's slogan is **"Brush and clean in between to build a healthy smile"**. Scheduling regular dental visits and developing good dental habits at an early age helps children begin a lifetime of healthy teeth and gums. Source: American Dental Association. Visit ada.org for more information.



February Exercise Partner

Exercise partners help with accountability and goal-setting. A partner helps to reduce stress levels and keep exercise interesting. Research has shown that partners help increase your weight loss efforts and even help you live longer!

February is



American Heart Month

Every school in our district has at least one Automated External Defibrillator (AED) in case a student, staff member or visitor has a heart emergency. These devices have been lifesaving. Also, every teacher as well as many other school personnel are trained in CPR and the use of AEDs. If you would like to learn how to perform CPR and use an AED, contact the American Red Cross, American Heart Association, or ProTrainings for class offerings.

Health News is written by: **Julie Collings, MPH, RN, NCSN, PHNA-BC**

St. Marks United Church of Christ

222 East Spring Street
New Albany, In 47150
812-945-2569

"No matter who you are or where you are on Life's Journey, you are Welcome Here"



Saturday, February 23, 2019
10:00 am – 2:30 pm (Doors open at 10:00 am)

Free Services provided to all:

- Free** Vision testing (includes specialized tests for Children 2-6 yrs. old)
- Free** Eye glasses
- Free** Blood Pressure & Flu Shots
- Free** Healthy Lifestyles Education
- Free** Women's Health Screening & Education
- Free** Chiropractic Screening
- Free** Haircuts
- Free** Dental Screenings
- Free** HIV Testing
- Free** Veterans Services

Bilingual and American Sign interpreters will be available

Health Education including resources on Women's Health; Proper Nutrition; Smoking; HIV Prevention; Substance Abuse; Dental Health; Abuse Reporting and Imagination Library sign up for school age children.

Free Coffee & Hot Cocoa served all day and Meal served from 11:00a.m. – 2:00p.m.

Please visit our Free Clothes Closet

Please plan to be our guest!

FEBRUARY-SPAGHETTI SQUASH



**OVEN BAKED
SPAGHETTI
SQUASH**

SPAGHETTI SQUASH LOOKS LIKE SPAGHETTI STRANDS WHEN COOKED. IT CAN BE A NICE ALTERNATIVE TO PASTA DUE TO ITS LOW CARBOHYDRATE LEVELS. SPAGHETTI SQUASH IS RICH IN B VITAMINS, WHICH PROMOTE CELL FUNCTION. FOLATE IS ALSO IN SQUASH, WHICH SUPPORTS NEW CELL, MAY PREVENT BIRTH DEFECTS, AND HELPS PROMOTE CARDIOVASCULAR HEALTH.

Servings: 4
1 large spaghetti squash
3-4 tbsp EVOO
salt and black pepper
Fresh thyme
Instructions

1. Preheat oven to 375°F
2. Cut squash in half and scoop out the guts and seeds; place the squash halves in a roasting pan and drizzle with a generous amount of extra-virgin olive oil, then sprinkle with salt and pepper.
3. Turn the squash flesh side down, add ½ cup water to the pan and bake, uncovered, for 60-75 minutes, until the squash feels soft when squeezed and the skin and flesh can easily be pierced with the tip of a sharp knife.
4. When squash is done baking, remove from oven and let it cool for a few minutes, then flip the halves over and gently scrape the flesh with a fork to form strands that resemble spaghetti.
5. Serve piping hot, garnished with a bit of fresh thyme (or other herb of your choice).

Free Heart and Stroke Screenings

Thursday:

**Feb. 7
March 7**

Full lipid panel, blood pressure, blood sugar, A1C and body mass index.

Appointment required.



Schedule your appointment by calling 1.800.4.SOURCE.