Welcome!

The needs in our communities are great: challenges of a health pandemic, lack of access to care, poverty, and trauma. However, Wayne County is filled with agencies and caring people who work every day to help limit these burdens.

Through this newsletter, we aim to share common messaging, education, and resources, from our local agencies with the families and individuals in our communities. We hope to support young people and families in their journey to learn, grow, thrive, and be healthy.

Each month we will share topics of interest, recipes, healthy activity ideas, and provide upcoming Wayne health and wellness events.

If you should have any questions, please feel free to contact jharper@soduscsd.org.

Wishing you good health and peace in 2022!

Jill Harper, R.N.
School Health Integration Specialist
Wayne County Community Schools

Dear Parents and Community Members,

Our administrators, teachers and staff are participating in a healthy food challenge in January and we would like you to join us. This 10 day whole food plant based challenge has been an annual challenge for the district for the past few years. Led by Doug and Shari Schmidt. In a recent study in the British Medical Journal stated: participants who reported following ‘plant-based diets’ had lower odds of moderate-to-severe COVID-19 severity, compared with participants who did not follow these diets. A whole food plant based way of eating has been shown to improve your immune system and helps most chronic diseases such as high cholesterol, high blood pressure, autoimmune diseases and even helps the body fight some forms of cancer. This is a free health initiative for you and your family as well as relatives and extended family.

To learn more go to www.smore.com/7p42d or scan the QR code:

Nutrition education is available at your fingertips!
Visit www.snapedny.org/nfl-region for tips, recipes, program information, and events on their monthly calendar!
Happy New Year from CAAFL!

The New Year is an opportunity for growth, change, and renewal. For this reason, over 40% of Americans set New Year’s Resolutions each year. When we think of resolutions, we often think of goals such as eating healthier, exercising more, or losing weight—but your resolution can be anything you want it to be! Maybe you would like to improve your relationship with your teen, make more time to spend with your family, start a new hobby (or pick up an old one!), or maybe you’d like to cut down or eliminate your alcohol consumption.

Whatever you choose as your resolution, one of the best strategies for being successful is to call on others for support. While of course that includes your family and friends, don’t forget about your local agencies and the services they offer. We at the Council would love to help you keep your resolutions. We offer a variety of programs that you may find helpful, whether that be parenting programs to help improve your relationship with your children and manage family conflict, or programs involving substance use and addiction, healthy habits, goal setting, and decision making. Reach out today to see how we can help you!

January is National Soup Month!

Barley Lentil Soup

- 3 medium carrots, diced
- 2 medium onions, diced
- 3 large cloves garlic, minced
- 4 cups fresh spinach, chopped
- ¾ cup pearl barley
- 1 tablespoon canola oil
- 1 teaspoon ground paprika
- ½ teaspoon ground cayenne pepper
- 6 cups water
- 4 cups low-sodium chicken or vegetable broth
- 1 cup dried lentils
- 1 (14.5 ounce) can diced tomatoes
- 1/4 teaspoon ground black pepper
- 1/4 cup grated Parmesan cheese or mozzarella (optional)

In a colander, rinse barley with cold water. (This will eliminate the excess of starches and prevent stickiness) In a large pot heat oil over medium-high heat. Add carrots and onions to the pot- cook until slightly soft. Stir the garlic, paprika, and cayenne pepper into the mix. Add ¾ cups of barley, water, and 4 cups of vegetable broth to pot. Bring to a boil. Reduce heat to low. Partially cover with a lid and let simmer for 15 minutes. Rinse lentils with cold water and add to pot, along with tomatoes. Cover and simmer for 30 minutes. Add spinach and pepper to the soup. Cover the soup and let it simmer for 5 more minutes to concentrate the flavor. When serving – top with parmesan or mozzarella cheese if desired.

Full recipe details are available online: https://rb.gy/ikyd5o

Make a P.A.C.T. to get Healthy before and during Pregnancy

Plan Ahead

- Get as healthy as you can before you get pregnant

Avoid Harmful Substances

- Avoid smoking
- Avoid drinking alcohol
- Be careful with harmful exposures at work and home

Choose a Healthy Lifestyle

- Eat a healthy diet that includes fruits, vegetables, whole grains, low fat dairy and lean proteins
- Be physically active
- Work to get medical conditions like diabetes under control

Talk to Your Healthcare Provider

- Get a medical checkup
- Discuss all medications, both prescription and over-the-counter
- Talk about your family history