



## NEWS FROM THE HEART



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<https://www.actionforhealthykids.org/get-involved/every-kid-healthy-week/>

Take Action  
for Healthy  
Kids During  
Every Kid  
Healthy  
Week



*Every Kid Healthy Week*, from April 25 to April 29 this year, is an observance that aims to spread awareness regarding the health of children. This is essential because, to grow up into healthy adults, it is important for kids to be healthy and active from a young age. To ensure parents and children are aware of the advantages of nutrition and wellness, Every Kid Healthy Week is celebrated every year. We have just the right tips on how you can celebrate and make the week memorable.

### HISTORY OF EVERY KID HEALTHY WEEK



It all started in 2002 when Action For Healthy Kids (AFHK) began to establish a network across the U.S. after Dr. David Satcher addressed childhood obesity as an epidemic. After the initiative began to be recognized, several steps were taken to improve the health of school-going children. The efforts taken included meetings with policy-makers as well as school administrations. In 2008, AFHK began working on elevating the focus on school wellness by launching a toolkit for parents to better inform them on wellness practices. By 2012, AFHK had numerous events under its belt that all aimed to increase the health and nutrition of kids.

In the year 2013, the AFHK mission was recognized and accepted in numerous schools. However, there was still a great need to spread awareness regarding the mission as not all individuals were aware of the strong link between physical health and learning — especially in this technological day and age where fewer children seem to be involved in physical activities. To further ensure that the focus on kids' health never took a backseat, AFHK launched Every Kid Healthy Week, which is also recognized on the Calendar for National Health Observances. This week, which is celebrated every year, brings to light numerous physical and mental health problems faced by the children of today, how they can be managed, and, most importantly, how schools and parents can play a vital role in the health of a child.



# EVERY KID HEALTHY WEEK

## 2022 SCHEDULE

MINDFUL MONDAY	TASTY TUESDAY	WELLNESS WEDNESDAY	THOUGHTFUL THURSDAY	FAMILY FRIDAY
. . . . . CHILD HEALTH FOCUS . . . . .				
Social Emotional Health	Nutrition and Food Access	Physical Activity and Active play	Equity Awareness	Family-School Partnerships
				

### Mindfulness Monday:



Use this day to plan your meals for the entire week to ensure a great start. Breakfast is an important part of the day and breakfast is a Slam Dunk with the FastStart Breakfast Bar from Fieldstone dipped in your favorite strawberry yogurt! Made with whole grain, filled with Apple Cinnamon or Strawberry and USDA Smart Snack approved. Be mindful to drink plenty of water and really savor the taste of that favorite treat!



### Tasty Tuesday:

Tasty Tuesday is all about good food choices and nutrition. Talk to your children about the importance of making health-conscious decisions about food, and how eating well contributes profoundly to overall wellness. Why not celebrate this Tasty Tuesday by prepping and cooking a healthy dinner as a family? Then you can try our Banana Split with a Twist for dessert!



### Wellness Wednesday:

Wednesday of Every Kid Healthy Week is Wellness Wednesday. Today you and your children can explore the importance of wellness, and how the choices you make on a daily basis impact your overall health. One great way to instill healthy habits is to teach your kids how to make good snack choices. Move over, potato chips, there's a new and better snack in town – crunchy, tasty Fieldstone Granola!



### Thoughtfulness Thursday:

It's so important to teach our children how to be thoughtful and kind. On this Thoughtfulness Thursday, we suggest an activity you can do with your kids to show them how great it feels to do bring a smile to someone. With our Smiling Daisy Delights recipe, by adding fruit, you can make a fun, springtime daisy delight to give to a friend or family member.



### Fitness Friday:

We all know how important it is to stay active! Moving our bodies works wonders for our physical wellness as well as our mental health. So for this Fitness Friday, TOTALLY! get up and get moving! Go for a bike ride, a walk around the neighborhood, or even a fun hike in the woods. After you get moving, you can follow up your activity with a delicious TOTALLY Apple Cinnamon Bar dipped in your favorite apple sauce or yogurt. Work up an appetite, then meet it with a tasty snack you can feel good about!

However you spend your week with your family, we hope you enjoy time together creating memories and healthy habits. We believe in the power of mindfulness, healthy eating, and staying physically active. We want to wish you and yours a happy Every Kid Healthy Week, and we hope some of our tips make it onto your calendars! For more information visit <https://promotions.fieldstonebakery.com/every-kid-healthy-week/> or <https://www.actionforhealthykids.org/get-involved/every-kid-healthy-week/>

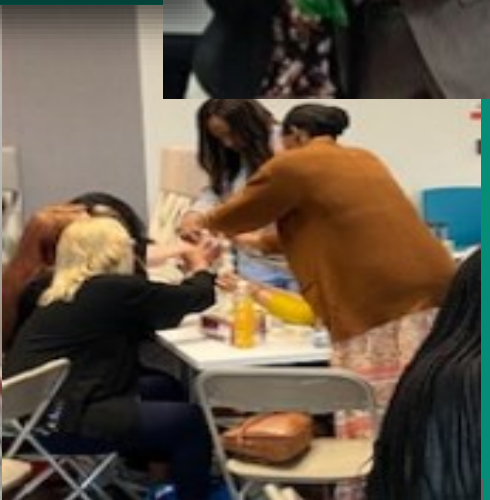






Shout-Out to:	From:
<b>Heather Wyman</b> , for organizing and leading the Diabetes education program and preparing us to apply for accreditation.	Carali McLean, QI
Happy Birthday to <b>Stephanie Dickson</b> in the Belleview Pharmacy! She is an amazing team member and pharmacy tech!	Laura, Belleview
Thanks to the employees filling out Incident Reports. Please keep doing it!	Sarahi Lara - Main
<b>Clinical team:</b> I would like to send a shout out to HFHC Medical Assistants and Nurses. I appreciate all you do and thank you for all your hard work every day, short staffed and making it happen!! You all are the best and I'm glad to be part of the team!!!	Marisha Peppers (Everywhere)
<b>Cassandra Newton</b> - Could not ask for a better leader at the jail. She is fair, honest, and always goes above and beyond! The Glue to this workplace!	-Jail nurse
<b>Vanya &amp; Hannah</b> - Clinic Staff at MCJ. These professionals go above and beyond to support the providers and fill the gaps in a critically understaffed facility. Thank you!	Christian Meade - MCJ
<b>Jackie Zayas</b> - For all the time spent helping me keep up with Credentialing!	Sarah Brus
To all the <b>staff that were involved in making the March All-Staff Meeting</b> a success! You know who you are...LOL! :) )	Heather James Admin/Main
<b>Fernando Petroche:</b> I am constantly telling Fernando to say NO when he is overwhelmed but his vocation to serve is too strong. I trust him with so much and I am grateful for his commitment to the organization.	Maria I Torres, COO
<b>Cindy O'Connor, Laketa Taylor, Rochelle Davilla, Shelia Turner and Maria Perez</b> for being an AWESOME Case Management and TCM team and for always going above and beyond!!	Sonya HFHC Main
<b>Arianna Libby...</b> Truly cares about her patients. She is clutch at MCJ.	Anonymous
<b>DSME TEAM</b> in Belleview office! Thank you for being so awesome! We are going to rock accreditation!	Heather Wyman
<b>Rebecca Garcia and Heather Stafford</b> , for their determination to get access to what we need from managed care insurance companies and engaging our assigned patients in care.	Carali McLean, LCSW, Director of Quality and Risk Management
<b>Lauren Hadsock</b> , for starting the Diabetes Prevention Care clinic at Main and now expanding it to other clinics.	Carali McLean, LCSW, Director of Quality and Risk Management
<b>Jessie Caudill</b> , for enhancing ECW and DRVS to solve previously unsolvable problems and meet the different needs of Clinical, Population Health, and Finance.	Carali McLean, LCSW, Director of Quality and Risk Management
<b>Jackie Zayas</b> , for tireless work cleaning up provider panels and submitting data on care gaps for several managed care insurances in the last month.	Carali McLean, LCSW, Director of Quality and Risk Management

# All Staff Meeting





# WHAT TO COOK THIS *April*



## Spring Veggie Stir-Fry

Author: Cookie and Kate    Prep Time: 10 mins

Cook Time: 10 mins    Total Time: 20 minutes

Yield: 4 side servings     Category: Side dish

Method: Stovetop    Cuisine: Chinese

## INGREDIENTS

- 1/4 cup Fusain Reduced Sodium Soy Sauce (regular soy sauce is too salty!)
- 2 tablespoons Simply Nature Organic Wildflower Honey or maple syrup
- 2 teaspoons arrowroot starch or corn starch
- 1 tablespoon grated fresh ginger
- 1 large clove garlic, pressed or minced
- 1/2 teaspoon crushed red pepper (scale back or omit completely if you're sensitive to spice)
- 1 tablespoon Simply Nature Organic Coconut Oil or your cooking oil of choice
- 1 small red onion, root and tip ends removed and cut into 1/4-inch thick wedges
- 3 medium carrots, peeled and cut into very thin rounds
- Pinch of salt

## INSTRUCTIONS

1. In a liquid measuring cup, combine the soy sauce, honey, cornstarch, ginger, garlic and red pepper flakes. Whisk until blended and set aside.
2. Warm the oil over medium heat until shimmering. Add the onion and carrots and a pinch of salt. Raise the heat to medium-high and cook, stirring every 30 seconds or so, until the onions have softened, about 4 to 5 minutes. (If at any point you catch a whiff of something burning while making this stir-fry, dial back the heat a bit.)
3. Add the asparagus and cook, stirring every 30 seconds, until the carrots are starting to caramelize on the edges and are easily pierced by a fork, about 3 minutes.
4. Pour in the prepared sauce and cook, while stirring constantly, until the sauce has thickened to your liking, about 30 to 60 seconds. Remove from heat and serve as a side dish as-is, or turn it into a main dish by serving it with rice, fried eggs or tofu.

