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Powered by Cape Atlantic Integrated Network for Kids

Fall Newsletter

*WELLNESS >>>***GRATITUDE**

“Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...and it makes sense of our past, brings peace for today, and creates vision for tomorrow.

-Melody Beattie

We at Cape Atlantic INK Wellness Committee want to thank you for being you! As we embrace the fall weather and the grateful season let us embrace all the moments we have together from the phone calls, the text messages, the meetings, and the togetherness. We have each other. We are building an impactful healthy community because of each of you. Take the moment to self-reflect: Did you hit your vision goals for the year? What areas did you grow in the most? What areas do you want to fine tune for the last weeks of the year? Share your answers with a friend and together we can make 2024 the best year yet!

Have a safe and healthy fall month!

Cold Weather Illness Prevention

The season for respiratory illnesses is here, as kids go back to school and everyone spends more time inside due to the weather. COVID-19, the Flu, RSV, the common cold, and other viral infections tend to be more common this time of year. While not completely preventable, here are some ways you can minimize the risk of illness in your home:

- Vaccinate against flu and COVID-19 annually
- Avoid close contact with others who are sick
- Stay away from others when you are sick, or keep your children home from school when they are sick
- Clean frequently touched surfaces often
- Cover your coughs and sneezes
- Wash your hands often, and use an alcohol based hand sanitizer if washing is not available.

For more information, check out www.cdc.gov



CAPE ATLANTIC I.N.K.
Integrated Network for Kids

RECIPE: Healthy Gluten Free Banana Muffins



Wet Ingredients

- 1 heaping cup mashed, ripe banana (from about 3 medium bananas)
- 2 eggs
- ¼ cup pure maple syrup
- 2 teaspoons vanilla extract

Dry Ingredients

- 1 cup packed fine blanched almond flour
- 1 cup gluten free oat flour
- 1 teaspoon baking powder
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- 1/3 cup mini chocolate chips
- 2-3 tablespoons mini or regular dairy free chocolate chips for sprinkling on top

Instructions

- Preheat oven to 350 degrees F. Line a muffin tin with 10 muffin liners and spray the inside of the liners with nonstick cooking spray. This helps to prevent sticking.
- In a large bowl, mix together mashed banana, eggs, maple syrup and vanilla extract until smooth.
- In a separate large bowl, whisk together the almond flour, oat flour, baking powder, cinnamon and salt until well combined.
- Add dry ingredient to wet ingredients.
- Fold in ½ cup chocolate chips.
- Divide batter evenly between liners. Sprinkle the tops of the batter with extra chocolate chips. Bake for 20-25 minutes or until tester comes out mostly clean with a few crumbs attached.
- Transfer muffins to a wire rack to allow them to cool.
- Enjoy!
- Makes 10 muffins.

FAMILY FUN!

Game & Activity Idea! Grab a bag of M&M's - the bigger, the more engaging the conversation. Have each member in your family grab as many as they want, while ensuring everyone gets some. Then go around and have each person pick a color, share their grateful word, then keep going around until all the M&M's are eaten! Feel free to make your own version that works for your family after a few passes to learn more about each other. Take this opportunity to communicate technology free! Have a safe and healthy fall!

HEALTH PROMOTION >>>



Vaccinations & Health Screenings

It is important to take preventative measures to ensure you remain healthy. With this in mind, take a look at the resources below for cancer education & screenings, flu shots, and diabetes, lipids and hypertension screenings!

Cape May County

Diabetes - Lipids, hypertension screening
Health Department, 6 Moore Road
Crest Haven Complex, Cape May Court House
Phone: 609-465-1187
Every 3rd Thursday of the month
8:30 a.m., Appointment only

Atlantic County

Free Flu Shots - St. Elizabeth Ann Seton Church, Absecon
10/21/2024 10:00 AM - 12:00 PM
Free Flu Shots - Beacon Church, Galloway
10/22/2024 10:00 AM - 12:00 PM

Sexually Transmitted Disease (Free Clinic)
Health Department
Crest Haven Complex, Cape May Court House
Tuesday through Thursday's, same day appointments are available.
Call (609) 465-1193 to make an appointment.

Free Flu Shots - Buena Community Senior Center, Buena
10/25/2024 9:30 AM - 11:00 AM
Brighton Pediatrics: 3069 English Creek Ave, Suite 302, Egg Harbor Township, NJ 08234
10/19-9am-12pm

Cancer Education and Early Detection
Health Department
Crest Haven Complex, Cape May Court House
Phone: 609-465-1047, Call for appointment
Monday mornings, Tuesday afternoons (women only), Friday afternoon (men only)

Thanksgiving

GRATITUDE GAME

- NAME A PERSON YOU ARE GRATEFUL FOR.
- NAME SOMETHING YOU ARE GRATEFUL FOR.
- NAME A MEMORY YOU ARE GRATEFUL FOR.
- NAME A PLACE YOU ARE GRATEFUL FOR.
- NAME A SKILL YOU ARE GRATEFUL FOR.
- NAME ANYTHING YOU ARE GRATEFUL FOR.