

LIVING HEALTHIER



Carolinus HealthCare System



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CANNON MEMORIAL YMCA WELLNESS NEWS

August 2016

PARTNERS FOR A STRONGER COMMUNITY

>> NEWS TO NOTE

IMMUNIZATION AWARENESS MONTH

Immunization, or vaccination, helps prevent dangerous and sometimes deadly diseases. To stay protected against serious illnesses like the flu, measles, and pneumonia, adults need to get their shots – just like kids do. National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots.

How can National Immunization Awareness Month make a difference?

We can all use this month to raise awareness about vaccines and share strategies to increase immunization rates with our community.

Here are just a few ideas:

- ◆ Talk to friends and family members about how vaccines aren't just for kids. People of all ages can get shots to protect them from serious diseases.
- ◆ Encourage people in your community to get the flu vaccine every year.
- ◆ Invite a doctor or nurse to speak to parents about why it's important for all kids to get vaccinated. How can I help spread the word? We've made it easier for you to make a difference! This toolkit is full of ideas to help you take action today.

For example:

- ◆ Add information about immunizations to your newsletter.
- ◆ Tweet about National Immunization Awareness Month.
- ◆ Host a community event where families can get together and learn about immunizations.
- ◆ Add a Web badge to your Web site, blog, or social networking profile.

Taken from: <https://healthfinder.gov/NHO/PDFs/AugustNHOToolkit.pdf>

>> TRY SOMETHING NEW

THAI INSPIRED CHICKEN AND PEAR "NOODLE" SALAD

For the Asian Lime Dressing

- ¼ cup freshly squeezed lime juice
- 2 tablespoons honey
- 2 tablespoons water
- 1 – 2 teaspoons fish sauce, according to your taste

For the Chicken and Pear "Noodle" Salad

- 8 ounces cooked, cooled, and shredded chicken breast
- 2 packed cups finely shredded red cabbage
- 1 medium carrot, fine julienne
- 3 scallions, sliced thinly
- 3 firm pears, sliced into a noodle shape on a spiral vegetable slicer
- 1 cup loosely packed cilantro leaves
- a handful of fresh basil leaves, torn
- 1/4 cup chopped roasted and salted peanuts

Directions for the dressing:

Combine the lime juice and honey in a small jar with a tight-fitting lid and shake vigorously to dissolve the honey. Add the water and fish sauce and stir to combine. Taste for seasoning, adding more fish sauce or honey if necessary.

Directions for the Pear Noodle Salad:

In a large bowl, combine the shredded chicken, cabbage, carrot, and scallions with about half of the dressing and toss gently to combine. Spiralize the pears at the last moment to prevent discoloration, and add them to the salad along with the cilantro and basil. Toss the salad gently once again to combine. Taste for seasoning, adding more dressing if desired. Transfer the salad to a large platter or bowl and top with the chopped peanuts.

Taken from: <http://usapears.org/recipe/thai-inspired-chicken-pear-noodle-salad/>

Nutrition per serving: Calories 253, Total Fat 4 g (Saturated Fat 1 g), Sodium 225 mg, Potassium 314 mg, Total Carbohydrate 36 g, Fiber 6 g, Sugar 25 g, Protein 21 g



>> ASK OUR EXPERT

Stop by and see Erin Coggins, Registered Nurse with Carolinus HealthCare System, to discuss any health related questions and to learn more about the wellness services offered through the Cannon Memorial YMCA and CHS partnership. This is a **FREE** event.

Kannapolis:
August 8 from 9am-11am

Harrisburg:
August 10 from 9am -11am

West Cabarrus:
August 18 from 9am - 11am