

everyday



health

www.fourcorners.ne.gov

2101 N. Lincoln Ave., York, NE

(877) 337-3573

October 2022

Apple Carrot Salad

- 1 cup carrots, shredded
- 3 apples, diced
- 1 Tbsp lemon juice
- ½ C raisins
- 1/3 C low-fat mayonnaise
- Lettuce (optional)

1. In a large bowl, combine all ingredients
2. Chill thoroughly (at least 20 minutes).
3. Serve on lettuce, if desired

Nutrition Facts Per Serving: Calories 110; Fat 1g; Saturated Fat 0g; Cholesterol 0mg; Sodium 140mg; Carbohydrates 25g; Sugars 20g; Fiber 3g; Protein 1g;
Source: National Fruit and Vegetable Program



Serves 6; Prep Time 10 minutes.
Ready in about 30 minutes.

~~I SHOULD PROBABLY GET~~
A RIDE HOME.

BUZZED DRIVING IS DRUNK DRIVING



Get active by making some memories this fall season.

This Monday, prepare to spend more time outdoors.



#MoveItMonday

MoveItMonday.org

MOVE IT MONDAY!



App of the Month:
Marco Polo App

The **Marco Polo** app is a way you can send short videos to your friends and family when you know they won't be able to respond right away. Do you have friends or family that live in different time zones? Work different shifts? Have busy schedules? This is a way you can communicate with friends and family, still seeing faces and hearing voices, but on your own time, when it works for you. Speaking face to face is as easy as "Start" and "Stop". You can even communicate in groups! Free for Android and iOS operating systems.

<https://www.marcpolo.m/e/purpose/>

FAMILY MEALS KEEP US CONNECTED

The communication and relationship skills learned at family meals prepare us to survive and thrive during life's ups and downs.



STAY STRONG WITH
FAMILY MEALS!

Join the Movement • #FamilyMealsMovement

NATIONAL
DEPRESSION
SCREENING DAY



RESEARCH BY THE SPRING HOUSE AGENCY

If you are unsure whether you or a loved one is suffering from depression, there are resources and tools available to get screened. #NationalDepressionScreeningDay
<https://screening.mhanational.org/screening-tools/>

STAY CONNECTED

1

THINK OUTSIDE THE DATE

Reschedule special days for a time that works best for your family.

2

LEVERAGE TECHNOLOGY

Schedule a visit with friends and family via video chat. Open presents together, read a story, watch your favorite movie, countdown the new year, etc.

3

MAKE A BUCKET LIST

Write down things you want to experience during the year and share with friends, family as you check off each item. Even better, gather your friends or family via video chat, email, etc., and come up with a list together.

4

FOCUS ON SOMEONE ELSE

Find ways to volunteer in your local community. It's a good opportunity to meet new people and reinforces people connections.

5

MEET YOUR NEIGHBORS

Taking time to meet your neighbors helps you get familiar with your surroundings and learn more about the people you share space with. Consider sharing cookies or other treats for an icebreaker.

Source: Schriever Space Force Base

Boys Town National HOTLINE®
A 24/7 crisis, resource and referral number for KIDS and PARENTS.

1-800-448-3000

boystown.org/hotline
yourlifeyourvoice.org (for teens)

National Sponsor: **Godfather's Pizza**

BOYS TOWN® National Hotline

Visit this link to learn more about what services Boys Town offers: <https://www.boystown.org/Pages/Access-Center-FAQs.aspx?source=bar>

Upcoming Events

- Tobacco Quitting Information Session, October 6th at 4pm (Zoom or In-Person).
- Depression Workshop for Leaders, the morning of November 9th – more information coming soon!
- Stepping On classes beginning at the Milford Senior Center on November 22nd.

For more information, or to register, visit:

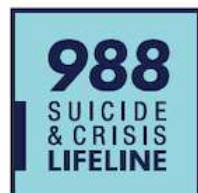
<https://fourcorners.ne.gov/community-ed-training/upcoming-events-workshops/>

Plan Healthy Family Meals

Meal planning is a #1 tip for saving money at the grocery store. It also lowers the stress of making meals each day. When planning menus, have your family's favorite foods or recipes in mind. Consider what is in season and may cost less. Start by checking out what you have on hand. Are there any foods that need to be used before they go bad? Once you have a good idea of the items you have on hand and those on sale, start filling in the different meals for the week. <https://www.mainesnap-ed.org/shop/menu-meal-planning-tips/>

Visit <https://www.myplate.gov/myplate-kitchen> to discover delicious and budget friendly recipes your family will love!

To help make healthy meals more affordable, to find savings in your area, check out this site: <https://www.myplate.gov/app/shopsimple>, or scan this QR code to use Shop Simple on your phone.



There is hope



Talk with us.

If you or someone you know needs support now, call or text 988 or chat 988lifeline.org



98722-06-03-004

Visit Four Corners mental health resources page for more ways to get help:

<https://fourcorners.ne.gov/resources-for-mental-wellness/>

For more tools to support your mental health, visit <https://mhanational.org/live-b4stage4>

Ways to reduce your breast cancer risk

- Do not smoke
- Keep a healthy weight
- Limit or avoid alcohol
- Breastfeed
- Be physically active

Para reducir el riesgo del cáncer de mama

- No fume
- Controle el peso
- Limite o evite el alcohol
- Amamante de pecho
- Haga actividad física

Can I get my COVID-19 booster and flu shot at the same time?

YES. If it's time for your COVID-19 booster dose, get your flu shot the same day!

Not eligible for a COVID-19 booster yet? Be sure to protect yourself from the flu by scheduling your flu shot today.



Tips to understand health information better:

- Ask questions and get answers
- Repeat back instructions from your doctor, nurse, and pharmacist
- Bring someone with you for support and to take notes
- Take your own notes
- Follow up when you have other questions and concerns

