



The Good News

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JC Family Home Association

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This newsletter will be posted on our website www.JCfamilyhomeassociation.com

Please add our phone numbers to your contacts so you know who is calling you.

April is . . .

- National Walking Day - Wednesday, April 3, 2024
- International Carrot Day - Thursday, April 4, 2024
- Fresh Tomato Day - Saturday, April 6, 2024
- National Garden Day - Sunday, April 14, 2024
- Day of the Mushroom - Tuesday, April 16, 2024
- Banana Day - Wednesday, April 17, 2024
- Garlic Day - Friday, April 19, 2024
- Picnic Day - Tuesday, April 23, 2024
- Pretzel Day - Friday, April 26, 2024
- Raisin Day - Tuesday, April 30, 2024
- National Public Health Week - Monday, April 1, 2024 to Sunday, April 7, 2024 (1st full week of April)
- Food Waste Prevention Week - Monday, April 8, 2024 to Sunday, April 14, 2024
- Passover - Monday, April 22, 2024 to Tuesday, April 30, 2024
- Every Kid Healthy Week - Monday, April 22, 2024 to Friday, April 26, 2024
- Garden Month
- Move More Month
- Pecan Month
- Ramadan
- Stress Awareness Month

April Food Calendar

Reimbursement table to include dates for when all supporting documents are due to the office. **The due date listed is the last possible date for the claim to be accepted. Your claim is due to the office on the 1st of every month with the grace period of up to the 5th working day of the month.**

Claim Month	All Supporting Documents* Due Date	Payment Date
March	April 18, 2024	April 26, 2024
April	May 17, 2024	May 31, 2024

- **Supporting documents** include, but not limited to: Cover sheet, Menus, Meal Attendance, Daily Attendance, Enrollments, and Meal Modification forms.

Communication helps so much! Please remember to notify us in advance of meal time changes and let us know if you are going to be closed and for how long.

Trainings are going ok - understanding that in order to receive Federal funds paperwork will be involved! Upcoming Trainings:

- April 9, 2024 at **Salina Health Dept., 125 W Elm Street at 6pm-8pm.**
- April 20, 2024 at **Dorothy Bramlage Library, 230 W. 7th Street, Junction City, at 9am-11am**
- April 25, 2024 at **First Baptist Church, 2121 Blue Hills Rd, Manhattan, at 6:30-8:30.**
- May 7, 2024 at **Concordia, CCCC Rm 257, at 6pm-8pm**

JC Family Home Association is an equal opportunity provider, employer, and lender.

Celebrate April – Fresh Tomato day is April 6th!

Nutrition and Health Benefits of Tomatoes

Tomatoes are a great source of lycopene, which is an antioxidant that may help lower the risk of some forms of cancer, promotes heart health, and helps keep the immune system healthy. Tomatoes are also high in vitamin C which helps heal cuts and wounds and supports our immune system and vitamin A for eye health.

How to Select Tomatoes

Choose tomatoes that are smooth and free from blemishes. A ripe tomato will be firm and gives slightly to gentle pressure.

How to Store Tomatoes

Keep tomatoes at room temperature away from direct sunlight and use within 1 week after ripening. Refrigerate overripe or cut tomatoes. Place unripened tomatoes in a closed paper bag to ripen faster.

How to Prepare Tomatoes

- **Blend into a sauce or vinaigrette**
- **Add to salads, sandwiches, wraps, tacos and burgers**
- **Add to scrambled eggs or an omelet**
- **Add to a soup or stew**
- **Make a fresh salsa**
- **Stuff tomatoes with tuna or chicken salad**
- **Make bruschetta**
- **Make a gazpacho, which is a cold tomato soup**
- **Bake tomatoes and top with Parmesan cheese**
- **Add to a skewer**

We all experience stress – yet we may experience it in very different ways. Because of this, there is no single definition for stress, but the most common explanation is a physical, mental, or emotional strain or tension. Stress is a reaction to a situation where a person feels anxious or threatened. Learning healthy ways to cope and getting the proper care and support can help reduce stressful feelings and symptoms.

Common reactions to a stressful event can include:

- **Disbelief, shock and numbness**
- **Feeling sad, frustrated and helpless**
- **Difficulty concentrating and making decisions**
- **Headaches, back pains and stomach problems**
- **Smoking or the use of alcohol or drugs**

Long-term stress can prove to be more than just a mental issue. From headaches to stomach disorders to depression – even very serious issues like stroke and heart disease can come as a result of stress.

Stress info taken from <https://www.stress.org/april-is-stress-awareness-month>

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