

# ❖ The Good News ❖

Volume 30 Issue 4

April 2015

## Janet's Notes

It's Spring time, time to get fit! I signed Vanda, Chris, Amanda and I up for walk Kansas. We are to walk 150 minutes per week or do some form of cardio. Chris exceeds this every week anyway. Vanda and I are doing our best. Amanda went to Sea World the first week so I consider that cheating.

Why, what is the purpose of saying for the next 8 weeks I will walk for 150 minutes? Overall health is the purpose and the goal. Realizing that for 23 1/2 hours a day I can eat, sleep, sit, poop, watch TV and eat cheese, but walking for 30 minutes a day will lower my blood pressure, lower my stress level and I will develop a healthier whole body. Check out the You Tube video 23 and 1/2 hours by Doc Mike Evens.

Enjoy the Spring!



### April Is...

National Garden Month  
National Kite Month  
National Pet Month  
National Straw Hat Month

April 12-18 National Library Week  
April 12-18 Week of the Young Child  
April 19-25 national Princess Week  
April 20-15 Safe Kids Week

- April 1 Claims and Enrollments Due  
April Fools Day
- April 2 National Peanut Butter & Jelly Day
- April 3 Find a Rainbow Day  
Good Friday (office closed)
- April 5 **EASTER**
- April 6 Tater Day (It's Sweet Potatoes)
- April 10 National Farm Animals Day
- April 11 **Training in Manhattan**
- April 15 Bicycle Day
- April 16 **Training in Concordia**
- April 22 Earth Day

Source: [www.brownielocks.com/april.html](http://www.brownielocks.com/april.html)

**Please mail your Claim on the 1st!**  
**PLEASE BE SURE YOU HAVE ENOUGH POSTAGE ON YOUR ENVELOPE!!!**

**Please remember that your Claim does not come directly to our office - it may go to Kansas City or Wichita before it comes to our office. That is why it is so important to mail your claim on the 1st.**



### JC FAMILY HOME ASSOCIATION STAFF

Director	Janet Dozier
Assistant Director	Vanda Taylor
Consultant	Christine Moravec
Consultant	Amanda Smith
Office Assistant	Aeriel Lockwood

P.O. Box 1203  
785-762-2424  
Fax: 785-762-2623  
E-mail: Janet@jcfha.kscoxmail.com

## TRAINING TRAINING TRAINING

*Manhattan - April 11, 2015, 9:30am - 11:30am, Public Library, 629 Poyntz Ave, Topic: Scoop on Sodium*

*Concordia - April 16, 2015, 6:30pm - 8:30pm, CCCC Room #257, 2221 Campus Dr, Topic: Food Safety First*

*Junction City - May 2, 2015, 9:30am-11:30am, Senior Citizen Building, 1025 Spring Valley Rd, Topic: Infants and Allergies*

*Salina - May 12, 2015, 6:30pm - 8:30pm, Public Library, 301 W. Elm St, Topic: Scoop on Sodium*

*Manhattan - May 21, 2015, 6:30pm - 8:30pm, Public Library, 629 Poyntz Ave, Topic: Infants and Allergies*

JC Family Home Association is committed to making training activities accessible to all participants. Please contact us at 785-762-2424 or Janet@jcfha.kscoxmail.com for special requirements or assistance needed. In order to accommodate you please let us know as soon as possible.



CPR/First Aid Training by Tina

Offering CPR/First Aid Classes to fit your schedule! **\$25 each class**. Please call for more info! I can come to you! 785-271-9662 or 785-221-3609. Certification Certificate and 2 yr certification card included!! KDHE approved!!

### Training Notes

We have completed training in JC, Holton, Topeka, Abilene, Wamego and Clay Center. A few things have come about in trainings we are all realizing we have too much sodium in our diets. The proposed meal pattern changes are a concern also. Most providers are voicing concerns about

- Infants waiting until 6 months of age for introduction to solid foods.
- Infant meal pattern after 6 months of age being too much food.
- Disallowing flavored milk would lead some children to not drink milk at all.
- What will the financial impact of whole grains once-a-day be?
- If the provider decides to serve whole grain crackers at snack everyday will they be written up for not having variety?
- Clear definition of frying, ie deep fat fryer vs. sauté.

Go to [CACFP.org](http://CACFP.org), highlight the regulation, legislative and advocacy tab, click on CACFP proposed meal pattern changes, click on comment today. Comments need to be made by April 15th.



## VEGETABLE OF THE MONTH: SWEET POTATO

Sweet potatoes are vegetables from North America, Asia, and Africa. They are edible, tuberous roots of vining plants that are easily grown but take about four months of warm weather to harvest. Often referred to as a "yam," the sweet potato is actually an entirely different plant, related to the morning glory flowers. Commonly, sweet potatoes are associated with the color orange, but they can be white, yellow, and purple, too. When selecting a sweet potato, choose small to medium sized, firm potatoes with smooth skin, free of cracks, soft spots, or blemishes.

Sweet potatoes are nutrient-dense and rich in vitamins and minerals, including iron, calcium, potassium, and vitamins A, C, and B6. This vegetable is fat-free, cholesterol-free, low in sodium, and it is a great source of dietary fiber. Try introducing the nutrient-dense vegetable to children in a fun way! Plant sweet potatoes with children in your facility over the summer and watch them grow to get kids excited about trying the new vegetable.



### *Why Strength Training?*

Around age 25 to 30 people begin losing muscle, and the rate of muscle loss accelerates around age 50. Some muscle loss is part of the aging process, but inactivity accounts for the rest. The good news is you are never too old to start a strength training program. Everyone, no matter what age, can benefit greatly from doing strengthening exercises.

Walking and other types of aerobic activity provide many health benefits, but they don't make your muscles strong. Strength training does. You can feel a difference when your body is stronger. Strengthening exercises improve your balance, coordination, and agility, allowing you to perform everyday movements much easier. It can decrease your risk of osteoporosis, help reduce blood pressure, and more muscle helps you burn calories at a faster rate. As you get stronger, you will have more stamina. Strength training can also help you manage chronic conditions, including back pain, arthritis, obesity, heart disease, and diabetes.

Do muscle-strengthening activities two to three days a week, with a rest day between. Work all major muscle groups, including the legs, hips, back, stomach, chest, shoulders, and arms. Strength training can be done easily at home or at a gym.

If you are new to strength training, start slowly. Make sure you warm up with 5 to 10 minutes of stretching or walking.



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**J.C. Family Home Association**  
**P O Box 1203**  
**Junction City, KS 66441**

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### **Thanks for the Best Choice Labels. Keep them coming.**

*The money we receive from these labels allow us to purchase Training supplies.*

#### **Welcome New Providers**

Rhonda Adams      Wamego

Vanessa Finlay      Topeka

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Please be sure and tell us on your Coversheet if you are open or closed for a Holiday.