

Clinic Hours:  
Wednesday 1-5 PM  
Phone: 426-0496

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KEVIN'S COMMUNITY CENTER,  
INC. IS A 501 (C) (3) NON-PROFIT  
ORGANIZATION AND IS A  
**UNITED WAY OF NORTHERN  
FAIRFIELD COUNTY AFFILIATE**

**Mission Statement**

Our mission is to provide free, quality health care for area residents over the age of 16 who are uninsured or underinsured and who have limited financial resources.

## KEY FACTS ABOUT SEASONAL INFLUENZA

### *What is Influenza (Also called Flu)?*

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each year. Every year in the United States, on average:

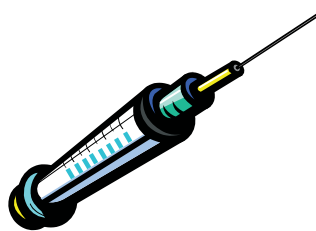
- 5% to 20% of the population gets the flu;
- more than 200,000 people are hospitalized from flu complications, and;
- about 36,000 people die from the flu.

Some people, such as older people, young children, and people with certain health conditions (such as asthma, diabetes, or heart disease), are at high risk for serious flu complications.

### *Symptoms of Flu*

Symptoms of flu include:

- fever (usually high)
- headache
- extreme tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.



### *Complications of Flu*

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes

### *How Flu Spreads*

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu

viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 days **after** becoming sick. **That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.**

### *Preventing Seasonal Flu: Get Vaccinated*

The single best way to prevent the flu is to get a flu vaccination each year. There are two types of vaccines:

- **The “flu shot”** - an inactivated vaccine (containing killed virus) that is given with a needle. The flu shot is approved for use in people 6 months of age and older, including healthy people and people with chronic medical conditions.
- **The nasal-spray flu vaccine** - a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for “Live Attenuated Influenza Vaccine”). LAIV is approved for use in healthy\* people 2-49 years of age who are not pregnant.

About two weeks after vaccination, antibodies develop that protect against influenza virus infection. Flu vaccines will not protect against flu-like illnesses caused by non-influenza viruses.

### *When to Get Vaccinated*

October or November is the best time to get vaccinated, but you can still get vaccinated in December and later. Flu season can begin as early as October and last as late as May.

### *Who Should Get Vaccinated*

In general, anyone who wants to reduce their chances of getting the flu can get vaccinated.

## Key Facts About Seasonal Influenza - Cont'd.

However, certain people should get vaccinated each year either because they are at high risk of having serious flu-related complications or because they live with or care for high risk persons. During flu seasons when vaccine supplies are limited or delayed, the Advisory Committee on Immunization Practices makes recommendations regarding priority groups for vaccination.

- a. People who should get vaccinated each year are:
  1. People at high risk for complications of the flu, including:
  2. Children aged 6 months of age until their 5th birthday,
  3. Pregnant women,
  4. People 50 years of age and older,
  5. People of any age with certain chronic medical conditions, and
  6. People who live in nursing homes and other long-term care facilities.
- b. People who live with or care for those at high risk for complications of the flu, including:
  1. Household contacts of persons at high risk for complications of the flu (see above)
  2. Household contacts and out-of-home caregivers of children less than 6 months of age (these children are too young to be vaccinated)
  3. Health care workers.
- c. Anyone who wants to decrease their risk of influenza.

### ***Who Should Not Be Vaccinated***

Some people should not be vaccinated without first consulting a physician. They include:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination in the past.
- People who developed Guillain-Barré syndrome within 6 weeks of getting an influenza vaccine previously.
- Children less than 6 months of age.
- People who have a moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen.

If you have questions about whether you should get a flu vaccine, consult your health-care provider.

\* "Healthy" indicates persons who do not have an underlying medical condition that predisposes them to influenza complications.

◇ On September 19, 2007 the U.S. Food and Drug Administration (FDA)

## Flu Vaccine - Facts & Myths

***Myth - "The flu isn't a serious disease."***

**Fact - Influenza (flu) is a serious disease** of the nose, throat, and lungs, and it can lead to pneumonia. Each year about 200,000 people in the U.S. are hospitalized and about 36,000 people die because of the flu. Most who die are 65 years and older. But small children less than 2 years old are as likely as those over 65 to have to go to the hospital because of the flu.

***Myth - "The flu shot can cause the flu."***

**Fact - The flu shot cannot cause the flu.** Some people get a little soreness or redness where they get the shot. It goes away in a day or two. Serious problems from the flu shot are very rare.

***Myth - "The flu shot does not work."***

**Fact -** Most of the time the flu shot will prevent the flu. In scientific studies, the effectiveness of the flu shot has ranged from 70% to 90% when there is a good match between circulating viruses and those in the vaccine. **Getting the vaccine is your best protection against this disease.**

***Myth - "The side effects are worse than the flu."***

**Fact - The worst side effect you're likely to get from a shot is a sore arm.** The nasal mist flu vaccine might cause nasal congestion, runny nose, sore throat and cough. The risk of a severe allergic reaction is less than 1 in 4 million.

***Myth - "Only older people need a flu vaccine."***

**Fact -** Adults and children with conditions like asthma, diabetes, heart disease, and kidney disease **need to get a flu shot.** Doctors also recommend children 6 months and older get a flu shot every year until their 5th birthday.

***Myth - "You must get the flu vaccine before December."***

**Fact -** Flu vaccine can be given before or during the flu season. The best time to get vaccinated is October or November. **But you can get vaccinated in December or later.**



## FRUITS AND VEGETABLES MORE MATTERS



*To help incorporate more fruits and vegetables into your diet, starting with this issue we are going to give you tips on how to do this, focusing this time on breakfast.*

### Almost Everyone Needs to Eat More Fruits and Vegetables

A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat every day.

### Fruits and Vegetables Can Protect Your Health

Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases. Compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet are likely to have reduced risk of chronic diseases, including stroke and perhaps other cardiovascular diseases, and certain cancers.

### Whole Foods or Supplements?

Nutrients should come primarily from foods. Foods such as fruits and vegetables contain not only the vitamins and minerals that are often found in supplements, but also other naturally occurring substances that may help protect you from chronic diseases.

For some people, fortified foods or supplements can be helpful in getting the nutrients their bodies need. A fortified food contains a nutrient in an amount greater than what is typically found in that food.

### Fruits and Vegetables and Weight Management

Substituting fruits and vegetables for higher-calorie foods can be part of a weight loss strategy.

### Fruits and Vegetables On the Go!

Busy lives can benefit from food that's nutritious, yet easy to eat on-the-go, like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.

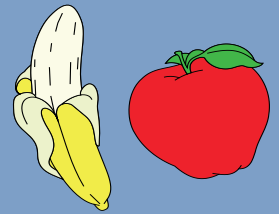
### The Colors of Health

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.

## BREAKFAST

Use these easy fun tips to help you eat a colorful variety of fruits and vegetables every day!

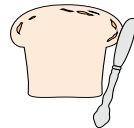
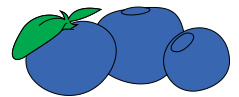


Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or berries.



Have fruit as a mid-morning snack.

Add strawberries, blueberries, or bananas to your waffles, pancakes, cereal, oatmeal, or toast.



Top toasted whole-grain bread with peanut butter and sliced bananas.



Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to your egg or egg white omelet.



Canned, dried, and frozen fruits and vegetables are also good options. Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.

*The above information is supplied by the Centers for Disease Control and Prevention.  
For more information, visit their website:  
[www.cdc.gov](http://www.cdc.gov)*

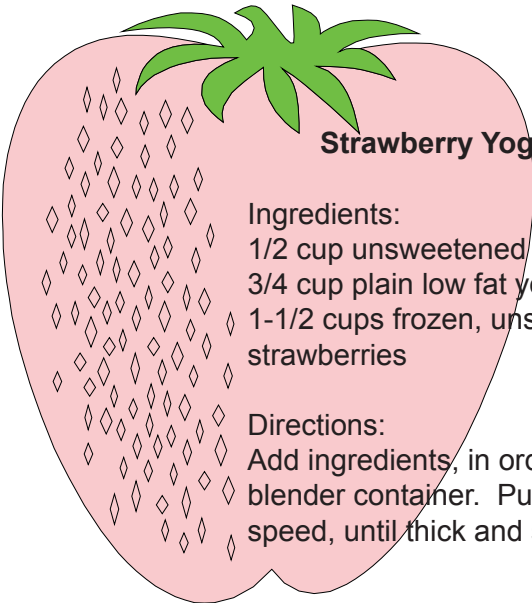
### Apple Berry Brain Blaster

This chilly concoction is the perfect pick-me-up for the middle of a long day. The berries are loaded with essential vitamins—and the applesauce has the carbs you'll need to get going again.

- 1/2 cup applesauce
- 1/3 cup frozen raspberries
- 1/3 cup frozen blackberries
- 4 large fresh strawberries, hulled and halved
- 3/4 cup apple juice
- 1-1/2 cups ice
- 2 large strawberries, for garnish (optional)

Combine the applesauce, raspberries, blackberries, strawberries, apple juice, and ice in a blender. Pulse the blender six or seven times, until the mixture is thick and smooth. Pour into two glasses. Garnish each glass with a whole strawberry on the rim, if desired

## Try these healthy berry recipes...



### Strawberry Yogurt Shake

**Ingredients:**  
1/2 cup unsweetened pineapple juice  
3/4 cup plain low fat yogurt  
1-1/2 cups frozen, unsweetened strawberries

**Directions:**  
Add ingredients, in order listed, to blender container. Puree at medium speed, until thick and smooth.

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