



YOUR HEALTH MATTERS

Wayne County Community Health & Wellness News

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A Note From the Nurse's Office:

February is American Heart Month! ❤️

Heart disease is the leading cause of death in the US, but there are ways to reduce your risk! Some risk factors include: high blood pressure, diabetes, high cholesterol, smoking, and obesity

Ways to improve your heart health:

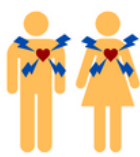
- Eat a healthy diet and maintain a healthy weight
- Quit smoking and excessive alcohol use

- Exercise regularly
- Manage your health conditions appropriately with your medical practitioners

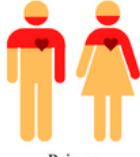
Signs and Symptoms of a Heart Attack

For Men and Women

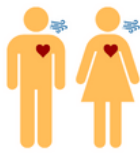
If you notice the symptoms of a heart attack call 9-1-1 immediately



Chest pain or discomfort



Pain or discomfort in the jaw, neck, back, arm, or shoulder



Shortness of breath



Feeling nauseous, light-headed or unusually tired

February is National Children's Dental Health Month!

Healthy smile tips from the American Dental Association:

- Brush your teeth TWO times a day with fluoride toothpaste
- Clean between your teeth with floss at least once a day
- Eating a healthy diet and limiting sugary foods and drinks helps prevent cavities
- Drink lots of water
- See a dentist twice a year for prevention and treatment

44% OF PEOPLE WITH AN EATING DISORDER DO NOT KNOW WHERE TO SEEK HELP.

For eating disorder support, call or text: (800) 931-2237

If you are in a crisis and need help immediately, text "NEDA" to 741741



If you are struggling with an eating disorder, NEDA's free, confidential, screening tool can help determine if it's time to seek professional help. Scan the QR code or visit <https://www.nationaleatingdisorders.org/screening-tool>



1 in 12 teens in America experience teen dating violence

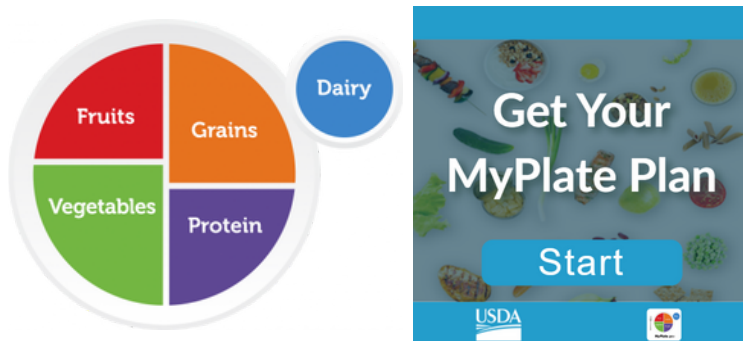
Dating abuse includes physical abuse, sexual abuse, psychological abuse, and stalking.

Visit LoveisRespect.org for more information, support, and resources if you or a loved one is struggling with dating violence.



There's a new way to customize your own meal plan!

The MyPlate Plan shows your food group targets—what and how much to eat within your calorie allowance. Your free food plan is personalized based on your age, sex, height, weight, and physical activity level. To get started and learn more, visit <https://www.myplate.gov/myplate-plan>



As of February 1st the COVID-19 community transmission level for Wayne is **MEDIUM**- to get the most updated levels please visit [cdc.gov](https://www.cdc.gov) or scan the QR code:



Recipe of the Month: Fish Tacos

- Nonstick Cooking Spray
- 8 ounces Snapper Fillets or 8 ounces Tilapia Fillets
- 1/2 teaspoon Salt (feel free to use less)
- 1/2 teaspoon Black Pepper
- 4 tablespoons Yogurt Lowfat plain
- 2 tablespoons Cilantro finely chopped
- 1 tablespoon Lime Juice Fresh
- 2 teaspoons Onion finely chopped
- 12 Corn Tortillas 6-inches each
- 2 cups Cabbage shredded
- 2 cups Corn fresh or frozen (thawed)
- 2 Limes quartered



1. Preheat oven to 400°F. Line a baking sheet with aluminum foil and lightly spray with nonstick cooking spray.
2. Place fish on prepared sheet and sprinkle with salt and pepper.
3. Bake fish 10 minutes or until it flakes and it has turned white all the way through.
4. In a bowl, whisk together sauce ingredients.
5. Warm tortillas in a skillet and assemble tacos with fish, cabbage, corn, and sauce. Serve with a squeeze of lime.

EXTRA CHALLENGE: Modify this recipe and send in your instructions, ingredients and or image of your own unique meal! Give it a name and email Arb398@cornell.edu your wonderful recipe to be displayed on CCE Wayne's Facebook page!

TIPS FOR MAINTAINING Mental Health

From:  National Institute of Mental Health



MOVE YOUR BODY.
JUST 30 MINUTES A
DAY OF WALKING CAN
BOOST MOOD.



EAT REGULAR,
HEALTHY MEALS.



MAINTAIN
A REGULAR BEDTIME
AND WAKE-UP TIME.



TALK WITH PEOPLE
YOU TRUST
ABOUT HOW YOU
ARE FEELING.



When you are feeling down, it can be difficult to maintain healthy behaviors. But even small steps can have a huge positive impact on your mental health.



TAKE CHARGE OF YOUR REPRODUCTIVE HEALTH! CHECK OUT THIS MONTH'S EDITION OF FINGER LAKES COMMUNITY HEALTH'S RH ED MONTHLY:



UPCOMING EVENTS IN OUR COUNTY:

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Feb 2: United Church of Marion & Foodlink Food Distribution
 10:00AM until food is gone!
 United Church of Marion
 3848 North Main Street
 Marion, NY 14504

Feb 8: Rochester Regional Health Mobile Mammogram
 11:00AM - 4:00PM
 Ontario Public Library
 1850 Ridge Rd
 Ontario, NY 14519

Feb 6: Rochester Regional Health Mobile Mammogram
 9:30AM - 3:30PM
 Canal Park Family Medicine
 1900 NY-31
 Macedon, NY 14502

Feb 11: Rochester Regional Health Mobile Mammogram
 9:30AM - 3:30PM
 Gananda Family Practice
 1200 Fairway 7
 Macedon, NY 14502

2023 Self - Love BINGO with SOAR and Faithful Body Works

You are AMAZING! - Do something Kind for yourself!
 February is American Heart Month

Your Choice	Visit the Fitness Center & Pool at the Clyde-Savannah High School	Feb 17 is Random Acts Of Kindness Day Do a Random Act of kindness	Drink 8- 8 oz glasses of water today	Your Choice
Feb 14 Library Lover's Day Visit the C-S Public Library this month	Check in with a friend	Make the bed	Digital Detox/ Unplug	Get a Good Night of Rest
Slow down, Meditate & reflect, while you Savor a warm drink	Play a game/ Do a puzzle		Feb 13 Donate Blood Clyde Fire Dept 1-6pm	Express Gratitude
Feb is American Heart Month Check your Blood Pressure	Attend the Valentine craft class Thursday Feb 2, 5-7 at the SOAR office	DIY Mani or Pedi	Donate 3 items you have not used in the last year	Feb 22 Walk your dog day
Your Choice	Stretch/Move/ Yoga/ Dance like no one is watching	Treat yourself to A Free Mammogram Feb 15 Mobile Mammogram will be in Savannah	Write yourself a positive message and post where you can see it	Your Choice

Feb 14: Wayne County Partnership & Foodlink Food Distribution
 10:00AM until food is gone!
 Lyons CSD Bus Garage
 70 Clyde Rd
 Lyons, NY 14489

Feb 15: Rochester Regional Health Mobile Mammogram
 10:00AM - 3:30PM
 Brick Corner Senior Independent Living
 1604 Grand Ave
 Savannah, NY 13146

Feb 15: Wayne County Partnership & Foodlink Food Distribution
 10:00AM until food is gone!
 Lyons CSD Bus Garage
 70 Clyde Rd
 Lyons, NY 14489

Feb 22: Wayne County Partnership & Foodlink Food Distribution
 10:00AM until food is gone!
 Lyons CSD Bus Garage
 70 Clyde Rd
 Lyons, NY 14489

Feb 23 (Weekly): Fruit and Vegetable Prescription Program
 5:00-6:00PM
 After each class receive \$15 vouchers to spend on fresh fruits and vegetables at local retailers.
 Phone/text Adam Bullock at 315-945-4118 to register before attending!
 6817 Main St
 Red Creek, NY 13143



Life is like riding a bicycle. To keep your balance, you must keep moving. - Albert Einstein

When you achieve BINGO take a picture and send it to me at faithfulbodyworks@gmail.com with your name/number. Winners will be drawn on March 1, 2023

Name: _____ Phone#: _____

There are also blood drives on Feb 24 - Lyons Community Center 2-6:30pm & Feb 24 - Church of Epiphany in Sodus 1-6pm

Want to submit your upcoming events to our newsletter? Email Jill at JHarper@soduscscd.org