

# HAAF TIME



VOLUME 3, ISSUE III

MAY 2010

## INSIDE THIS ISSUE:

Diabetes 2

Explore! 2

Healthy Babies 3

Releasing Stress 3

Mom's Recipe for Whole Wheat Oatmeal Cookies 4

Breast Cancer Awareness 4

A Pap Smear is Important 5

May Events 5

## Celebrating Our Mothers Everyday

Mother's day is the day we reserve for celebrating our mothers. But is one day enough to show our appreciation for how much they do for us? Celebrating our mothers is something we can try to do everyday, even if it is as small as taking out the trash without her asking us to, or washing the dishes after dinner so she can relax.

Being a mother is a full time job with no days off. They are always there no matter how tired they are. A mother's love can give her the strength to walk a thousand miles if it meant helping her child. Such courage and love

should be recognized and rewarded with our gratitude. Our mothers do so much for us so that our lives can be as happy as possible.

So as their children, it is our job to try to show our mothers our appreciation on the daily basis. Let our mothers know how much she means to us every chance that we get. We can shower her with hugs and kisses and tell her how much we love her. We can help her out just a bit more everyday so that she gets a chance to relax too.

Our mothers are worthy of being celebrating, not just one

day in may, but every single day. We are truly blessed to have such magnificent women as mothers.



## 100 Acts of Kindness to Yourself

We always help others, but do we save enough time to help ourselves? If you are guilty of not cherishing the amazing person that you are, HAAF has developed 100 Acts of Kindness to Yourself. Here are just a few highlights that you can try to do.

- 1) Add an ounce of love to everything you do
- 2) Be gentle with yourself
- 3) Set daily goals
- 4) Practice grace under pressure
- 5) Don't sweat the small stuff
- 6) Simplify, simplify, simplify
- 7) Don't let other people's problems become yours
- 8) Organize! Losing things is stressful
- 9) Stand up and stretch
- 10) Visualize success before any experience you fear
- 11) Allow time everyday for privacy, quiet and thinking
- 12) Learn, give and accept compliments
- 13) Laugh as much as possible
- 14) Indulge when you need it
- 15) Get out in nature, even for a few minutes
- 16) Do something you really enjoy everyday
- 17) Live in the "here and now" as often as possible
- 18) Ask for help when you need it

These are only a few of our recommendations. If you would like to see the complete list, please visit our website at [www.haafll.org](http://www.haafll.org)

## Preterm Births

*“In the United States, 1 out of 8 deliveries are preterm.”*

Preterm births are babies that are born before their 37th week in the womb. This early entry into the world makes these babies have a higher risk of hospitalization, illnesses and infant mortality rates than those that are born at full term. In the United States, 1 out of 8 deliveries are preterm.

Some challenges that face preterm babies are: low birth weight, underdeveloped lungs which can cause breathing problems, underdeveloped organs, greater risk of cerebral palsy, higher risk of respiratory

distress syndrome, as well as increased risk of learning and developmental disabilities.

Women who are most susceptible to having a preterm birth are woman who have certain infections like bacterial vaginosis, women with shortened cervix and women who have previously delivered preterm. With women who have already had preterm births, treatment with the hormone progesterone may help prevent another preterm birth.

If you are pregnant and suspect you might be going into labor early, call your health provider

or go to the hospital immediately.

Some signs of preterm labor are contractions that are 10 minutes apart or less, pelvic pressure, cramps similar to your period cramps, a change of color in your vaginal discharge, low back ache, and abdominal cramps without diarrhea.

Sometimes you may ease the signs with drinking 2-3 glasses of water or juice, or resting on your left side for one hour. However, you first need to call your health care provider to make sure you are okay.

## Exploring Los Angeles

So often we find ourselves sitting at home watching television. Why sit in the house when there is a whole world waiting for you to explore it? Instead of being locked up indoors, I suggest you opt for some fresh air and new experiences. Los Angeles is a city full of attractions, events, stores and best of all restaurants. For the month of May, I dare you to go someplace new or try something new. Here are just a few of my suggestions.

If you have never been horseback riding before, I suggest you take the train to Griffith Park and give it a try. Not only will you be surprised how fun it is, but you will be able to brag to your friends about it.

How about taking the train to Pasadena and stopping over at Old Town Pasadena to explore all the shops and restaurants. I definitely recommend stopping over at Thai Dishes while you

are in Old Town for some delicious, authentic Thai food. And if you are feeling really daring, I suggest you try their Rad Nah. It is absolutely the best!

On a hot day, why not take the bus to Santa Monica or Venice Beach and walk the boardwalk. You will find all sorts of vendors selling everything from incense and jewelry to t-shirts and paintings. It's really a great place to get things at discount prices. If you don't feel like shopping, you can always rent a bicycle and ride it along the path that runs for miles. Or if you want to cool off, simply go dip your feet in the cool ocean waters. If you are at Santa Monica Beach I also suggest you stop by Third Street Promenade as well.

If you like art take the bus over to the Los Angeles County Museum of Art

(LACMA). On the second Tuesday of every month, admission to the museum is free. You can experience art from the Rococo Era all the way to Modern art. There is also an outside path in the park outside so you can enjoy a little bit of nature. When you are done with the museum you can walk over to 3rd St and Fairfax where you can find Farmer's Market. T

here is plenty of great food to eat, and organic fruit and vegetables to buy. All for a great price. The great thing about Farmer's Market, is that right next door is the Grove. You can enjoy all sorts of stores to shop at, or you can catch a movie. If you are a bit worn out from all the walking, or just want to relax a bit, there is grass by the fountain where you can sit and people watch. Sometimes there are live bands playing so you can listen to them as well.



Rent a bicycle and ride along the beach



Try horseback riding at Griffith Park

# Healthy Children

Every parent wants their children to be as healthy as possible. To help your children stay healthy, it is vital that they learn healthy eating habits. You can help them establish these healthy eating habits by implementing the same habits for yourself.

A simple eating habit you can try to teach them is to eat their food slowly. This allows their system to recognize when they are full faster so overeating decreases.

It is also a good habit to give your children fruits for snacks instead of chips and encourage that they drink water first before drinking anything else. Soda is full of sugar and can impact your children's weight.

When having meals, try sitting at a table. This gets them in the habit of being less distracted by the TV so they can feel when they are getting full before they start overeating.

Discourage eating snacks in front of the TV and have them eat at the table. This helps maintain the habit of eating their meals at the table.

Planning out their snacks ahead of time is a great way to keep them eating healthy. If you plan ahead, you can already have something prepared so they don't run to the cabinet for something quick and fast. Having this snacks planned at certain times of the day also gets them in the habit of eating at regular times. This helps prevent overeat-

ing between meals.

Lastly, one of the best things you can do is take them with you to the grocery store and teach them about what foods are healthy. This is a great habit that they can use once they move out as adults and began shopping and cooking for themselves.



# Releasing Stress

We all hate being stressed but sometimes it feels almost impossible to avoid it. We can find that one thing we are stressed about turns into two things and before we know it we burn ourselves out from all the stress. You are in luck however, as there are ways to decrease or eliminate your stress. Here are some simple techniques you can use to release stress and decrease your chances of stress affecting your health.

## 1) Exercise Regularly

Exercise is a natural stress releaser and can be fun as well!

## 2) Take Deep Breaths

Deep belly breathing is a fast way to stop yourself in a stressful moment, calm down and relax.

## 3) Learn to take breaks when you

need them. Listen to your body, it will tell you when you need some rest

## 4) Meditating in the morning and/or evening is a great way to release built up tension and center yourself



## 5) Watch a comedy. Laughing is the best way to forget what you were stressed about in the first place

These are just a few things we can do to lower the amount of stress

we carry around. The more stress we have, the higher risk to our health. According to the Journal of American Medical Association, chronic stress can lead to an increased heart rate and blood pressure. If you don't learn to lower your stress, this can cause a heart attack.

Nothing is worth stressing over so much that it is a risk to your health. Those papers might stress you out, but if you are too sick to work because your stress has impacted your health, guess what? Those papers are still going to be there but you'll be sick. Instead, be kind to yourself and always make your health your top priority. There will always be new jobs, or new classes but we only have one body.

# Mom's Recipe for Whole Wheat Oatmeal Cookies

*This healthy recipe  
makes 3- 1/2  
dozen cookies*

## Ingredients

- 1 cup of whole wheat flour
- 1 tsp of ground cinnamon
- 1 tsp of baking power
- 1/2 tsp of baking soda
- 1/2 tsp of salt
- 1 cup packed light brown sugar
- 1/4 cup of unsweetened applesauce
- 2 egg whites
- 2 tbsp of margarine
- 1-1/2 tsp of vanilla
- 1-1/3 cups of uncooked oats
- 1/2 cup of raisins

## Directions

- Preheat oven to 375°

- Lightly spray cookie sheet with nonstick cooking spray & set aside
- Combine flour, cinnamon, baking power, baking soda and salt in a medium bowl and mix well
- Combine the light brown sugar, unsweetened applesauce, 2 egg whites, margarine, and vanilla in a large bowl
- Mix until small crumbs form. Add flour mixture and mix well
- Blend in oats and raisins
- Drop spoonfuls of cookie mixture on cookie sheet 2 inches apart
- Bake for 10-12 minutes  
Makes 3-1/2 dozen cookies



## Breast Cancer Awareness

It is important as women to routinely check our breasts for lumps or any abnormality that might be a sign of breast cancer. By examining your breasts on the regular basis you are being pro-active in the fact that if you do find a lump, you can make an appointment right away to see your doctor. If it is breast cancer, the good news is since you examine your breasts regularly you most likely found it at an early stage

so your chances of surviving it has increased significantly. When breast cancer is found in its early stages, the survival rate over a 5 year period is 98%.

It is recommended that your do a breast self examine about once a month. This will allow you to notice if there are any differences on how they felt the prior month. If you do an examine too often you might

not be able to tell if there is a difference so once a month is enough.

To learn how to do a breast self exam you can ask your doctor to show you or you can visit [www.breastselfexam.ca](http://www.breastselfexam.ca)

# A Pap Smear is Important

A pap smear is an examination that can help prevent cervical cancer. It is performed by your doctor or gynecologist to test the cells of your cervix. The doctor takes a speculum and inserts it in your vagina which opens it up so the doctor can take samples of your cells from your cervix. This may be a bit uncomfortable but just try to relax. Having a slightly uncomfortable exam than can prevent cancer is something to be grateful for.

After samples of your cells are

taken, they are examined for any abnormalities which might be indicators of cancer. Statistics show that "if women got regular pap smears, 90% of cervical cancer would be prevented."

You should get your first pap smear when you first begin having sex or when you turn 18 years old.

It is recommended that you get a pap smear every year because the test will pick up any changes that have occurred since the previous test, allowing detection of abnormal

cells to be found earlier. This helps the doctor in catching abnormal cells before they turn into cancerous cells. That is why, if you get regular pap smears, you can help prevent getting cervical cancer.

Be sure to tell the other women in your family and your friends why pap smears are so important.

**"If women got regular pap smears, 90% of cervical cancer would be prevented"**

## May Events

### Olvera St. Mother's Day Festival

There will be live music, festive food, carnival rides and games, free health screenings for women and free gifts for Moms. Not to mention great food!

When: May 8-9, 2010

Time: noon-10:00pm

Cost: Free

Where: Olvera Street, El Pueblo de Los Angeles Historic Site, Main St. & Cesar E. Chavez Ave, across from Union Station

(818) 734-2744

### Cottage Home: the LAst Show

Since 2004 the Kathryn Brennan Gallery has brought dozens of exhibitions to Chinatown with art works from various artists. This is the final exhibition for the Kathryn Brennan Gallery so be sure to visit before it leaves.

When: Open until May 22 2010

Where: Cottage Home  
410 Cottage Home Road  
Los Angeles, CA 90012

Cost: Free  
(323) 276-1205

[www.cottagehomela.org](http://www.cottagehomela.org)

### Art, Activism, Access: 40 years of Ethnic Studies at UCLA

When: Thursdays from noon-8pm

Wednesdays from noon-5pm

Friday-Sunday from noon-5pm  
(ends June 13th)

Where: Fowler Museum at UCLA  
(W. Sunset Blvd and Westwood Plaza)

Los Angeles, CA 90077

Cost: Free

(310) 825-4361

<http://www.fowler.ucla.edu/>





## Healthy African American Families Phase II

3756 Santa Rosalia Drive  
Suite 320  
Los Angeles, CA 90008

Phone: (323) 292-2002  
Fax: (323) 292-6121

Editor in Chief: Andrea Brown  
Email: [AndreaBrownHAAF@gmail.com](mailto:AndreaBrownHAAF@gmail.com)

**“Protecting the Legacy”**

HAAF is a non-profit, community serving agency. Our mission is to improve the health outcomes of the African American, Latino and Korean communities in Los Angeles County. We are committed to enhancing the quality of care and advancing social progress through education, training, and collaborative partnering with community, academia, researchers, and government.

If you would like more information about the organization please visit our website at [www.HAAFII.org](http://www.HAAFII.org) or call Felica Jones, Director of Programs at (323) 292-2002



# Women’s Health Word Search



- Breast
- Women
- Care
- Doctor
- Exercise
- Exam
- Fruit
- Health
- Hygiene
- Laugh
- Visit
- Teeth
- Walking
- Love
- Nutrition
- Pap
- Smear
- Vegetable
- Smile