

MEMBER BULLETIN

FALL 2010 - EDITION

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It's the Flu Season

On February 24th, 2010 vaccine experts voted for "Universal" Flu vaccination in the U.S. to expand protection against the flu to more people, starting at 6 months of age and older. This year the flu vaccine contains 3 new influenza virus strains, including (H1N1). The 2010-11 influenza vaccine can protect you from these viruses, or it can help make influenza viruses milder. Everyone should get a flu vaccine especially the following groups that are considered higher risk of serious flu-related complications:

- Pregnant women
- Children younger than 5, but especially children younger than 2 years old
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including:
 - Health Care workers
 - Household contacts and out of home caregivers of persons at high risk for complications from the flu or in the flu age groups



Dear Members...

On June 2010 Florida Health Solution opened its first Health Center:

Services
Laboratory
Preventive Panel
General Medicine
And More ...

1779 W 37th St, Hialeah, FL 33012
phone: 305.823.3171 | **fax:** 305.269.2079
email: info@fhshealthcenters.com

The graphic for Florida Health Solution Health Centers features a pink flamingo and a palm tree in front of a stylized city skyline. The text "FLORIDA HEALTH SOLUTION" is written in large, bold, black letters, with "HEALTH CENTERS" below it in a smaller font. The entire graphic is enclosed in a blue rounded rectangle.

Florida Health Solution Health Centers

1779 W 37th Street, # 1

Hialeah, FL 33012

Tel (305) 823-3171

Along with excellent Customer Service, you will receive the same plan benefits as you are accustomed to. The facility offers General Medicine, X-rays, Ultrasounds, Labs and all Panels. We invite you to come and visit the center. Our hours of operation are Monday – Friday 9:00 am to 5:00 pm

Lead Screening for Children

Florida Health Solution wants to remind you that a blood screening test for lead exposure is recommended if your child is between 9 months and 1 year old, at 2 years old, and at 36 to 72 months if it has never been done. Lead toxicity can affect body growth, nervous systems including brain damage, and general health. Lead has been found in the soil, water from old pipes, air dusts, and food containers like poorly glazed pottery, toys and paint in older homes. Contact: Florida Department of Health, Environmental Division (904) 488-3385.

Halloween Safety Tips

Halloween is a Holiday enjoyed by children and adults! Keeping safe during this holiday is very important. Most of the time, common sense is all that is required but in the excitement of the holiday accidents and injuries can occur. The following are some helpful tips to keep in mind to make this Holiday a memorable and enjoyable one for family, friends and guests.



Kids love Halloween, they get to dress up as their favorite hero or villain and what better than getting candy at each stop for free!

*However, kids should NEVER go trick or treating, without adult supervision. * They should NEVER enter a house of a stranger. *Candy should be visually inspected and if damaged or open should not be consumed.

*Children need to be aware of traffic and look both ways before crossing the street. *Smaller children should be held by the hand. *Older children should let their parents know what route they will be taking and a good rule of thumb is to call every hour if the child has a cell phone and to not deviate from the planned route. *Vandalism should NEVER be permitted! Throwing eggs on houses or cars can get you in trouble with the police. Hurting animals is also punishable by law! *One of the most fun things is picking a costume. First of all, it should be proof or treated with a fire retardant. If they are wearing a mask, make sure they can see well through the eye holes in the mask. If they are carrying any costume prop make sure they do not trip while walking and that the costume fits properly and is not too long. *A good idea is to use a flash light, glow stick or reflective tape for cars and other to see them. Wearing comfortable shoes is smart and can avoid a scraped knee. *Know the phone

and address of the party or event your child will be attending, as well as the curfew you have set!

*Teach your kids about not getting into strangers cars or talking to strangers, no matter what the person says. Explain to them as simply as you can, that some adults are bad and want to hurt children. And if this were to occur, tell your kids that they should scream as loud as they can to draw attention to themselves and run away as fast as they can to a group of children or a place with a lot of people and scream for help!

★Keeping Halloween a fun, safe and happy Holiday can give you years of memories to treasure!

Low Calorie Sugar Cookies for the Holidays

Decorating sugar cookies is always a festive activity for any holiday, which can be enjoyed by the young and old alike. This recipe is low in calorie, so you can indulge without the guilt! Each cookie is about 101 calories.

2 tbsp sugar, ¼ cup butter, softened, 2 egg whites, beaten, 1 cup flour, ¼ tsp baking soda, ⅛ tsp salt



Preparation:

1) In a large mixing bowl, beat the butter and sugar with a hand mixer until fluffy. Add the egg whites, and beat until combined. 2) In a separate bowl, combine the flour, baking soda, and salt. Gradually add the flour mixture to the butter mixture, and mix until the dough becomes a soft ball. 3) Wrap the dough in plastic wrap, and refrigerate for 1 hour. 4) Preheat the oven to 375 degrees F. 5) Remove the dough and roll it out to ⅛ inch thickness on a lightly floured flat surface. Use a cookie cutter of your choice to cut shapes out of the dough. Place the cookies on a baking sheet coated with cooking spray. Sprinkle or decorate cookies as desired. Bake for 10 min, or just until the edges start to brown. Cool completely on wire racks. Makes 1 dozen!