



## Worcester Community Action Council Auburn HEAD START

# May 2016

Happy May! Thank you to everyone who came to Multi-Cultural Night. We had a great turnout, and I'm glad to see everyone have a great time. To view the images from the night, log on [www.WCAC.net/head-start/parent-page](http://www.WCAC.net/head-start/parent-page)

**Certificate Day will be May 31 at 10:30. We will be having a slide show of pictures from throughout the year, and the children will be performing songs they have learned this year. We also will have an art show set up on display. We hope to see everyone there!**

**The last day of school will be June 3**– it is a full day. Please make sure you empty your child's cubby, and pick up their medications. We cannot send medication home on the bus.

We will be going to Lupa Zoo May 19. Because of the cost of a bus, parents will be responsible for transporting their children. We will cover the cost of entrance fee, and have lunch provided for the children. We will meet at 9:30 to gather as a group (we need a group of at least 20 for the rate), and gather together again for lunch. If transportation is an issue, there have been several parents who have volunteered to drive. Please see Candi for information on this.

# FACE of FACTS.

## reduce teen pregnancy

Parenting at any age can be challenging, but it can be particularly difficult for adolescent parents. In 2014, just over 249,000 babies were born to teen girls between the ages of 15 and 19.<sup>[1]</sup> Childbearing during adolescence negatively affects the parents, their children, and society. Compared with their peers who delay childbearing, teen girls who have babies are:

- Less likely to finish high school;
- More likely to rely on public assistance;
- More likely to be poor as adults; and
- More likely to have children who have poorer educational, behavioral, and health outcomes over the course of their lives than do kids born to older parents.<sup>[2]</sup>

Teen childbearing costs U.S. taxpayers billions of dollars due to lost tax revenue, increased public assistance payments, and greater expenditures for public health care, foster care, and criminal justice services.<sup>[2],[3]</sup>

The good news is that teen birth rates in the United States have declined almost continuously since the early 1990s — including a [nine percent drop](#) from 2013 to 2014 — further decreasing from 2012's historic lows.<sup>[1]</sup> Between 1991 and 2014, the teen birth rate decreased by more than half in the United States (from 61.8 to 24.2 per 1,000 teens).<sup>[1]</sup> Despite this decline, the U.S. teen birth rate is still higher than that of many other developed countries, including Canada and the United Kingdom.<sup>[4]</sup>

Recent studies have explored strategies to reduce teen childbearing and its associated negative outcomes for parents, children, and society. For example, results from economic analyses suggest that implementing evidence-based [teen pregnancy prevention programs](#), expanding access to Medicaid family planning services, and utilizing mass media campaigns to promote safe sex may reduce teen pregnancy and save taxpayer dollars.<sup>[3]</sup> Additionally, the [Pregnancy Assistance Fund](#) initiative of the Office of Adolescent Health (OAH) was set up to help pregnant and parenting teens receive the education, health care, parenting skills, and additional supports that they need. This help, in turn, may improve the likelihood of success in adulthood for these young parents, and reduce the probability that they will have or father other children as teens and that their children will grow up to become teen parents.

### Notes about Definitions and Methodology

Information on miscarriages (or fetal losses) is derived from the pregnancy history data collected from multiple cycles of the National Survey of Family Growth, conducted by NCHS.

Birth data are based on the National Vital Statistics System (NVSS) and are shared with the CDC through the Vital Statistics Cooperative Program. Federal law mandates national collection and publication of birth certificate data as part of the NVSS. Therefore, although pregnancy data reported by the CDC's National Center for Health Statistics (NCHS) are only available through 2010, birth data are the 2014 final birth data.

Abortion estimates are from abortion surveillance information collected from the majority of states by the Centers for Disease Control and Prevention (CDC); these estimates are adjusted to national totals by the Guttmacher Institute

## Food Allergy Overview

If you have a food allergy, your [immune system](#) overreacts to a particular protein found in that food. Symptoms can occur when coming in contact with just a tiny amount of the food.

Many food allergies are first diagnosed in young children, though they may also appear in older children and adults.

Eight foods are responsible for the majority of [allergic reactions](#):

- Cow's milk
- Eggs
- Fish
- Peanuts
- Shellfish
- Soy
- Tree nuts
- Wheat



Figure 1: The "Big Eight" Allergens: Tree Nuts, Peanuts, Soy, Egg, Milk, Fish, Wheat and Shellfish.

Many people who think they are allergic to a food may actually be intolerant to it. Some of the symptoms of food intolerance and food allergy are similar, but the differences between the two are very important. If you are allergic to a food, this allergen triggers a response in the immune system. Food allergy reactions can be life-threatening, so people with this type of allergy must be very careful to avoid their food triggers.

Being allergic to a food may also result in being allergic to a similar protein found in something else. For example, if you are allergic to ragweed, you may also develop reactions to bananas or melons. This is known as cross-reactivity. Cross-reactivity happens when the immune system thinks one protein is closely related to another. When foods are involved it is called [oral allergy syndrome](#) (OAS).

Food allergy can strike children and adults alike. While many children outgrow a food allergy, it is also possible for adults to develop allergies to particular foods.

[Food Protein-Induced Enterocolitis Syndrome \(FPIES\)](#), sometimes referred to as a delayed food allergy, is a severe condition causing vomiting and diarrhea. In some cases, symptoms can progress to dehydration and shock brought on by low blood pressure and poor blood circulation.

Much like other food allergies, FPIES allergic reactions are triggered by ingesting a food allergen. Although any food can be a trigger, the most common culprits include milk, soy and grains. FPIES often develops in infancy, usually when a baby is introduced to solid food or formula.

[Eosinophilic \(ee-uh-sin-uh-fil-ik\) Esophagitis](#) (EoE) is an allergic condition causing inflammation of the esophagus. The esophagus is the tube that sends food from the throat to the stomach. Most research suggests that the leading cause of EoE is an allergy or a sensitivity to particular proteins found in foods. Many people with EoE have a family history of allergic disorders such as asthma, rhinitis, dermatitis or food allergy.

## 1. Eat for Good Vision

Protecting your [eyes](#) starts with the food on your plate. [Nutrients](#) such as omega-3 fatty acids, [lutein](#), zinc, and [vitamins](#) C and E might help ward off age-related [vision](#) problems such as [macular degeneration](#) and [cataracts](#), studies show. Regularly eating these foods can help lead to good [eye health](#):

- Green, leafy vegetables such as spinach, kale, and collards
- Salmon, tuna, and other oily fish
- Eggs, nuts, beans, and other non-meat protein sources
- Oranges and other citrus fruits or juices
- Oysters and pork

Eating a well-[balanced diet](#) also helps you maintain a [healthy weight](#), which makes you less likely to get [obesity](#)-related diseases such as [type 2 diabetes](#). [Diabetes](#) is the leading cause of blindness in adults.

## 2. Quit Smoking

[Smoking](#) makes you more likely to get [cataracts](#), optic [nerve damage](#), and [macular degeneration](#). If you've tried to [quit smoking](#) before and started [smoking](#) again, keep trying. The more times you try to [quit smoking](#), the more likely you are to succeed.

## 3. Wear Sunglasses

The right kind of [sunglasses](#) will help protect your [eyes](#) from the sun's ultraviolet (UV) rays.

Too much UV exposure makes you more likely to get [cataracts](#) and macular degeneration.

Choose sunglasses that block 99% to 100% of both UVA and UVB rays. Wraparound lenses help protect your eyes from the side. Polarized lenses reduce glare when driving.

If you wear [contact lenses](#), some offer UV protection. It's still a good idea to wear sunglasses for more protection, though.

## 4. Use Safety Eyewear

If you work with hazardous or airborne materials on the job or at home, wear safety glasses or protective goggles every time.

Certain sports such as ice hockey, racquetball, and lacrosse can also lead to eye injury. Wear eye protection (such as helmets with protective face masks or sports goggles with polycarbonate lenses) to shield your eyes.

## 5. Look Away From the Computer Screen

Staring at a computer screen for too long can cause:

- Eyestrain
- Blurry vision
- Trouble focusing at a distance

[Dry eyes](#)

[Headaches](#)

Neck, back, and [shoulder pain](#)

Taking the following steps to protect your eyes:

- Make sure your glasses or contact lens prescription is up-to-date and adequate for computer use.
- Some people may need glasses to help with contrast, glare, and eye strain when using a computer.
- Position your computer so that your eyes are level with the top of the monitor. This allows you to look slightly down at the screen.
- Try to avoid glare on your computer from windows and lights. Use an anti-glare screen if needed.
- Choose a comfortable, supportive chair. Position it so that your feet are flat on the floor.
- If your eyes are dry, blink more.

Every 20 minutes, rest your eyes by looking 20 feet away for 20 seconds. At least every 2 hours, get up and take a 15-minute break.





# May

Mental Health Awareness Month



## Early Warning Signs and Symptoms

Having a combination of symptoms (not just one symptom) indicates that someone might be showing signs of a mental health condition. Be aware of these symptoms when they last longer than a few weeks:



### Signs and symptoms that require immediate attention:

- Thoughts or plans of killing or hurting one's self or another person
- Hearing voices or seeing things that no one else can hear or see
- Unexplainable changes in thinking, speech, or writing
- Being overly suspicious or fearful
- Serious drop in school or work performance
- Sudden personality changes that are bizarre or out of character

If you or someone you know is in crisis, call 1-800-273-TALK (8255), go to your local Emergency Room or call 911.

[www.mentalhealthamerica.net/may](http://www.mentalhealthamerica.net/may)

 [facebook.com/MentalHealthAmerica](https://facebook.com/MentalHealthAmerica)

 [@mentalhealtham](https://twitter.com/mentalhealtham)  
#B4Stage4 #MHMonth2015



## 5 ways to celebrate Mental Health Awareness Month:



- Wear a green ribbon
- Learn about mental health
- Be supportive of those with mental health concerns
- Seek help if you think you have a mental illness
- Raise awareness on social media (and on [doodle.ly](https://doodle.ly))

## MENTAL HEALTH AWARENESS MONTH

### MENTAL HEALTH:

1 IN 5 – WILL EXPERIENCE SOME TYPE OF MENTAL HEALTH PROBLEM  
 DEPRESSION AND ANXIETY ARE MOST COMMONLY DIAGNOSED MENTAL HEALTH DISORDERS  
 THE MEDIUM TIME FROM ONSET OF SYMPTOMS TO TREATMENT IS 10 YEARS ALTHOUGH,  
 THE SOONER THE SUPPORT AND TREATMENT THE LESS LONGTERM IMPACT ON A PERSONS LIFE  
 PEOPLE WHO ARE DIAGNOSED WITH MENTAL HEALTH DISORDERS CAN AND DO RECOVER



### MYTH

1. PEOPLE WITH MENTAL DISORDERS ARE VIOLENT
2. SOMEONE CAN JUST CHOOSE TO BE HAPPY
3. ONCE SOMEONE MAKES A PLAN TO KILL THEMSELVES, THERE IS NOTHING YOU CAN DO
4. SUICIDE HAPPENS WITHOUT WARNING
5. SUICIDE ONLY HAPPENS TO POOR PEOPLE
6. ONCE SUICIDAL ALWAYS SUICIDAL
7. SOMEONE WHO TALKS ABOUT SUICIDE ALL THE TIME WILL NOT FOLLOW THROUGH
8. ASKING ABOUT SUICIDE INTENTION WILL ENCOURAGE THE PERSON TO KILL THEMSELVES

### FACT

1. PEOPLE WITH MENTAL DISORDERS ARE MORE LIKELY TO BE VICTIMS OF VIOLENCE
2. MENTAL DISORDERS CANNOT BE WILLED AWAY
3. MOST SUICIDE CRISES ARE TIME LIMITED AND BASED ON UNCLEAR THINKING
4. MANY PEOPLE GIVE CLUES AND WARNINGS SIGNS
5. SUICIDE AFFECTS PEOPLE THROUGHOUT ALL SOCIETY
6. MOST PEOPLE ONLY FEEL SUICIDAL FOR BRIEF PERIODS IN THEIR LIFE
7. ANYONE WHO EXPRESSES SUICIDE THOUGHTS ARE AT RISK FOR KILLING THEMSELVES
8. ASKING SOMEONE ABOUT SUICIDE INTENTION WILL LESSEN ANXIETY AND ACT AS A DETERENT. YOUR CONCERN WILL ALLOW THE PERSON TO TALK



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

# May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 PARENT MEETING 4pm	5	6	7
8	9	10	11	12	13	14
15	16	17 POLICY COUNCIL South- bridge 5pm	18	19 Lupa Zoo- see Candi for details	20	21
22	23	24	25	26	27	28
29	30 NO SCHOOL	31 CERTIFICATE DAY	June 1	June 2	June 3 LAST DAY OF SCHOOL	June 4

**Worcester Community Action Council**

**Southbridge Head Start—25 Cole Avenue, Southbridge, MA 01550 (508)765-4738**

**Auburn Head Start—68 Central Street, Auburn, MA 01501 (774)318-0994**

**Main Office—484 Main Street, Worcester, MA 01608 (508) 754-1176**

**Call (508)765-4738 ext. 300 for Storm Announcements/Closures**