



THE FAMILY TREE
INFORMATION, EDUCATION & COUNSELING CENTER

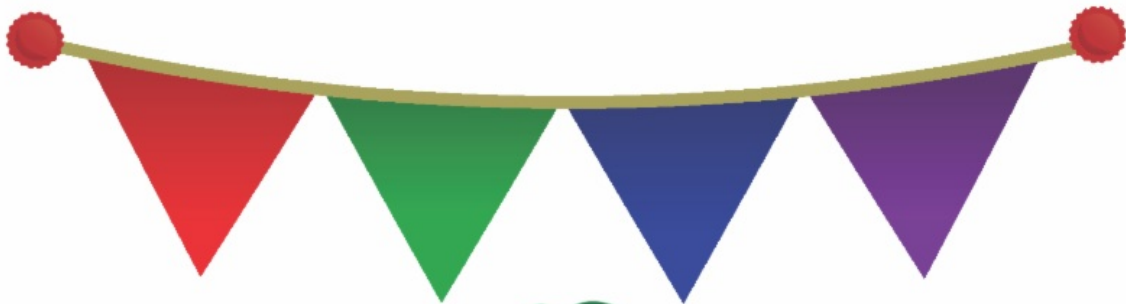
You're going to love this



***Laissez les bons temps rouler
Even with a baby on the way!***

It's that time of year again and this year we are going to celebrate our babies and families with a Mardi Gras themed baby shower. This event is FREE to attend. There will be vendors with activities and important community resources. We will have some traditional baby shower games and some fun health related trivia. We will be giving away lots of door prizes from local companies, plus some needed baby items like a car seat, stroller and play pen! We will also be providing lunch, but it's first come, first served so make sure you arrive early. See details below.





THE FAMILY TREE

COMMUNITY BABY SHOWER

TUESDAY, FEBRUARY 26, 2019

11:00 A.M. - 1:00 P.M.

GEORGE DUPUIS REC CENTER

1212 E PONT DES MOUTON

LAFAYETTE, LA 70507



Sponsored by:



Healthy Blue



Lafayette
PARKS AND RECREATION

Celebrating Black History

As I sit here penning this newsletter, I'm listening to one of my favorite guitarists, rock legend Jimi Hendrix, and I can't help but think about all of the wonderful African Americans who have played such a pivotal role in shaping not only Black history, but American history. But did you know that it all started with Dr. Carter G Woodson, the man considered to be the father of Black history. He was a writer and historian who wrote more than 30 books during his lifetime and chose the month of February to honor the birth months of Fredrick Douglass and Abraham Lincoln. As someone who loves to read and listen to music, I want to acknowledge some important writers and musicians who have shaped American history.

We all recognize the names Maya Angelo and Jimi Hendrix, but what about Phillis Wheatley, Toni Morrison or Alice Walker? Would you recognize Wheatley's poem, *On Being Brought From Africa to America*, if you heard it? Wheatley was sold into slavery at the young (estimated) age of 7, but went on in life to be the first slave to ever have a published book of poetry. Can you really understand the bond between a brother and sister without reading Morrison's book, *Home*? Morrison has been awarded the Nobel Prize for Literature, Pulitzer Prize for *Beloved*, Coretta Scott King Award, the Presidential Medal of Freedom and the Lifetime Achievement Award for Excellence in Fiction. And do you even recognize Walker without saying *The Color Purple*? Walker is a staunch believer in the rights of all living things and constantly seeks to serve the poor, and the economically, spiritually and politically oppressed.

Now I bet you're "Feeling Good" but do you really know who Nina Simone is? She never had a #1 hit and one of her songs was banned from the radio, but she didn't let that stop her from using her music to take a stand against racial inequalities and talk about taboo subjects. You may like Jazz, but you've never really experienced it without "Dreaming a Little Dream..." of Ella Fitzgerald and Louis Armstrong. Ella was in an orphanage after her mother died and almost didn't get hired because of her "gawky and unkempt" appearance. But she chased after her dreams and was later known as the First Lady of Song and was the first African American to win a Grammy! My how these individuals have shaped American history. I will be forever grateful for their generous contributions to the way of life as we know it now. May those who have already gone before us, rest easy in that sweet peace and may the future generations know and appreciate all that they have done for us.



"The Black skin is not a badge of shame, but rather a glorious symbol of national greatness."

Marcus Garvey



Did you know you can check your heart age?! A healthy heart age will be equal to or less than your actual age. I checked my age and it's 37, equal to my actual age. This is because I eat healthy, exercise regularly, don't smoke, and I'm not diabetic. Go check out your heart age [HERE!](#)

The American Heart Association tells us that heart disease is the leading cause of death for both men and women. Every year, 1 in 4 deaths are caused by heart disease. BUT heart disease is often preventable. How you ask? All you have to do is make healthy choices and manage your health conditions. To lower your risk of heart disease:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.

Get active and eat healthy.

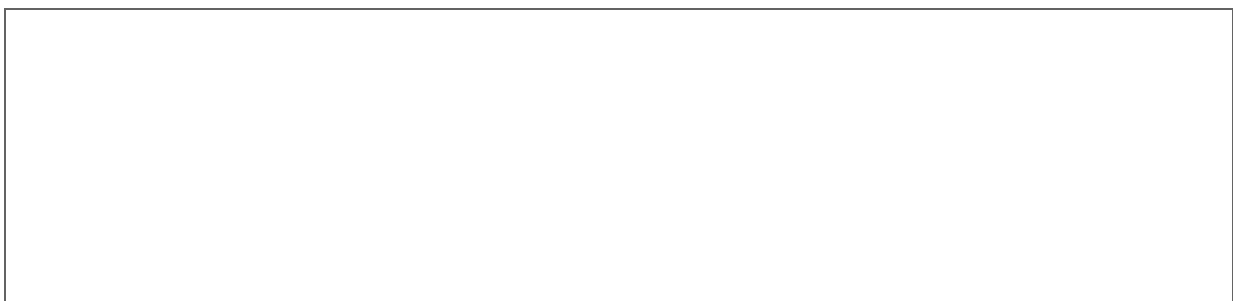
Children's Dental Month

Did you know that National Children's Dental Health observances began with a one-day event in Cleveland, Ohio and a one-week event in Akron, Ohio during February 1941. Since then, the concept has grown from a two-city event into a nationwide program. This year's theme is "Brush and clean in between to build a healthy smile." The following are ways you can help them build a healthy smile.



- Sugary foods and drinks should be consumed with meals.
- Limit between-meal snacks. If kids crave a snack, offer them nutritious foods.
- If your kids chew gum, make it sugarless
- Monitor beverage consumption - Children should make healthy beverage choices such water and low-fat milk.
- Help your children develop good brushing and flossing habits.
- Schedule regular dental visits.

Millions of Invisible Children





Millions of Invisible Children

Over 13 million children live in rural areas and of those 13 million, more than a quarter live in poverty. Here, NICHQ Chief Health Officer Elizabeth Coté, MD, MPH, expands on the urgent need to understand and respond to the disparities in health ...

[Read more](#)

www.nichq.org

[Click here for the Education Calendar](#)



Crispy Turnip 'Fries' Recipe

My daughters and I are on a low-carb diet and were looking for something to curb our 'French fry' cravings. I've heard that turnips can be made into some great 'fries.' I experimented with it and came up with this. You can add whatever spices...

[Read more](#)

www.allrecipes.com



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