



# Positive Pulse Wellness Newsletter

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"Promote and protect the wellness of our community through education, programs, and services."

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### Special points of interest:

July Monthly Challenges:

#### Option 1:

Meal Planning (2 weeks)  
(Post picture to Posse Page)

#### Option 2:

Healthy Sandwich Recipe  
(Post to Posse Page)  
Yoga Sequence 2-3 times a week

**Fireworks- related injuries are most common on July 4th and New Year's Eve. Fireworks can cause death and injury, including burns, contusions, lacerations, and foreign objects in the eye. Make the choice to protect yourself and your family from fireworks injuries by following these steps:**

1. Never allow young children to play with or ignite fireworks.
2. Always have an adult supervise fireworks activities
3. Avoid buying firework packaged in brown paper, which often means they were made for professional displays and could be dangerous consumers.
4. Light one firework

## Firework Safety

5. Use fireworks outdoors in a clear area; away from building and vehicles
6. Never relight a firework. Wait 20 minutes and then soak it in a bucket of water
7. Never carry fireworks in your pocket or shoot them into metal or glass containers
8. Do not experiment with homemade fireworks
9. Make sure you, your kids, and others watch fireworks displays from a safe distance
10. Dispose of spent fireworks by wetting them down and place in a metal trash can away from any building or combustible materials

until the next day  
11. Call 911 immediately if someone is injured from fireworks.

**And let's not forget the safety of our pets!**

- 1.. Don't bring your pets to a fireworks display, even a small one
2. If fireworks are being used near your home, put your pet in a safe, interior room to avoid exposure to the sound.
3. Make sure your pet has an identification tag, in case it runs off during a fireworks display.
4. Never shoot fireworks if any kind near pets.



## July: National Cleft and Craniofacial Awareness and Prevention Month

July is National Cleft and Craniofacial Awareness and Prevention Month—an observance by individuals and organizations to help make people more aware of and give them information about cleft and craniofacial defects and other conditions that can affect the head and face.

Craniofacial defects — such as orofacial clefts, craniosynostosis, and microtia and anotia — have a significant public health impact.

Craniofacial defects are conditions present at birth that affect the structure and function of a baby's head and face. Two of the most common craniofacial defects are orofacial clefts, which occur when the lip and mouth do not form properly, and craniosynostosis, which happens when the bones in the baby's skull fuse too early. Microtia is when the external portion of the ear does not form properly, and anotia

occurs when the external portion of the ear is missing. Treatments and services for children with craniofacial defects can vary depending on the severity of the defect; the presence of associated syndromes or other birth defects, or both; as well as the child's age and other medical or developmental needs. Children with certain craniofacial defects can have a greater risk for physical, learning, developmental, or social challenges, or a mix of these. Craniofacial defects have significant effects on families and the health care system:

- ◆ Each Year, about 4,400 infants in the U.S. are born with a cleft lip with or without a cleft palate and about 2,700 infants are born with a cleft palate alone.
- ◆ Recent studies have found that direct medical and health care use and average costs per child were a lot higher for children with orofacial clefts than for children of the same age without these conditions

Recently, CDC researchers and NBDPS partners have reported important findings about some risk factors for craniofacial defects:

- ◆ Diabetes
- ◆ Smoking
- ◆ Maternal Thyroid Disease
- ◆ Certain medications

CDC and its partners can use what they learn to develop ways to prevent these conditions. These findings also can be used to help improve the quality of life for people living with these conditions and their families. Although researchers are learning more about these defects, much work remains to be done.



## "Clean Eating" Recipe ([www.nhlbi.nih.gov](http://www.nhlbi.nih.gov))



### fat burning **CHICKEN SALAD**

#### INGREDIENTS

- 6 oz. cubed chicken breast
- 1 c. plain greek yogurt
- 1/2 c. sliced celery
- 1/2 c. small cubed apple pieces
- 1/4 c. sliced, small cubed onion
- 2 tbsp. raisins or craisins (optional)
- 2 tsp. cumin spice
- salt and pepper to taste



[DANETTE MAY.COM](http://DANETTEMAY.COM)

Click anywhere on the image  
to view the full recipe!