

Back To School Checklist

Ensuring a Healthy Return to the Classroom Begins at Home

As a parent, there's no doubt that back-to-school season requires a lot of effort to get your kids all set for the challenges of the classroom. But it's also an important time to consider your child's health, says Daniel Howard, M.D., a pediatrician with The Austin Diagnostic Clinic (ADC).

"From making sure all of the proper vaccinations have been administered on schedule, to getting their kids back on 'school year' sleep schedules, health is obviously a huge consideration for parents with school-age children," Dr. Howard says.

- **Vaccinations 101.** Children should receive a variety of vaccinations and booster shots to prevent them from getting many serious and highly contagious diseases.
- **Hearing and vision tests.** Consider getting your child's hearing and vision tested before they begin school to prevent learning challenges in the classroom.
- **Health information.** Parents should be prepared to provide schools with a list of emergency contact information that includes telephone numbers for parents, close family, pediatrician, and dentist.
- **Diet and sleep.** Healthy eating is a critical part of a child's physical and mental development and can help curb the risk of childhood obesity. Sleep is also essential—kids should get between eight to 11 hours per day, depending on their age.

Daniel Howard, M.D., is a pediatrician for The Austin Diagnostic Clinic, a multi-specialty clinic with physicians representing 21 medical specialties at more than six locations throughout Austin and Central Texas. Dr. Howard sees patients at the ADC Cedar Bend, at 2400 Cedar Bend Drive. For more information, visit www.adclinic.com or call 512-901-4016. To download an electronic version of this release, please visit www.delaune.com/ADC

The Forum

NEWSLETTER INFO

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AMERICAN ASSOCIATION OF UNIVERSITY WOMEN

Submitted by Diane Brewer, Membership VP

The American Association of University Women is a group of degreed individuals which works to ensure that opportunities and access of all kinds remain available to women and girls throughout the country and across the globe. Most people are aware that Title IX transformed athletics across the academic spectrum. Today, largely due to the efforts of groups like the AAUW, more and more women are also receiving equal pay for equal work, achieving the highest positions in business, and are also reaching pinnacle positions in government. Due to AAUW, deserving academic researchers are rewarded for their achievements with annual fellowships.

The Austin branch of AAUW is in the middle of its annual membership drive. The organization does not advertise, so it is important that people learn of this group and the indelible effect it can have on the lives of women. In Austin, AAUW volunteers work in GirlsStart and Mindspring, groups reaching out to girls who need a hand up; they

support non-profits like Ten Thousand Villages on South Congress, which markets the handmade goods of women in Third World Countries. Others are out in the community registering voters or working at voting sites. Membership VP Diane Brewer says that the dues of \$75 are divided among the national, state, and local levels of AAUW, and due to the work of the association, all but \$3 is tax deductible. For more information, go to: <http://austin-tx.aauw.net>

Service is only part of the story, however. Interest and study groups pervade the organization offering everything from a common love of reading, stitchery, and art appreciation, to bridge, mah jongg, theatre, and dining.

If you would like to explore the organization further, come to the AAUW-Austin Summer Social, located at the Episcopal Church of the Good Shepherd's parish hall, Exposition Blvd. @ Windsor Drive on Sunday afternoon, August 19th, at 3 pm. There will be a raffle, food, beverages, and lots of information. Come and see!

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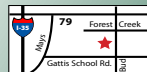
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Gratitude is the key

Unlocking The Doors To Treasures In Our Children

By Sugandha Jain

Gratitude is an instant mood converter. Gratefulness is the knife that melds impatience to patience, fear to love and anxiety to peace. Enveloped by the clouds of thankfulness, we can soar high in the air of optimism. Our aura is immediately cleansed when we fill our thoughts with praise. Relationships glow under the varnish of a positive expression in mutual affection.

We only have to look around us to realize how blessed we are. Being mindful of the generosity of people, beauty in our surroundings and the uniqueness of our own spirits can help us appreciate our fortunate existence.

Opening ourselves to receiving divine grace that is already a part of our lives makes us acknowledge our own sacredness. We appreciate our oneness with the universe and what we feel as a result, is gratitude on being a part of the whole. We feel love, we feel complete.

Modeling gratefulness with our families can help children open their hearts to the love and light in everything they do. Daily writing in their Gratitude Journal can gradually shift children's consciousness to a higher dimension.

Constantly reminding children to see the lessons presented by events instead of sulking on challenges can be an exercise in life-long learning. When we encourage children to make choices, evaluate them and re-choose options that help them feel grateful, we show them how to be free.

Together, we find that our interactions with each other have always been complete; the missing link in the puzzle in seeking out and seeding in the Om of smile- the symbol of thankfulness.

Sugandha Jain is a Master Registered Texas Trainer and Director of Accreditation at a local preschool.

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SOLD

The Forum

ADOPTION COALITION OF TEXAS

Kelly

APRIL 20, 1997

Kelly is a friendly and outgoing young woman. She enjoys playing soccer, basketball and volleyball; Kelly also participates in her school FFA and adores animals. She enjoys swimming and has told her caseworker, that she doesn't care if it is a lake, river or swimming pool, she wants to swim. With her current foster family, she enjoys going to the swimming pool, shopping, eating out, rodeos, vacation bible school, church, youth group, dances, and a variety of other community and school events. Kelly thrives in any situation where she is given the attention that she needs, but freedom to be a teenager. She would do best in a home where her adoptive parents can give her the attention and proper guidance she requires. Kelly needs a good role model and a structured setting. For more information contact Grace Lindgren at the Adoption Coalition of Texas at (512) 810-0813 or gracelindgren@adopttexas.org



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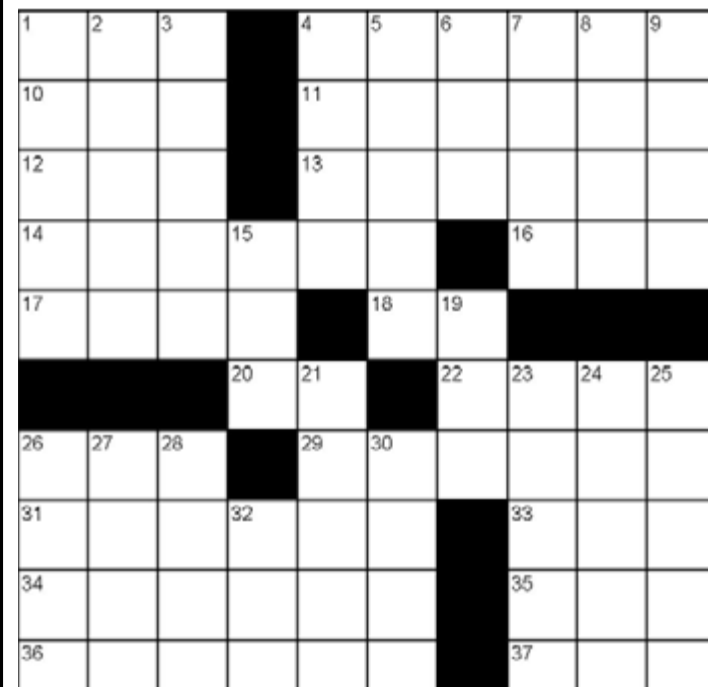
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18. Iowa (abbr.)
20. Man's title
22. Type of dressing
26. Short-term memory
29. Exodus
31. Hype
33. Airport abbr.
34. Glistening
35. Cask
36. Star system
37. South southeast

DOWN

1. Wood
2. Ice house
3. Fast food meal
4. Ashen
5. Excuse
6. Cocktail drink
7. Follow
8. Eaten
9. Association (abbr.)
15. Words per minute
19. Abridged (abbr.)
21. Become less tight
23. Onion like vegetables
24. Painter Richard
25. Utilization
26. Thick carpet
27. Roman cloaks
28. Gangster's girlfriend
30. Musky
32. Pod vegetable

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Immunizations: Not Just for Kids

By: Concentra Urgent Care

Although most toddlers in the United States have received all recommended vaccines, many adults and adolescents have not. These missed vaccinations increase their risk for infection, hospitalization, death, and disease spread, and they contribute to the estimated \$10 billion that is spent annually on vaccine preventable diseases in the United States.

Evidence shows that currently approved vaccines are safe and effective. However, coverage rates for persons of all ages vary nationwide. Reasons cited include lack of health insurance, unfamiliarity with vaccine recommendations, limited access at physicians' offices, or the perceived cost of vaccines.

What you need to know is that obtaining recommended vaccines in a timely manner can prevent disease. The Advisory Committee on Immunization Practices (ACIP) recommends the immunization schedule to the right for generally healthy adults and adolescents.

For more information about immunizations and where to get them, contact your health care provider, your Concentra health specialist, or visit the CDC's Web Site at: www.cdc.gov/vaccines.

**Specific recommendations for individuals may vary depending on age, prior immunization history and the presence of other existing conditions; please see the Centers for Disease Control (CDC) Web site at: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>*

IMMUNIZATION SCHEDULE RECOMMENDATIONS

INFLUENZA:

Yearly, especially if at risk

MENINGOCOCCAL:

One dose, age 11-12 or 13-18 if not previously immunized

TETANUS-DIPHTHERIA/TETANUS

One dose, age 11-12, then booster

DIPHTHERIA-PERTUSSIS:

every 10 years

HUMAN PAPILLOMA VIRUS

Three doses, age 11-26 (females only):

MEASLES - MUMPS - RUBELLA:

If born after 1956, one or two doses if never immunized up to age 65

PNEUMOCOCCAL:

One dose, at or after age 65

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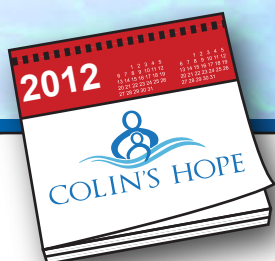
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Immunizations are not just for kids. Adults should receive a flu shot each year and those over 65 years should discuss getting a pneumonia shot with their doctor. If you are unsure about which immunizations you need, ask your doctor, or visit *ADClinic.com* for more information.



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