

HEALTHY NEIGHBORS

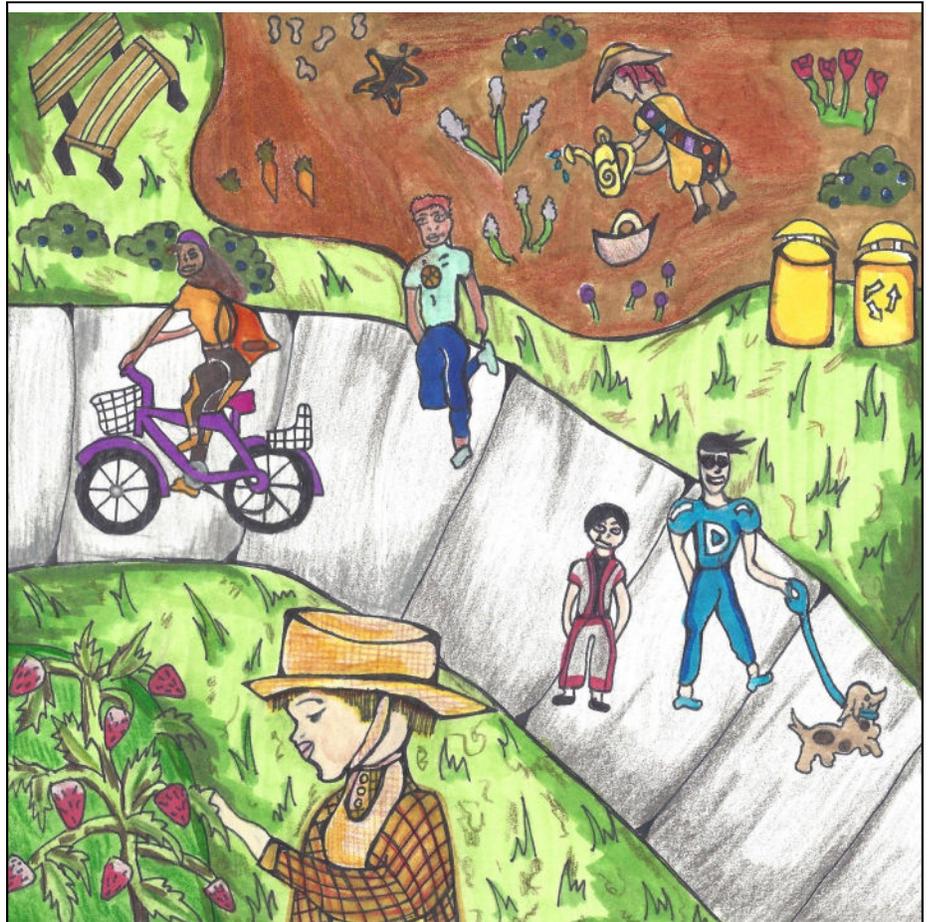
Emergency medicine

Caring for injured or sick people

Dr. Elizabeth Datner was only a first grader when she decided she wanted to be a doctor. “You can do what you want to do,” said her mother, who was a nurse. “Be the person to make decisions.”

She wasn’t squeamish. She grew up as a city kid in the Germantown section of Philadelphia, but often visited her grandparents at their farm in Chester County. She says she would go to the chicken coop with her grandfather, who would chop off a chicken’s head, and bring the chicken to her grandmother to cook. In fact, seeing the chicken’s insides fascinated her, she says.

(Please see **Doctor** on Page 2)



Dominic Rivera, an eighth grader at St. Veronica School in Philadelphia, drew the picture above which appears on the cover of *Leading Healthy Change In Our Communities 2019*.

Encouraging health and wellness

The Healthy NewsWorks student media program is proud to publish this special community edition focused on heart health and healthy activities.

Healthy Neighbors is compiled from articles written and illustrated by students in elementary and middle schools in Norristown and Philadelphia. The authors belong to their schools' health newspapers where they learn to research, report, and write accurate stories about health-related topics for their peers, teachers, and family members.

Healthy Neighbors is made possible through generous support from Quest Diagnostics, Einstein Healthcare Network, The Healthcare Improvement Foundation, the Pennsylvania Health Literacy Coalition, and The Edna G. Kynett Memorial Foundation, and other community supporters.

Copies of *Healthy Neighbors* are being distributed in medical offices, libraries, schools, and other community venues to encourage wider discussions about wellness and healthy living.

Doctor specializes in emergency care

(Continued from Page 1)

As a medical student at Pennsylvania State University College of Medicine, she loved every facet of medicine, from pediatrics to cardiology. But she was particularly fascinated by emergency medicine. She remembers thinking: “This is a perfect specialty for me. I can take care of every type of problem.”

Dr. Datner now is chair of the Department of Emergency Medicine at Einstein Healthcare Network. She says taking care of patients in an emergency can be “very scary” but she channels her energy and emotions into what needs to be done. “You are focused on the technical part of it,” she says.

The emergency department takes care of anyone who arrives at the door. Heart attacks, broken bones, car accidents, asthma attacks, and poisonings are just a few of the problems. Einstein’s emergency department in North Philadelphia treats about 300 people each day, including about 35 children. Dr. Datner and



Illustration by Stella Menzies, *East Norriton Bulldog Bulletin*

the staff use a system called triage to make sure the sickest people get treated first. Patients who are less sick may wait a little longer.

“We see our job as serving the community,” Dr. Datner says. Amid all the busyness, she tries to connect with patients and families. “I love interacting with people. Every individual has a fascinating story,” she says.

—By *James Logan Healthy News*
(Excerpted from *Leading Healthy Change In Our Communities 2019*.)

Check out advice from leaders

Editor’s note: Healthy NewsWorks reporters collected the following tips while interviewing leaders for Leading Healthy Change in Our Communities 2019.

Tips on gardening

- Start simple and small. Consider using containers to grow a garden.
- Have a plan. Will your garden be indoors or outdoors?
- Find out what your plants will need. Plenty of light? How much space? How much water?
- Think about what you want to eat. That might motivate you to grow it.

Source: *Meg MacCurtin—executive director of Greener Partners*

Rules of the road

Here are three important tips for safe biking:

- Wear a helmet. In Pennsylvania, it’s required for all bikers under the age of 12.
- Wear bright-colored or reflective clothing so drivers can see you, especially at night.
- Ride with the flow of traffic and obey all traffic laws.

Source: *Waffiyah Murray—manager of Better Bike Share Partnership*

Be environmentally friendly for animals

- Use paper straws instead of plastic ones.
- Don’t litter. Pick up trash if you see it.
- Don’t buy a pet unless you intend to keep it for a long time.
- Don’t release a pet-store animal, such as a snake, into the wild. Get professional advice on finding a new home for a pet.

Source: *Al Zone—executive director of the Elmwood Park Zoo.*

Ways to stay safe

- If you see a gun, don’t touch it. Speak to a responsible adult.
- Never take someone else’s medicine.
- Avoid getting caught up in fights. If people are getting aggressive, walk away.
- Never drink and drive, or get in a car with someone who has been drinking.

Source: *Elizabeth Datner, M.D., chair of the Department of Emergency Medicine at Einstein Healthcare Network*

Reporters from Cole Manor Elementary School, St. Raymond of Penafort Catholic School, Eisenhower Science and Technology Academy, and James Logan Elementary School collected these tips.

HEARTY KIDS

Did you know?

- ♥ “A man’s heart beats about 72 times a minute.”
- ♥ “An 8-year-old’s heart beats about 90 times a minute.”
- ♥ “A baby’s heart beats more than 120 times a minute.”



Source: *Hear Your Heart*
By Paul Showers

Illustration by St. Martin de Porres junior reporter

Where does your food come from?

“How Did That Get In My Lunchbox?”

By Chris Butterworth

We think pre-K through high school kids can learn something from this book about the journey of food.

One junior reporter said he enjoyed the book because he likes carrots and the book tells you how they grow. Another reporter said he liked the book because “there are a lot of machines and it [the book] showed how they worked.”

Here are a few key points from the book:

- * Eat five fruits and vegetables a day.
- * Drink water.
- * Eat dairy foods to help your teeth and bones.

One reporter said he liked the artwork because the pictures show what the words mean. —By Mrs. Quintana’s second grade at William Cramp E.S.

Activities to get you moving

St. Veronica first grade reporters recently tried two heart-healthy activities called *Alphabet Moves* and *Alphabet Sports*.

In *Alphabet Moves*, reporters picked from a bag letter magnets such as R, J, or H. The letters stood for exercises like running, jumping, and hopping.

They also blindly chose a number magnet from a different bag. The number told them how many times they had to do the exercise.

The majority of the reporters said they liked the activity because they got to

jump, run, hop, and move their bodies.

Alphabet Sports was a similar game. Students worked in small groups to spell the name of four different sports using the letter magnets.

They then showed the class actions of that sport, such as throwing a football, kicking a soccer ball, or shooting a basketball.

Many first grade reporters said they liked the sports movements that they had to do.

—By Ms. Navarrete’s class

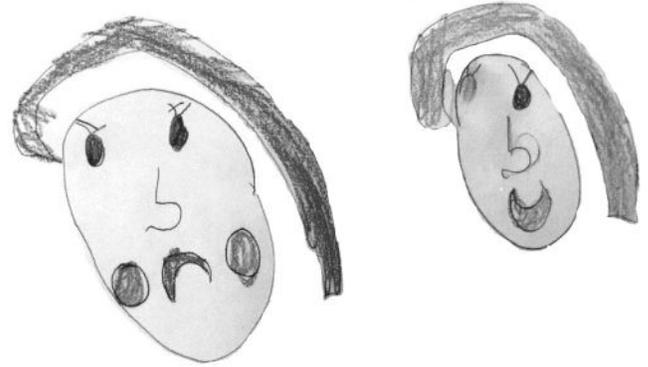
Reporters learn to de-stress

St. Martin de Porres second grade reporters learned about what they could do when they feel stressed. Stress is the opposite of feeling calm or relaxed. Too much stress can lead to health problems, health experts say.

After listening to the book *Peaceful Piggy Meditation* by Kerry Lee MacLean, the reporters meditated by sprinkling glitter into a "mind jar," filled with water. Every sprinkle is a specific stress. After shaking the jar, the class sat quietly and comfortably. They focused on breathing while they watched the glitter in the jar swirl around and then settle to the bottom.

Zaylin said meditation and breathing are like "taking out the trash." They get rid of your angry or nervous thoughts.

There are many ways to relax and



St. Veronica kindergarten reporters also discovered that taking a few deep breaths can help people feel better when they are stressed. *Illustration by St. Veronica kindergarten*

de-stress. Ms. Sima's reporters shared several ways that work well for them.

Another reporter said you can "stretch your anger out" through exercise. Lauryn said when she colors, she feels like her "brain is taking out all her worries."

—By Ms. Sima's second grade class

First graders read about exercise

"Move Your Body! My Exercise Tips"

Written by Gina Bellisario

Illustrated by Renee Kurilla

In this book, Natalie and her team get ready for a big race by learning all about different kinds of exercise. The coach, Ms. Starr, teaches the students about aerobic, anaerobic, and stretching exercises.

The reporters in Miss Gillespie's first grade class enjoyed this book. We liked learning facts about our hearts and how to keep our bodies healthy. We learned that aerobic exercise, like jumping rope or playing tag, is great exercise for our hearts because it gives them a workout.

We think the artwork is helpful because

it shows us how to do the exercises. The artwork also shows us that the exercises can be done in many places, like in our houses or outside at the park!

"I liked learning about stretching exercises like twisting and turning," said Erick.

Danna reported, "I like exercises like jumping jacks and push-ups."

Jacob said, "I have learned that we can exercise at home by doing our chores."

We recommend this book for children ages 5 to 10. It is important for students to learn all of the ways to exercise and keep your heart healthy! —By Miss Gillespie's first grade reporters at Whitehall E.S.

Check the label on fruit drinks

Thirsty? When it comes to fruit drinks, you need to make sure what's in your drink, Ms. Amy Deahl-Greenlaw, a registered dietitian nutritionist, recently told *St. Martin de Porres Healthy Saint* reporters.

"What you drink is just as important as what you eat," said Ms. Amy, as she likes to be called.

By law, companies that produce fruit drinks must report the percentage of real fruit contained in the drink, Ms. Amy said.

Red-flag words

- A: Aid or ade
- B: Blend or beverage
- C: Cocktail
- D: Drink
- P: Punch

You can find this information by looking for the percentage of juice, information usually located near the Nutrition Facts Label, she said. The names of some fruit drinks indicate that they are not 100% juice and may even contain a lot of added sugar.

She created what she calls her "ABCDP" guide to the names of fruit beverages. Each letter stands for a red-flag word in the name of the beverage. These red-flag words usually mean that the fruit drink does not contain 100% juice.

The *Healthy Saint* examined the nutrition labels of several fruit drink containers, including Tropicana Grape Juice and Tropicana Grape Juice Beverage. Tropicana Grape Juice contains 100% grape juice, the reporters found, but Tropicana Grape Juice Beverage contains only 30% juice—and a lot of added sugar.

Rather than drink fruit juice, it is better to eat whole fruits, Ms. Amy said.

"Fresh, frozen, canned, or dried whole fruits are naturally packed with potassium, fiber, and other nutrients and are better for you than fruit juices," she

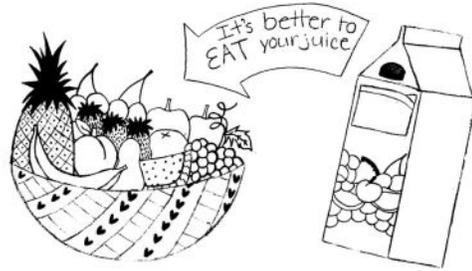


Illustration by Kamaiyah Brady, *St. Martin de Porres Healthy Saint*

said. "If you choose juice for your fruit, drink only 100% juice."

If you want to drink juice, you should limit the amount, says the American Academy of Pediatrics. The academy recommends that kids should drink a total of eight ounces or less of fruit juice a day.

How can you meet the academy's recommendations if you love fruit drinks? Ms. Amy recommends a "fruit fizzy," which is a beverage made of one part of 100% real fruit juice and three parts seltzer water, served cold. She prepared a fruit fizzy for *Healthy Saint* reporters to try.

"The fruit fizzy is a delicious, thirst-quenching pop of purple, bubbly goodness," said Kenya. Sommer said, "It was very bubbly, almost like soda, with a light red color and little flavor," but she added that she would try the drink using a different fruit juice. The fruit fizzy is "a way to conserve more of your 100% juice and stay healthy at the same time," Jalile said.

—By *St. Martin de Porres Healthy Saint reporters*

Two yummy recipes with apples

Editor's note: Ms. Amy Deahl-Greenlaw is a registered dietitian nutritionist who recently visited with the James Dobson Fit Fin staff. She recommends these-tasty recipes from the U.S. Department of Agriculture.

APPLE SALAD (8 servings)

Ingredients: 2 cups apples (diced); 1 cup celery (diced); 1/2 cup raisins; 1/2 cup nuts; 2 tablespoons light mayonnaise-type dressing
1 tablespoon orange juice

Directions:

1. Mix orange juice with salad dressing.
2. Toss other ingredients with the dressing mixture.

APPLESAUCE (10 servings)

Ingredients: 7 apples (cut in quarters; 1/2 cup water; 1/4 cup sugar

Directions:

1. Wash the apples and cut them in quarters.
2. Combine apples and water in saucepan. Heat to boiling. Turn heat to low as soon as the water boils.
3. Simmer over low heat for 15 to 20 minutes or until apples are tender. Stir occasionally.
4. Stir in sugar and heat until sugar is dissolved.

IMPORTANT!!! Adults should supervise kids in the kitchen when making these recipes.

Are you as smart as a 5th grader?

Editor's note: William Cramp Fit Flyer fifth grade reporters played these web games that they found at: HealthyNewsWorks.org

Scientist Challenge

How the game works: The aim is to fill the beaker while answering questions.

What you learn: The game teaches kids about type 2 diabetes and smoking, among other things.

My opinion: I like this game because I can learn more about health. I would recommend this game because I think it can teach younger students.

—By Mya

Bowling

How the game works: The player answers a question about nutrition. If they get it right, they can get a chance to bowl. In bowling, all the pins are lined up in a triangular shape on the screen. The player lines the bowling ball up with a green area at the bottom of the screen and clicks to throw the bowling ball. The player earns points based on the number of pins they knock down.

What you learn: The game teaches kids about heart healthy foods and nutrition.

My opinion: “I like the game because it taught me about healthy food and it was fun,” said Nina. Chevelle wrote that she “would recommend this game because the students can learn new things.” While many other students who reviewed the game agreed with Nina and Chevelle, Mia added that she thought the game was “a little too easy for a fifth grader.”

—By Fit Flyer staff

Wheel Spin

How the game works: The game has ten rounds. You use buttons to spin the wheel, which lands on a number. After that, the game will ask you a question. You get points for each correct answer.

What you learn: The game teaches kids about safe websites.



My opinion: I like the game because I learned what things like “.org” and “.com” mean. I would recommend this game.

—By Passion

Shootout

How the game works: The aim of the game is to score soccer goals. The game asks you questions about health. If you get the question right, you score the goal and earn a point. If you get it wrong, you miss the goal, receiving no points.

What you learn: The game teaches you about health.

My opinion: I would give the game a four out of five stars because it is a very educational game and helps a lot in learning about health.

—By Betsy

Jump Shot

How the game works: After answering 14 questions about writing and reporting, you get to shoot the basketball. A player earns points based on how many baskets they make.

What you learn: Players learn about interviewing, deadlines, grammar, and other reporting things.

My opinion: Betsy liked the game “because it was fun and easy to answer all the questions, since [she] knew the meaning of all the words.” On the other hand, Antonio liked the game because it was a challenge for him. Many students recommended the game. You will “have fun and feel good learning,” said Samuel.

—By Fit Flyer staff

Healthy NewsWorks is grateful to all its individual, corporate, foundation, and community supporters. We'd like to recognize Quest Diagnostics, our Community Wellness Partner; and Einstein Healthcare Network, our Community Healthcare Champion.



We also extend our thanks to:



Special thanks to the Edna G. Kynett Memorial Foundation for its support of Healthy NewsWorks' Hearty Kids Initiative.

A Healthy NewsWorks® project • HealthyNewsWorks.org

The Healthy NewsWorks student media program addresses significant gaps in children's literacy and health understanding. In 2018-19, more than 700 elementary and middle school students participated in the Healthy NewsWorks reporting program or the Hearty Kids Initiative.

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