

April is Autism Awareness

What is Autism?

Autism, or autism spectrum disorder, refers to a range of conditions characterized by challenges with social skills, repetitive behaviors, speech and non-verbal communication, as well as by unique strengths and differences.



Autism's most-obvious signs tend to appear between 2 and 3 years of age. In some cases, it can be diagnosed as early as 18 months. Some developmental delays associated with autism can be identified and addressed even earlier.

A Common Myth of People with Autism

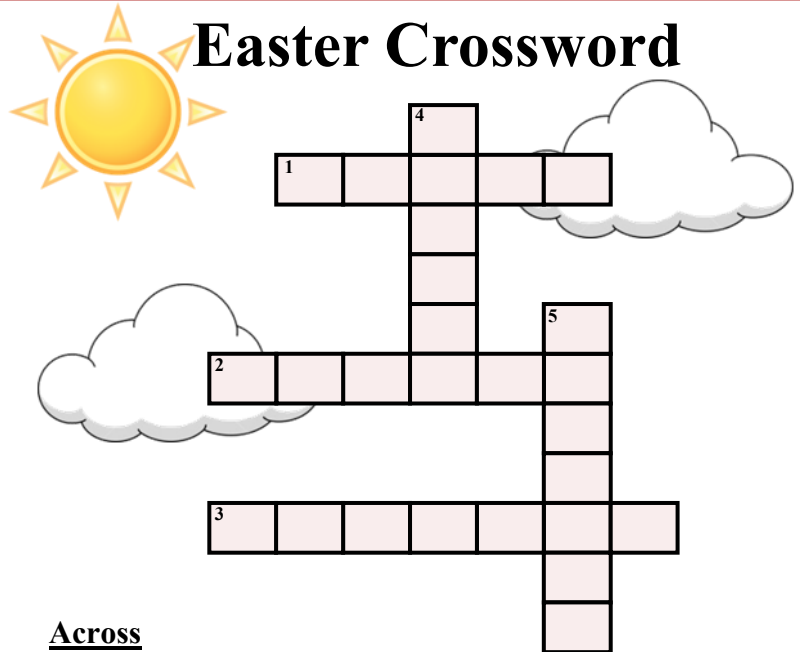
Myth

People with autism are intellectually disabled.

Truth

Many people with autism have normal to high IQs and some may excel at math, music or another pursuit.

For more information, visit autismspeaks.org

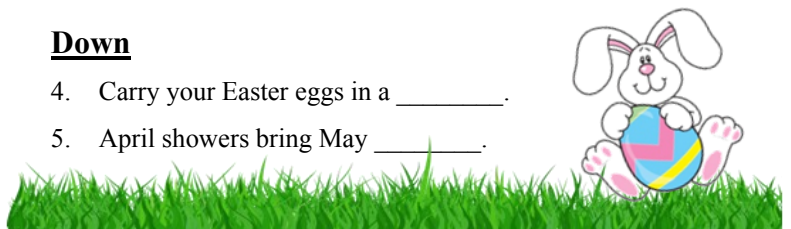


Across

1. If you drop an Easter egg, it will _____.
2. Pale, light colors.
3. Which came first? The _____ or the egg?

Down

4. Carry your Easter eggs in a _____.
5. April showers bring May _____.



Across: 1. Crack 2. Pastel 3. Chicken Down: 4. Basket 5. Flowers

Distracted Driving Awareness

The **National Safety Council** observes April as Distracted Driving Awareness Month.

Technology allows us to make phone calls, dictate texts or emails and update social media while driving – all actions that are proven to increase crash risk. Just one second of your attention is all it takes to change a life forever.



As a general rule, if you cannot devote your full attention to driving because of some other activity, it's a distraction. Take care of it before or after your trip, not while behind the wheel.

For more information, visit nsc.org



To all our NetCare members born in April!

From: Your NetCare Family

DID YOU KNOW...

dosomething.org

- 76% of Americans think the ears of a chocolate bunny should be the first to be eaten
- Egg dyes were once made out of natural items such as onion peels, tree bark, flower petals, and juices.





NetCare Health Plus Featured Rewards Partners



Enjoy 10% off any healthy menu item (hummus, Baba Ghanouge, Fish and Shrimp wrap and salads, veggie wraps and veggie burgers).



15% off all items including special orders of helium balloons, popcorn & cotton candy.

How Can I Protect My Children from the Sun?

We all know the happiness and fun that Easter Egg Hunts bring to children. But one thing that many people forget is how damaging the sun's ultraviolet (UV) rays can be to our skin. Just a few serious sunburns can increase your child's risk of skin cancer later in life.

Here a few things you can try when outdoors.

Seek shade, UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then.

Get a hat, hats that shade the face, scalp, ears, and neck are easy to use and give great protection.

Cover up, Clothes made from tightly woven fabric offer the best protection

Wear sunglasses, they protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.

Apply sunscreen, use sunscreen with at least SPF 15 and UVA and UVB protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors.

For more information, visit cdc.gov

Illnesses Caused by Heat

Heat Stroke

Heat stroke occurs when the body is unable to regulate its temperature.

Heat Exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Heat Cramps

Heat cramps usually affect people who sweat a lot during strenuous activity.

Heat Rash

Heat rash is a skin irritation caused by excessive sweating during hot, humid weather. It can occur at any age but is most common in young children.

Sunburn

Sunburn is the term for red, sometimes swollen and painful skin.

For more information, visit ct.gov



In observance of **Good Friday**, our office will be closing early at 12 P.M. on Friday, April 14, 2017

Strawberry Oatmeal Breakfast Smoothie



Ingredients:

- 1 cup soy milk
- 1/2 cup rolled oats
- 1 banana, broken into chunks
- 14 frozen strawberries
- 1/2 teaspoon vanilla extract
- 1 1/2 teaspoons white sugar

Nutrition:

Serving size: 2
Calories: 236kcal
Fat 3.7 g
Carbs: 44.9 g
Protein: 7.6 g
Cholesterol: 0 mg
Sodium: 65 mg

For more recipes, Visit allrecipes.com

Directions:

1. In a blender, combine soy milk, oats, banana and strawberries. Add vanilla extract and sugar if desired. Blend until smooth. Pour into glasses and serve.

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