



Take the 1st step toward meeting your goals...

FREE CLASSES B'HAM PUBLIC LIBRARIES

Tech Tuesday

Woodlawn Branch Library

11/16/21, 11/23/21 at 10am

Learn the basics of computing, searching the Internet, and how to use Microsoft programs such as Word and Excel.

Emergencies: Preparing Your First Aid Kit Online

11/16/21 at 10am

Are You Ready? Learn How to Prepare a Home First Aid Kit Online (via Facebook)

<https://www.facebook.com/Pratt-City-Library-Birmingham-Public-Library-System-486033211537227>

Evicted (Exhibit) Central Library 10/21/21-12/30/21

"The Evicted exhibition is designed to introduce our visitors to an important and underreported topic: low-income renter eviction. We worked with sociologist Matthew Desmond, an architecture firm, Matter Architecture Practice, a radio producer, Unfurl, and a graphic design firm, mgmt., to present a unique museum experience: an exhibition that situates visitors in a bleak scenario experienced by millions of Americans." - SARAH A. LEAVITT, Curator

Let's talk About Medicare: Questions & Answers 12/2/21 at 12 pm Online

Birmingham licensed insurance advisor Albert McWilliams Sr. is providing his popular Medicare Q & A sessions in-person as well as virtual via Facebook to help BPL patrons learn more about their Medicare options and eligibility.



Now Accepting Applications!!

Jefferson County Child Development Council Inc. is now accepting applications for children at licensed family child care homes with full day, full week child care at no cost to eligible parents. JCCDC serves all qualified children.

For more information, please call JCCDC Early Head Start/Head Start Program at 205-933-1095/ Monday – Friday 8:00 a.m. – 5:00 p.m. or visit our website at www.jccdc.com



November/December 2021



Visit our website!
www.jccdc.com

What's Happening at JCCDC?

November 5: Vaccine Clinic in partnership with Jefferson County Department of Health

November 11: Veteran's Day (All FCC sites and Agency closed)

November 16: Policy Council Meeting at 6 pm

November 22-26: Thanksgiving Holiday (All FCC Sites Closed)

November 25: Thanksgiving Day

December: Policy Council date to be announced

December 20-31: Winter Holiday (All FCC Sites Closed)

Attention Parents!!

Jefferson County Child Development Council's Policy Council Meeting will be held November 16 at 6:00 pm. December's meeting date will be announced.

All parents are welcomed

**The members participating will be responsible for contributing to the direction of our agency.*

Please come out and become an advocate for your child.

For more information, contact Tena Sales at 205-379-6065



November is Lung Cancer Awareness Month

Lung Cancer Awareness Month is an annual observance held throughout the Month of November. It is intended to raise awareness of lung cancer and to promote research into its cause, prevention, diagnosis, treatment, survivorship and cure. According to the Centers for Disease Control and Prevention (CDC), "more people in the United States die from lung cancer than any other type of cancer" (2020).

In 2018, the latest year for which incidence data are available, in the United States, 218,520 new cases of lung and bronchus cancer were reported, and 142,080 people died of this cancer. For every 100,000 people, 54 new lung and bronchus cancer cases were reported and 35 people died of this cancer (U.S. Cancer Statistics Working Group, 2021).

- Lung cancer risk factors include smoking, secondhand smoke exposure, radon and other environmental exposures such as asbestos, and personal or family history (CDC, n.d.). **Encourage patient-provider discussions of ways to reduce these risks.**
- Familial history of lung or other cancers may increase risk for lung cancer in nonsmokers (Kanwal, Ding and Cao, 2017). **Encourage patient-provider discussions of family history and risk.**
- Having a family history is associated with a higher perceived risk of lung cancer among current or former smokers. This can influence a person's willingness to pursue lung cancer screening (Turner et al., 2021). **Provide information about the link between family history and lung cancer risk.**
- Radon exposure can increase a person's risk of lung cancer, especially in nonsmokers. It is estimated that about 20,000-40,000 nonsmokers get lung cancer each year, with 2,900 cases estimated to be associated with radon (CDC, n.d.). **Encourage patient-provider discussions of screening for lung cancer among these individuals.**

Courtesy of cancercontroltap.smhs.gwu.edu

Healthy Holiday Survival Guide

The holidays don't have to derail your healthy habits and wellness journey. Use these tips to help you stay on track while enjoying the holidays!

Eat Slowly.

Savor the flavor and enjoy conversations! Eating slowly is a simple way to consume *less calories*. Also, setting down your fork or spoon between each bite is an easy way to eat more slowly.

Don't Stress.

It's easy to feel stressed during the holidays. Focus on the positive, and take some time to have fun and **re-lax**.

Take the Stairs.

Ship the elevator and escalator and, instead, take the stairs! Climbing stairs is a great way to burn *extra calories* while you're out shopping! Plus, climbing stairs is an excellent functional exercise! So, get to steppin' this holiday season!

Drink Some Water.

Drinking water before your holiday feast will not only keep you hydrated, but help keep you from *overeating*. It's also a great way to curb snacking – *people often confuse thirst for hunger pangs!*

Beware Liquid Calories.

Alcohol, eggnog, soda and lattes taste great and go down easy, but carry A LOT of calories. Opt for *smaller sizes* and *limit how much* you consume.

Call in a Sub.

There are many **easy recipe substitutions** that can health-ify your holiday recipes without sacrificing flavor!

- Use **unsweetened applesauce** instead of oil when baking.
- Use **1% or 2% milk** instead of whole milk.
- Use **whole wheat flour** for 1/3 or 1/2 what the recipe calls for.
- Use **extra virgin olive oil** instead of butter in savory recipes.
- Use **low-fat ground turkey** instead of ground beef.
- Use **low-fat plain yogurt** in place of sour cream.
- Cut the amount of salt in half, and use **herbs for flavor**.

Don't Forget to Workout.

Try your best to step away from the "I'm too busy to workout" mindset during the holidays! There are simple and fun exercises you can do right in the comfort of your own home. All you need is your body, a little space to move and some holiday tunes!

The 12 Days of Christmas Workout
Start with 1, then 1, 2, then 1, 2, 3... adding on until you've completed all 12 exercises!

1. 5 Burpees (with or without the jumps)
2. 5 Push-Ups (knees or toes)
3. 10 Squat Jumps (or regular squats)
4. 5 Supermans (alt. option: Bird-Dogs)
5. 5 Leg Lifts (or crunches)
6. 30-sec. Mountain Climbers
7. 10 Sit-Ups (or crunches)
8. 30-sec. Plank (option to add a heel raise)
9. 10 Glute Bridges
10. 20 Alternating Lunges (10 each leg)
11. 20 Jumping Jacks
12. 20 High Knees

Wash Your Hands.

It's hard to enjoy the holidays when you're sick. Make it a habit to **wash your hands** regularly with soap and warm water, and avoid touching your face to help prevent infecting yourself with germs. Oh, cover your mouth when you sneeze.

Do Something for Others.

The holidays can be a tough time for people for a variety of reasons. But it's also a great time to *give a little back* and do something to *brighten someone else's day*. Plus, it can also be really therapeutic. So, get in the spirit of the season and spread some **holiday cheer!**

Brought to you by The CSU Rec Center



Our Services

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