

GARDENING

6 Simple Steps to Starting a Garden

1. Identify a container or planter
2. Add potting soil
3. Add seeds
4. Water the seeds
5. Place in sunlight (outside on warm sunny days or by a window inside)
6. Once the plant starts to grow & the weather becomes warmer, transplant into exterior garden or pot when the weather becomes consistently warm with no chance of frost.



Spring Newsletter

Integrated Network for Kids

COVID19 CORNER

More than half of Americans have been infected with COVID-19 since the beginning of the pandemic. While life continues to move towards a “new normal”, COVID-19 remains a health concern in our community. Here are a few key points to remember:

1. Vaccines are available for everyone 5 and older. Ask your doctor or pharmacist if you or your child are in need of a vaccine.
2. There is no approved vaccine for children younger than 5, although research continues, and the FDA is expected to rule on authorizing a pediatric dose by June 2022.
3. In New Jersey, masks are still required in healthcare settings, and some other businesses, although most other mandates have been dropped.
4. You should continue to wear a mask when you are not feeling well, have had a recent exposure, or feel more comfortable doing so.
5. Remember to follow current quarantine/isolation guidelines if you are exposed to COVID-19, have symptoms, or test positive.
6. Proper handwashing and using hand sanitizer are effective in limiting the spread of all illnesses, including COVID-19.
7. Remember to follow all state and federal guidelines to help stop the spread of COVID-19.
8. Talk to your doctor or pediatrician if you have further questions.
9. More information specific to New Jersey can be found here: <https://covid19.nj.gov/>

Greek Style Watermelon Salad

INGREDIENTS:

3 cups cubed watermelon
 2 large ripe tomatoes
 1 medium cucumber
 1 small red onion
 ½ cup pitted kalamata olives
 ½ cup crumbled feta
 Some chopped parsley and mint
 Olive oil and red-wine vinegar
 Salt and pepper

DIRECTIONS:

Measure & combine the above ingredients into a bowl. Drizzle olive oil & red-wine vinegar to be mixed for dressing. Toss & enjoy!



SUN PROTECTION

- ❖ As summer gets closer, the sun is getting stronger, and more time is being spent outdoors. Studies have shown over the past years that exposure to the sun can indeed cause skin cancer and premature aging of the skin (not to mention many other serious skin and eye conditions). There are several precautions you can take to help prevent the detrimental side effects that come with spending time outside:
- ❖ Apply sunscreen every day and in any type of weather. Make sure to reapply every two hours (especially after swimming or sweating).
- ❖ Cover your body with sun-protective clothing or use umbrellas when going outside
- ❖ Avoid being out in the sun for long periods of time and find shaded areas whenever possible.
- ❖ Wear sunglasses when going outside (even on top of contact lenses if you wear them).
- ❖ Resource:
<https://www.webmd.com/beauty/sun-safety-save-your-skin>

3 SPRING CLEANING TIPS

1. Donate items in your home that you have not used in the last year
2. Dust often to reduce those spring allergies!
3. Pack and store your winter clothes and shoes to clear and open up space