

# CAPE ATLANTIC INK WINTER 2026 NEWSLETTER

## Cold Prevention

With Cold and Flu season among us. It is vital to take preventative measures to stay healthy and avoid being sick. According to CDC, a few preventative measures can help prevent you from catching a cold or the flu.

- Getting a flu vaccine. CDC recommends everyone 6 month or older to obtain a flu vaccine. Especially those who are at higher risk.
- Avoid close contact with people who are sick.
- Avoid going out when feeling sick and avoid meetings or gatherings for at least 24 hours from the time symptoms improve or fever free (without medication).
- If you need to go out or interact with others who are sick. Wear a face mask.
- Cover your mouth when coughing or sneezing.
- Wash hands frequently especially when contacting high contact surfaces (doors, toilets, etc). Use soap and water.
- If unable to use soap and water, try an alcohol-based sanitizer.
- Avoid touching your eyes or mouth to reduce the risk of spreading germs.

## SAD

**Seasonal Affective Disorder (SAD) is a type of depression that's related to changes in seasons with symptoms usually starting in the fall and continuing into the winter months.**

### Common symptoms:

- **Persistent low mood**
- **Fatigue and low energy**
- **Increased sleep**
- **changes in appetite**
- **Loss of interest in activities you once enjoyed**
- **having difficulty concentrating**
- **Social withdrawal**

### • **Tips to help manage SAD:**

- **Increase light exposure**
- **Eating a balanced diet**
- **Maintaining a consistent sleep schedule**
- **Staying physically active**
- **spending time outdoors**
- **mindfulness practices**
- **Maintaining social connections**

**\*If you are experiencing ongoing or severe symptoms, consider speaking with a healthcare or mental health professional.**

### • **Sources:**

- **National Institute of Mental Health (NIMH): Seasonal Affective Disorder**
- **Centers for Disease Control and Prevention (CDC): Depression and Mental Health**

## Reading Recommendations

Reading is an essential aspect of childhood development as it sharpens critical thinking skills, deepens empathy, helps them to understand instructions and other valuable skills. Atlantic County and Cape May County have numerous branches of libraries where youth can borrow physical books and E-books for free. Some books to check out:

### For Children:

No Tooth Fairy For You! by Ashley Hohmann is a fascinating story about why the tooth fairy never visits animals. The tooth fairy is busy, traveling the world every night, looking for lost teeth under pillows, but why doesn't she visit the animals? They lose teeth, too. Well, this book will answer that question. From sharks to dolphins, elephants to rabbits, and even snails and snakes, and bearded dragons, you'll learn all about the different animal teeth and why it simply wouldn't be possible for the tooth fairy to visit them.

### For teens:

Weirdos Welcome by Cynthia Baseman is a contemporary young adult novel that captures the interior lives of teenagers navigating school, identity, and belonging. Set at Pacific Crest High School, the story alternates between the perspectives of Braden, an anxious overachiever and basketball player, and Rae, a sharp, perceptive autistic girl who moves through the world with heightened awareness. Their intersecting paths unfold during a period of bomb threats, school politics, and personal turning points, grounding the novel firmly in the rhythms and pressures of modern adolescence. Baseman integrates discussions of autism, anxiety, grief, and social hierarchy into everyday interactions rather than treating them as separate issues.

### For teens and young adults:

After her mother's suicide, grief-stricken Leigh Sanders travels to Taiwan to stay with grandparents she never met, determined to find her mother, whom she believes turned into a bird.

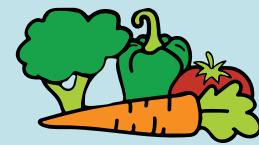
## Fire & CO Safety

**Every home should have a smoke alarm and carbon monoxide detector on every level. Practicing fire drills with your child(ren) can be beneficial so that they are prepared in the event of an actual fire. Both smoke alarms and carbon monoxide detectors should be tested monthly. Batteries should be changed biannually, and a good time to do so is when the time change occurs. Smoke alarms need to be replaced on average every 10 years. Carbon Monoxide detectors need to be replaced every 7-10 years depending on the brand.**

**Carbon monoxide leaks are dangerous and can be lethal. Symptoms of carbon monoxide poisoning are: headache, weakness, dizziness, nausea, shortness of breath, confusion, blurred vision, sleepiness, loss of muscle control and then loss of consciousness. Carbon monoxide poisoning can be especially dangerous for people who are asleep. For possible carbon monoxide poisoning, getting into fresh air and seeking emergency care is critical. The Red Cross may be able to come out to your home and install a smoke alarm for free. You can sign up for more information here: <https://www.redcross.org/sound-the-alarm.html>.**



# WINTER SUPERFOODS



**Winter Super Foods: Proactivity for health boost and preventing illness.**

## GINGER

- Supports Digestion and Immunity
  - Naturally Anti Inflammatory
- Helps Soothe Respiratory System

**Ginger Tea Recipe:** 1 Cup Water, 1 inch ginger (more if you want it stronger) grated or thinly sliced 1 teaspoon of honey or a squeeze of fresh lemon. Bring your grated or sliced ginger to a boil and let simmer for 5-10 minutes. The longer the simmer, the stronger the tea. Add your lemon or honey and enjoy!

## Citrus Fruits (Oranges, Grapefruit, Lemons)

- Full of Vitamin C

**When used proactively, shortens duration of colds**

- Boost white blood cell production

## Garlic

- Contains allicin, a powerful antimicrobial compound
  - Supports immune response
  - Helps fight viruses and bacteria

## Berries (Blueberries, Blackberries)

- High in antioxidants
- Protect cells from oxidative stress
- Support overall immune function

## Leafy Greens (Collard Greens, Bok Choy, Kale, Spinach,)

- Greens are rich in vitamins A, C, and K
  - Provide fiber and minerals
  - Strengthens the immune defenses

### Sweet Potatoes

- High in beta-carotene

**Supports skin health (your first line of defense)**

- Provides slow, steady energy



## Immune-Boosting Winter Ginger, Garlic Chicken & Sweet Potato Stew

A warm, hearty, nutrient dense recipe that hits all the winter superfoods in one bowl.

### What makes it powerful

- Ginger + garlic = anti-inflammatory + antimicrobial
- Sweet potatoes = beta-carotene for immune support
- Leafy green (bok choy, collards, kale or spinach) = vitamin C + antioxidants
- Chicken = lean protein for recovery
- Lemon = bright vitamin C boost

### Ingredients (4 servings)

- 1 lb chicken breast or thighs, diced
- 1 large sweet potato, peeled + cubed
- 1 cup kale or spinach, chopped
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1 cup mushrooms, sliced
- 1 can (14 oz) low-sodium chicken broth
- 1 cup water
- Juice of ½ lemon
- 1 tbsp olive oil
- 1 tsp turmeric (optional but powerful)
- Salt-free seasoning blend (to keep sodium low)
- Black pepper to taste

### Instructions

1. Heat olive oil in a pot over medium heat.
2. Add onion, garlic, and ginger. Sauté until fragrant.
3. Add chicken and cook until lightly browned.
4. Stir in sweet potatoes, mushrooms, turmeric, and pepper.
5. Pour in broth + water. Bring to a simmer.
6. Cover and cook 20 minutes, until sweet potatoes are tender.
7. Add kale and simmer 5 more minutes.
8. Finish with lemon juice for brightness and extra vitamin C.

# Health & Wellness Resources

Food banks in Atlantic and Cape May Counties				
County	Name of Agency	Address	Phone	Distribution Dates
Atlantic	Sister Jean's Kitchen	108 N Pennsylvania Ave., Atlantic City, NJ 08401	609-236-8353	Tuesdays 10 AM – 1 PM Wednesdays 3-5:30 PM Thursdays 3-5:30 PM
Atlantic	Main Street Food Pantry	6011 Main St. Mays Landing, NJ 08330	609-625-9446	1 <sup>st</sup> – 4 <sup>th</sup> Wednesdays of each month 9-11 AM 2-4 PM 6-8 PM
Cape May	Cape May Community Food Closet	500 Hughes St. Cape May, NJ 08204	609-600-7715	2 <sup>nd</sup> and 4 <sup>th</sup> Friday of the month (exceptions for holidays)
Cape May	Cape May County Family and Community Center	108 North Wildwood Blvd. Wildwood, NJ 08210	609-886-2662	Contact to schedule a pickup

Did you know that the Atlantic and Cape May Health Departments offer:

Atlantic:

- Blood pressure and diabetes screenings
- Health counseling
- STI clinics
- Child and adult immunizations

Call 609- 645-5935 for more information



Cape May:

- Child and adult immunizations
- Cancer education and early detection
- STI clinics
- Blood pressure and diabetes screenings

Call 609-465-1187 for more information

