



National Immunization Awareness Month

The goal of NIAM is to increase awareness about immunizations across the life span, from infants to the elderly.

August is the perfect time to remind family, friends, co-workers, and those in the community to catch up on their vaccinations. Parents are enrolling their children in school, students are entering college, and healthcare workers are preparing for the upcoming flu season.

Why are immunizations important?

Immunization is one of the most significant public health achievements of the 20th century. Vaccines have eradicated smallpox, eliminated wild poliovirus in the U.S. and significantly reduced the number of cases of measles, diphtheria, rubella, pertussis and other diseases. But despite these efforts, today tens of thousands of people in the U.S. still die from these and other vaccine-preventable diseases.

Vaccines offer safe and effective protection from infectious diseases. By staying up-to-date on the recommended vaccines, individuals can protect themselves, their families and friends and their communities from serious, life-threatening infections.

Who should be immunized?

Getting immunized is a lifelong, life-protecting community effort regardless of age, sex, race, ethnic background or country of origin. Recommended vaccinations begin soon after birth and continue throughout life. Being aware of the vaccines that are recommended for infants, children, adolescents, adults of all ages and seniors, and making sure that we receive these immunizations, are critical to protecting ourselves and our communities from disease.

When are immunizations given?

Because children are particularly vulnerable to infection, most vaccines are given during the first five to six years of life. Other immunizations are recommended during adolescent or adult years and, for certain vaccines, booster immunization are recommended throughout life. Vaccines against certain diseases that may be encountered when traveling outside of the U.S. are recommended for travelers to specific regions of the world.



Psoriasis Awareness Month

Each year, 1 in 5 people with psoriasis report being discriminated against at a public pool. This month is your chance to increase awareness about the disease and educate the public that psoriasis is not contagious.

Things to know about Psoriasis:

Psoriasis is a chronic, autoimmune disease that appears on the skin. It occurs when the immune system sends out faulty signals that speed up

the growth cycle of skin cells.

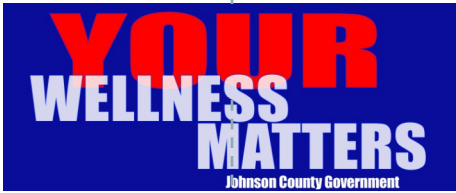
Psoriasis is not contagious

Psoriasis can occur on any part of the body and is associated with other serious health conditions, such as diabetes, heart disease and depression.

According to the National Institutes of Health, as many as 7.5 million Americans have psoriasis.



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Did You Know?

Make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Walk your dog, chase your kids, toss balls with friends, mow the lawn. Anything that moves your limbs is not only a fitness tool, it's a stress buster. Think "move" in

small

increments of time. It doesn't have to be an hour in the gym or a 45-minute aerobic dance class or tai chi or kickboxing. But that's great if you are up for it! **Get out and Move More.**

Learn more at www.health-fitness-tips.com.

Chicken Parmesan

Ingredients

- 4 (6 ounce) skinless boneless chicken breast halves, pounded to 1/2-inch thickness
- 1 jar good-quality marinara sauce (about 3 1/2 cups)
- 3/4 cup (3 ounces) shredded part-skim mozzarella cheese
- 2 tablespoons (1/2-ounce) shredded Parmesan
- 4 slices whole-wheat bread (1-ounce each)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 2 egg whites
- 1/2 cup all-purpose flour
- 1 teaspoon dried oregano
- 4 teaspoons paprika
- 1/2 teaspoon black pepper
- 1/2 cup skim milk
- Olive oil cooking spray

Directions

Preheat the oven to 350 degrees F. Place the bread in the bowl of a food processor and process until fine crumbs are formed, about 25 to 30 seconds. Put the crumbs on a baking sheet and bake for 12 minutes, until golden. (You will wind up with about 1 1/3 cups toasted crumbs.)

In a medium bowl, toss the crumbs with oregano, garlic powder, paprika, 1/4 teaspoon salt and 1/4 teaspoon pepper. In another bowl, whisk the egg whites and milk together. In a third bowl stir together the flour, and the remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper. Dip each piece of chicken, 1 piece at a time, in flour, shaking off excess, then egg, then bread crumbs, shaking off excess.

Increase oven temperature to 400 degrees. Place breaded breasts in a glass baking dish and spray on each side with cooking spray, about 5 seconds total per side. Bake breasts until cooked though and crumbs are browned, about 15 minutes. Top with marinara sauce, mozzarella and parmesan and return to oven for an additional 10 minutes, until cheese is bubbling.



Nutrition Facts

Nutritional Analysis	Per Serving
Calories	410
Total fat	11g
Saturated fat	4.5g
Monounsaturated fat	2.7g
Polyunsaturated fat	1.2g
Cholesterol	110mg
Sodium	1200mg
Carbohydrates	31g
Protein	50g
Fiber	2g