



HEALTHY AT 80

www.communityhealthdayton.org

April 2016

AUTISM AWARENESS

April is National Autism Awareness Month! National Autism Awareness Month represents an excellent opportunity to promote autism awareness, autism acceptance, and access to services and support.

- ⇒ Autism spectrum disorder is a complex developmental disability; signs typically appear during early childhood and affect a person’s ability to communicate and interact with others. Autism is a “spectrum condition” that affects individuals differently and to varying degrees. There is no known single cause of autism, but increased awareness and early diagnosis, intervention and access to appropriate services and support all lead to significantly improved outcomes.
- ⇒ Some of the behaviors associated with autism include delayed learning of language; difficulty making eye contact or holding a conversation; difficulty with reasoning and planning; focused, intense interests; poor motor skills and sensory sensitivities. A person on the spectrum might follow many of these behaviors or just a few, or many others besides.
- ⇒ Autism is treatable. Children do not “outgrow” autism, but studies show that early diagnosis and intervention lead to considerably enhanced outcomes.

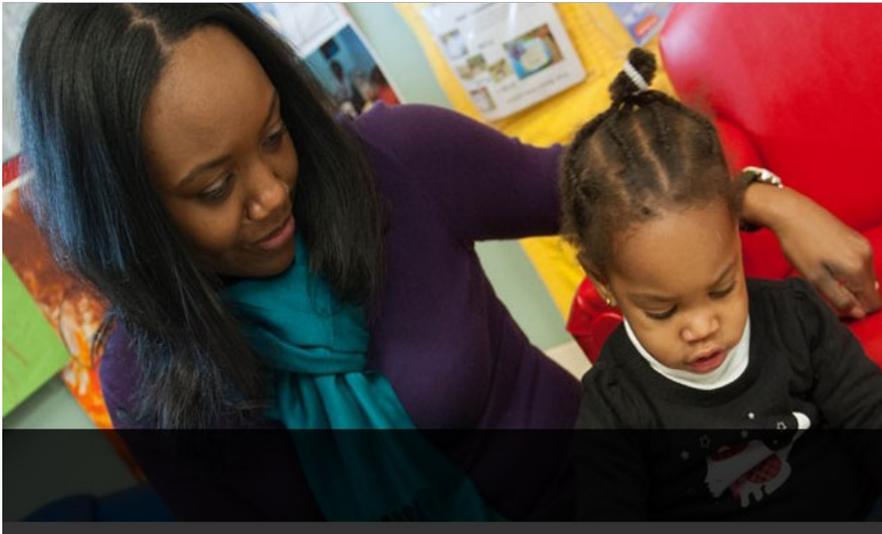
Healthy at 80 is Community Health Centers of Greater Dayton’s informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:
www.communityhealthdayton.org/healthyat80

APRIL IS NATIONAL AUTISM AWARENESS MONTH



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KNOW THE SIGNS: EARLY IDENTIFICATION CAN CHANGE LIVES

Autism is treatable. From birth to 5 years, children should reach milestones in how they play, learn, speak, act and move. Act early if you have a concern. Here are some signs to look for in the children in your life.

- ◇ Lack of or delay in spoken language
- ◇ Repetitive use of language and/or motor mannerisms (e.g., hand-flapping, twirling objects)
- ◇ Little or no eye contact
- ◇ Lack of interest in peer relationships
- ◇ Lack of spontaneous or make-believe play
- ◇ Persistent fixation on parts of objects

As a parent, you know your child best. If your child is not meeting the milestones for his or her age, or if you think there could be a problem with the way your child plays, learns, speaks, acts, or moves, talk to your child's doctor and share your concerns.

- ◇ When you make the appointment, tell the doctor's staff you have concerns about your child's development that you want to discuss.
- ◇ Write down your questions, concerns, and some examples, and take these to the appointment.
- ◇ If you can, take another adult with you to play with your child so you can better focus on what the doctor says.

<http://www.autism-society.org/what-is/>

ASPERGER'S DISORDER

Asperger's Disorder also comes under the umbrella diagnosis of Autism Spectrum Disorder. Children with Asperger's Disorder may be only mildly affected, and they frequently have good language and cognitive skills. To the casual observer, a child with Asperger's Disorder may just seem like a child behaving differently.

- Individuals with Asperger's Disorder usually want to fit in and have interaction with others, but often they don't know how to do it. They may seem socially awkward, not understand conventional social rules, or show a lack of empathy. They may have limited eye contact, seem unengaged in a conversation and not understand the use of gestures or sarcasm.
- Children with Asperger's Disorder frequently have good language skills; they simply use language in different ways. Speech patterns may be unusual, lack inflection or have a rhythmic nature, or may be formal, but too loud or high-pitched. Children with Asperger's Disorder may not understand the subtleties of language, such as irony and humor, or they may not understand the give-and-take nature of a conversation.

<http://www.autism-society.org/what-is/aspergers-syndrome/>

CANTALOUPE CHICKEN SALAD WITH YOGURT CHIVE DRESSING

In a large bowl, combine 1/2 cup plain yogurt, 1/2 cup reduced-fat mayonnaise, 1 tablespoon minced chives, 1 tablespoon lime juice, & 1/4 teaspoon salt. Add 5 cups cubed cantaloupe, 2-1/2 cups cubed cooked chicken breast, 1 medium cucumber, seeded and chopped, and 1 cup green grapes, halved. Toss gently to combine, and serve immediately.

CARIBBEAN SPICED PORK TENDERLOIN

In a small bowl, combine 2 tablespoons olive oil, 1 tablespoon brown sugar, 1 tablespoon jerk seasoning, 1 teaspoon dried thyme, 1 teaspoon dried rosemary, & 1/2 teaspoon seasoned salt. Rub over 1 lb pork tenderloin.

Grill or cook in a skillet, covered, over medium heat for 9-11 minutes on each side or until a thermometer reads 145°. Let stand for 5 minutes before slicing.

<http://www.tasteofhome.com/recipes>



NUTRITION BITES!

Eating well to maintain a healthy weight is one of the *most* important things you can do. Whether you have diabetes, heart disease, high blood pressure, or other chronic diseases, OR you want to lower your risk for type 2 diabetes and heart disease, eating healthfully is essential for *everyone*. And everyone can enjoy these delicious, nutritious [Turkey Burgers with Peach Sauce](#)!

Ingredients

1-1/2 teaspoons canola oil
 2 small peaches, peeled and chopped
 1/2 teaspoon minced fresh gingerroot
 4 teaspoons reduced-sodium teriyaki sauce, divided
 1/4 cup chopped red onion
 1/2 teaspoon pepper
 1/4 teaspoon salt
 1-1/2 pounds lean ground turkey
 1/3 cup fat-free mayonnaise
 6 multigrain hamburger buns, split and toasted
 Optional toppings: lettuce leaves and slices of peaches, red onion and tomatoes

⇒ In a skillet, heat oil over medium-high heat. Add peaches and ginger; cook and stir until peaches are tender. Stir in 1 teaspoon teriyaki sauce; cook 1 minute longer.

Transfer to a small bowl; cool slightly.

⇒ In a large bowl, combine onion, pepper, salt and remaining teriyaki sauce. Add turkey; mix lightly but thoroughly. Shape into six 1/2-in.-thick patties.

⇒ Moisten a paper towel with cooking oil; using long-handled tongs, rub on grill rack or skillet to coat lightly. Cook burgers, covered, over medium heat 5-6 minutes on each side or until a thermometer reads 165°.

⇒ Stir mayonnaise into peach mixture. Serve burgers on buns with peach mayo and toppings as desired.

Nutritional Facts

1 burger (calculated without optional toppings) equals 319 calories, 14 g fat (3 g saturated fat), 91 mg cholesterol, 580 mg sodium, 25 g carbohydrate, 2 g fiber, 25 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch 1 fat.

<http://www.tasteofhome.com/recipes/makeover-turkey-burgers-with-peach-mayo>



Community Health Centers
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Delicious & Nutritious

All the herby dill and garlic flavors of Ranch dressing, in popcorn form! Stovetop popcorn only takes a few minutes, and yet is both healthier and cheaper than microwave popcorn. Oils like canola, safflower, or olive oil are a heart-healthier alternative to drizzle over popcorn in place of butter. If going the microwave popcorn route, make sure to choose the 94 percent fat-free variety. Also, compare the sodium content, aiming for bags with 30 to 40 milligrams of sodium per serving. You can still follow the directions for the Ranch-Chive oil and drizzle over the microwave popcorn to make this recipe in a microwave.

RANCH CHIVE POPCORN

- 4 Tbsp. canola oil, olive oil, or safflower oil, divided
- 3/4 cup popcorn kernels
- 1 1/2 Tbsp. dried chives
- 1 Tbsp. dried parsley
- 1 tsp. dried dill
- 1/2 tsp. garlic powder
- 1/4 tsp. salt
- 1/4 tsp. pepper



- ⇒ In a heavy-duty large pot, warm 1 tablespoon canola oil and a few popcorn kernels over high heat. Wait a couple minutes until these kernels have popped. This shows the oil is at the perfect popcorn-popping temperature.
- ⇒ As quickly as possible, add in remaining popcorn kernels and cover with a lid. Reduce the heat to medium-high. Using pot-holders and shaking the pot constantly as the kernels pop, cook until the popping slows down, about 3 to 4 minutes. Remove the pot from heat but keep the lid on; some remaining kernels may continue to pop.
- ⇒ In a small bowl, stir together oil and seasonings to combine.
- ⇒ Carefully transfer the hot popcorn into a large bowl. Drizzle with the herbed oil, tossing as you add the oil so all the popcorn is coated. Enjoy!

Serving size about 1 1/2 cups.

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Recipes/Ranch-Chive-Popcorn_UCM_481896_RecipeDetail.jsp

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Health Centers

Appointment Line:
937-461-6869

Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342
Phone: 937-247-0304

Charles Drew Health Center

1323 West Third Street Dayton, OH 45402
Phone: 937-461-4336

Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404
Phone: 937-228-0990

East Dayton Health Center

2132 East Third Street Dayton, OH 45503
Phone: 937-528-6850

Southview Health Center

25 Thorpe Drive Dayton, OH 45420
Phone: 937-258-6330

Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402
Phone: 937-558-0180

Dental Center

East Dayton Dental Center

2123 East Third Street Dayton, OH 45403
Phone and Appointments: 937-528-6830

Nutritional Info

Nutritional Analysis	Per serving
Calories Per Serving	184
Total Fat	10.5 g
Saturated Fat	0.9 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.3 g
Monounsaturated Fat	6.2 g
Cholesterol	0 mg
Sodium	100 mg
Carbohydrates	20 g
Fiber	4 g
Sugars	0 g
Protein	3 g

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