

**“From the rising of the sun to its going down The Lord’s name is to be praised.” Psalm 113:3 (NKJV)**

---



## Back to School Health Tips

As another summer comes to an end and kids get ready to go back to school, here are some tips to help make sure the school year is off to a good start:

- **Get back into a routine.** The long days of summer usually bring later bedtimes and looser schedules. Take the week before school starts to ease back into routines. Most children need 10 hours of sleep a night.
- **Keep up with required wellness exams.** These are often needed for school and/or sports. Be sure to have health forms filled out early before the end-of-summer rush.
- **Make sure your child has all the vaccines they need.** It's best to get a flu shot early on before flu season starts. COVID-19 vaccines are now available for children 6 months of age and older.
- **Focus on good nutrition.** Try to start your child's day with a healthy breakfast. Low-fat yogurt, eggs, fruit, and whole grains can help them begin their day on a healthy note.
- **Eating dinners together** without electronics can help you stay connected.

- **Teach and remind them of good hygiene habits.** For example, wash your hands often with soap and water for 20 seconds. Also, cover coughs and sneezes, and brush your teeth twice a day.
- **Put healthy limits on screen time.** Kids need time to enjoy nature, exercise and connect with friends and family.
- **Tune into your child's needs.** Check in with them about their worries and excitement about going back to school. What do they see as their strengths and struggles? Are they worried about anything?
- **Build in downtime.** Teach them from a young age that time to disconnect from busy schedules and recharge is important for physical and mental health. Some examples might be reading a book, listening to music, drawing, writing in a journal, or simply doing nothing.
- **If there's any doubt, stay home.** If your child doesn't feel well, keep them home to avoid spreading germs to others.

---

## Blood Drive Needs You

### Boone

August 9, 12:30 – 5:00 p.m.

Bus Location: OCC Parking lot; registration inside, warehouse break area

### North Wilkesboro

August 10, 12:30 – 5:00 p.m.

Bus Location: Back lot of Capin Building beside the sidewalk (see attached).

Registration inside the door adjacent to the bus location.

Register today at [redcrossblood.org](https://redcrossblood.org).

Find a Blood Drive keyword: Samaritans Purse (no apostrophe)

Register Now



---

## Fresh Summer Tomato Pasta with Charred Cherry Tomatoes

### Ingredients:

8 ounces thin long pasta, such as capellini, spaghetti, or angel hair pasta (can use gluten-free pasta)

### Fresh Tomato Sauce

14 ounces of best-quality tomatoes

1/4 tsp fine sea salt, plus more to taste

2 tablespoons good-quality extra virgin olive oil

2 extra large garlic cloves or 4 small garlic cloves

### Skillet-Roasted Cherry Tomatoes

1 pint of cherry tomatoes



1/2 tablespoon olive oil  
1/2 cup fresh basil, slivered  
Sea salt and freshly cracked black pepper to taste

### **Directions:**

Bring a large pot of water to a boil and salt the water generously. Add the pasta and cook according to the package. Drain pasta and set aside.

Meanwhile, make the fresh tomato sauce. Roughly chop the tomatoes. In a food processor or blender, add the tomatoes, salt, olive oil, and garlic cloves. Blend until you have a puree with only small pieces remaining. Taste for seasonings, adding more salt as needed.

Make the Skillet-Roasted Cherry Tomatoes. Heat a cast iron skillet over medium-high heat until it's smoking – it should take 4-5 minutes to start smoking. Add the 1/2 tablespoon olive oil, followed by the cherry tomatoes. Stand back, as the oil might sputter. Cook until the tomatoes are charred in spots and are slightly wrinkled, 4-5 minutes, tossing the pan occasionally. Take the pan off the heat, and toss the charred tomatoes with the slivered basil.

Transfer the cooked pasta to a serving bowl. Add some of the fresh tomato sauce, coating well. Add more sauce as needed. Mix in the charred cherry tomatoes. Season to taste with salt and pepper, and an extra drizzle of extra virgin olive oil and more fresh basil.

---

## **Stay Up-to-Date with Vaccines**

August is National Immunization Awareness Month. It's a good time to make sure you are current with all the vaccines you need. COVID-19 vaccines have taken center stage, and for good reason, but don't forget there are other dangerous diseases that vaccines can help prevent.



### **Vaccines Work**

- Vaccines prevent and control the spread of many diseases.
- Between 2 and 3 million lives are saved each year, per The World Health Organization. Vaccines are safe and help keep you, your family, and community healthy.
- Vaccines work with your body's natural defenses to help safely develop protection from diseases.
- Vaccines are carefully tested before they are available, and clinicians carefully monitor their use after they are approved too. There are many safeguards in place to ensure their safety.

### **Vaccines aren't just for kids**

Adults should get their yearly flu shot and be vaccinated for COVID-19. Here's a list of recommended adult vaccines by age:

#### **In your 20s and 30s**

- Meningococcal conjugated (meningitis) vaccine, especially for college student

- Human papillomavirus (HPV) vaccine, 3 doses total
- Tetanus/diphtheria (Td) booster – needed every 10 years

#### **In your 30s**

- HPV vaccine (if you didn't get it in your 20s)
- Td booster – needed every 10 years

#### **In your 40s and 50s**

- Td booster – needed every 10 years
- Shingles vaccine (2 doses, starting at age 50)

#### **In your 60s**

- Pneumonia vaccine (1 or 2 doses, starting at age 65)
- Tetanus/diphtheria (Td) booster – needed every 10 years

If you have a chronic health condition, your doctor may want you to get some of these vaccines earlier. These conditions can be heart disease, cancer, and diabetes. Talk to your doctor if you need one earlier.

[Book An Appointment At The Clinic](#)

[Wellness Website](#)

[myWakeHealth](#)



#### **Call the Clinic**

Boone: 828-588-2020  
N. Wilkesboro: 828-588-6262

Share this email:



**emma**

[Manage](#) your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

Medical Center Blvd Winston-Salem, NC 27103 United States  
Winston-Salem, NC | 27103 US

This email was sent to .

*To continue receiving our emails, add us to your address book.*

[Subscribe](#) to our email list.