

# Neighborhood House

Employee of the month  
*Above and Beyond*  
**CINDY SHIPLEY**  
 Food Service Provider

## March Children's Birthdays

Myriah  
 Aaliyah  
 Juan  
 Asher  
 Destiny  
 Brianna  
 Jeyaraji

## Employee Anniversaries

Cindy 9 yrs.  
 Carol 3 yrs.

## Employee Birthdays

Patty 3/6

## **SWING INTO SPRING AT**

### THE KIDZ CLUB

Make your plans now to spend **SPRING BREAK (April 1st-5th)** with The Kidz Club. Information will be coming over the next month so reserve your spot now. We look forward to having fun with your kidz!

# March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Dr. Seuss Day, Employee Appreciation Day	2
3	4 Marching Music Day	5 Pancake Day	6 Oreo Cookie Day	7	8	9
10 Daylight Savings Time Begins	11	12 Plant a Flower Day	13	14 Children's Craft Day	15	16
17	18 Sloppy Joe Day	19 Certified Nurses Day	20 Spring Ravioli Day	21	22	23
24	25	26 Epilepsy Awareness Day, wear purple	27	28	29	30
31						

## The Dangers of Secondhand Smoke

Secondhand smoke comes from lit cigarettes/cigars, electronic cigarettes or from smoke exhaled by smokers

When children breathe secondhand smoke, it is like they are smoking, too

### **Secondhand smoke harms everyone, especially children:**

- An estimated 88 million nonsmoking Americans, including 54% of children aged 3–11 years, are exposed to secondhand smoke
- Tobacco smoke is particularly harmful to children because their lungs and bodies are still developing

### **Babies and children who breathe secondhand smoke are more likely to become ill with bronchitis, pneumonia and ear infections:**

- For children with Asthma, breathing secondhand smoke can trigger an Asthma attack

### **Take simple steps to protect your children from secondhand smoke:**

- Ask others not to smoke around your children
- Support family and friends who want to stop smoking
- Consider a smoke-free home and car
- Teach your children to stay away from secondhand smoke

Consider making the decision to quit smoking. Seek help from your doctor, family and friends. Call this free number for assistance: **1-800-QUIT-NOW (1-800-784-8669)**

