Fresh air and sunlight for health

Did you know? Fresh air improves your children's concentration and increases Vitamin D. Learn more: [BlueCross BlueShield](https://www.bluecrossblueshield.com)

“Fresh air and sunlight help reduce stress. Make sure to enjoy the outdoors with your family.”

Clara Rosenzweig, M.Ed.
Director of Counseling Services

Have you or your loved ones been keeping up with cervical health?

- Get your well-woman exams / PAP smear tests
- Eat black beans, apples, asparagus, cranberries, broccoli
- Get the HPV vaccine (Human papillomavirus)
- Practice safe sex
- Stop smoking

Learn more: [St John's Cancer Institute](https://www.stjohnscancer.org)

Events

**January**
Cervical Health Month

**February**
Heart Health Month

**March**
National Nutrition Month

“Look into your baby’s eyes when you talk to them, they understand so much more than you think.”

Dr. Juan Olivares, Jr.
Director of Pediatrics
Have you heard about the lentil effect?

- Legumes are a class of vegetables that include lentils, beans, and peas. Lentils add essential vitamins, minerals, and fiber to your meals. They also provide protein.
- The potassium, calcium, and magnesium in lentils may decrease blood pressure and improve blood glucose levels.
- If you have or want to prevent a chronic condition, lentils should be in your weekly menu.

Learn more: [Harvard School of Public Health](#)

Dr. Benitez' favorite lentil soup

Dr. Enjoli Benitez is Vecino's Chief Medical Officer

**Ingredients**

- 2 diced carrots (may also add calabacitas, or celery)
- 1/2 onion diced
- 1 lb. lentils
- 10 cups water
- 1 garlic clove finely minced
- 1 tbsp Salt
- 1 bay leaf (optional)
- 1/2 cup tomato sauce (optional)

**Instructions**

1. Rinse the lentils and add them to a pot
2. Add water, onions, garlic, salt, and bay leaf
3. Cook for 20 minutes
4. Add tomato sauce
5. Cook for an additional 10 minutes, or until lentils are soft
6. Remove and discard bay leaf
7. Serve and enjoy