

February

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"From this moment I am prepared to control whatever personality awakes in me each day. Today I control my destiny. I will become master of myself. I will become great."

-OG Mandino

## Kid Walk



Prime Engineering designed the Kid Walk to satisfy the idea that children need a means to independently explore their environment. The Kid Walk is described as the first partial weight bearing, posturally supportive mobility system that is designed to move with the child, giving them the freedom to walk unaided while keeping their hands free to touch, feel and learn from their surroundings. Findings state that self-initiated movement is key to developing neural and motor skills, and learning spatial relationships, which is vital in early childhood development. The Kid Walk allows children to explore their world the same way children without physical limitations would. If you are interested in learning more about the Kid Walk or would like to see a demonstration, give us a call at 361-808-7382 or Toll-Free at 1-866-993-8990.



"Standing you the way nature intended."  
- Prime Engineering

### Letter from the editor...

We hope everyone is having a fantastic 2010. Let me know if you have any topic suggestions, questions you would like addressed, or even an amazing recipe you would like to share with everyone. Also, if you would like to receive the newsletter through email let me know and I will add you to our e-newsletter list. Send me an email at russellmedicalrep@sbcglobal.net.

Thank You and Enjoy the Newsletters!

### Sudoku Puzzle

Directions:  
Fill in the grid with digits so that every row, every column, and every 3x3 box accommodates the digits 1-9, without repeating any.

Answers are on the back. Enjoy!

	2		6	3		1	
9	4	7				3	
			4	5		2	7
	8				7		6
	3		2		6		8
7	1		5		4	3	
6				9	2	1	
2	7		8			4	9
3				5		2	



## February is American Heart Month

Statistics show that about every 25 seconds, an American will have a coronary event, and about every minute an American will die from one. Heart disease is our nation's leading cause of death and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. Steps can be taken to reduce the chance of developing heart disease. A healthy lifestyle that includes a good nutritional diet and exercise is a big step in heart disease prevention. It is also important to know the signs of a heart attack so quick action can be taken. The main signs are chest discomfort, discomfort in other areas of the upper body, shortness of breath, and other signs such as nausea, lightheadedness, and cold sweats. For more information please visit [www.americanheart.org](http://www.americanheart.org)

## Sudoku Answers

8	2	5	6	3	7	9	1	4
9	4	7	1	2	8	6	3	5
1	6	3	9	4	5	8	2	7
4	8	2	3	1	9	7	5	6
5	3	9	2	7	6	4	8	1
7	1	6	5	8	4	3	9	2
6	5	8	4	9	2	1	7	3
2	7	1	8	6	3	5	4	9
3	9	4	7	5	1	2	6	8



Give us a call for your equipment (rental and purchase) and supply needs. If you have questions, let us help you find the answer. We are happy to be a resource to you.



## Black History Month

This month is set aside to recall and celebrate the positive contributions people of African descent have made to our nation. Black history week was first established and celebrated in 1926 by Carter G. Woodson. The celebration was later expanded in 1976 to include the entire month.

## Banana Pecan Oatmeal

### Ingredients:

3 cups milk  
3 tablespoons brown sugar, firmly packed  
3/4 teaspoon ground cinnamon  
1/4 teaspoon salt  
1/4 teaspoon ground nutmeg  
2 cups old fashioned oats  
2 medium-sized rip bananas, mashed (about 1 cup)  
1/4 cup coarsely chopped toasted pecans\*

### Directions:

1. In medium saucepan, bring milk, brown sugar, spices and salt to a gentle boil (watch carefully); stir in oats. Return to a boil; reduce heat to medium. Cook 1 minute for quick oats, 5 minutes for old fashioned oats, or until most of liquid is absorbed, stirring occasionally.
2. Remove oatmeal from heat. Stir in mashed bananas and pecans.
3. Can add freshly sliced bananas and pecan halves on top if desired.
4. Makes 6 servings.

\*To toast pecans, spread evenly in shallow, ungreased baking pan. Bake at 350°F for 5 to 7 minutes or until light golden brown.



**"WE'RE NOT THE OLDEST OR THE LARGEST, JUST THE BEST"**

