

# Latham Lowdown



January 30, 2015

Volume 30

## If you Liked the Last Lunch Time Learning Series, There May be More in Store

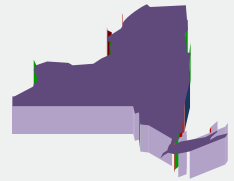


Yoga or Yogurt? Carrots and Humus or Cake and Coffee? These are some of the questions we hope we can answer during our first in the series of Health and Wellness lunch and learns sponsored by our Behavioral Health Coordinator, Linda Meineker a member of our New York National Guard Family Programs Team. The health and wellness program is designed to bring either in house or community support professionals into DMNA to share best practices and/or ideas as they pertain to health and wellness. Today's event featured foods that spark your metabolism, your mental health and well being along with Yoga techniques that can assist in chronic pain, flexibility, mental stamina and just downright feeling good about yourself. We are hoping to extend our program to other areas of the state like Niagara Falls AFB so they we can share ideas with our Army, Air and Civilian comrades all in one area. Keep a look out for the next lunch and learn in your area.



# In a New York Minute

"All the News you Need to Know – In a NY Minute"



January 23, 2015

## PREVENTION STARS

**The New York ARNG Substance Abuse Prevention Program** wants to recognize Soldiers who make low risk, healthy choices a part of their life and mission to be a ready, willing, and able Soldier. We are looking for Soldiers who exemplify healthy living and are considered role models for others. A Soldier can be nominated in one or more of the four following areas of wellness:

**Being Well:** A Soldier lives a physically healthy life by eating and drinking balanced meals, incorporating mental and physical exercise on a regular basis, and by maintaining the 0-1-2-3 drinking guidelines.

**Relating Well-** A Soldier shows outstanding teamwork, effective communication, and regularly volunteers for extra duties.

**Living Well-** A Soldier understands that balancing stressors is key to success and demonstrates this balance in personal-work life, Soldier duty, and family obligations.

**Working Well-** A Soldier stands out by being a key player to the team's success, and by helping to foster a positive work atmosphere. To nominate a "Prevention Star" simply send a Soldier's information to the Prevention Coordinator with examples of how he or she is making positive choices in order to promote a safe and healthy environment. All nominations can be submitted to Michele DeCuffa at [Michele.a.decuffa.ctr@mail.mil](mailto:Michele.a.decuffa.ctr@mail.mil)

Spread the word 2015  
FRG training will be  
regionally throughout  
NY

Call your regional  
FRSA and Keep  
looking here in the  
NY Minute

When,  
Where



EATING ON A BUDGET?

Nate's Cafe



12  
MONEY SAVING  
MENUS FOR  
DEC - JAN



Monday - Jan. 26 Chicken Tenders w/ Veggie Lo Mein	Tuesday - Jan. 27 Angus Burger w/ Fries	Wednesday- Jan. 28 Chicken Stir Fry Over Rice
Soup of the Day	Soup of the Day	Soup of the Day
Thursday - Jan. 29 Taco Salad Bowl <b>*Breakfast special</b>	Friday - Jan. 30 Chicken Parm on Bun w/Onion Rings	
Soup of the Day	Soup of the Day	Soup of the Day
Monday - Feb. 1 Meatball Parm Sub w/Tater Tots	Tuesday - Feb. 2 Spaghetti w/Meat Sauce w/Side Salad	Wednesday - Feb. 3 Chicken Wings w/ Fried Rice
Soup of the Day	Soup of the Day	Soup of the Day
Thursday - Feb. 4 Turkey Panini w/ Fries <b>*Breakfast special</b>	Friday - Feb. 5 Fish Fry	
Soup of the Day	Soup of the Day	Soup of the Day

Hours of Operation

Monday -Friday  
0700 - 1430

No credit card purchases  
under \$5

BREAKFAST SPECIALS

Thursday - Jan. 29  
French Toast Sandwich

Thursday - Feb. 4  
Stuffed Pita Breakfast  
Sandwich

\*\*Menu choices are  
subject to change.

