

# Did You Know?

(NAPS)—You can naturally and tastefully boost your immunity year-round with vitamin C-rich frozen strawberries. Fresh California strawberries are hand-picked year-round and frozen strawberries can be found in most grocers' freezers winter, spring, summer, and fall. For nutrition facts, tips and recipes, visit [www.CaliforniaStrawberries.com](http://www.CaliforniaStrawberries.com).

Rest easy: Your next mattress may help you sleep more soundly—especially if the flexible polyurethane foam inside meets the not-for-profit CertiPUR-US standards for content, emissions and durability. For facts, tips and a list of participating companies, visit [www.certipur.us](http://www.certipur.us).

Buttermilk Mashed California Sweetpotatoes with Fresh Herbs are easy enough to make for a weeknight dinner and elegant enough for company and special occasions throughout the year. Plus, California sweetpotatoes are a nice change from regular mashed potatoes—and with more fiber. Get the recipe and learn more at [www.casweetpotatoes.com](http://www.casweetpotatoes.com).

When you buy a home, paying cash can give you a boost. To help, Flyhomes makes the cash offer on your behalf, closes with the seller, then sells the home to you at the same price after your mortgage is finalized. Learn more at [www.flyhomes.com](http://www.flyhomes.com).

Telehealth, such as is available



through Lionrock Recovery is one of the most effective ways to reach and treat people with substance use disorder and support long-term recovery since it's flexible and private. Learn more at [www.NationalOnlineRecoveryDay.com](http://www.NationalOnlineRecoveryDay.com).

Through the nonprofit Accessible Parking Coalition (APC), established by the International Parking and Mobility Institute, a national effort is underway to eliminate disabled placard abuse and make accessible parking more accessible. Learn more at <https://accessibleparkingcoalition.org/>.

There may soon be good news for people with spinal cord injuries. NervGen's NVG-291 could be a significant breakthrough. Learn more at [www.nervgen.com](http://www.nervgen.com).

A simple, free and user-friendly mobile app lets families share and re-live daily experiences and special moments with loved ones even thousands of miles apart with just a click. Called My Grandkids, it's available in the Apple Store and on Google Play.