



2023 Summer Wellness Newsletter

Healthy Recipe Alert! Kid-Friendly Strawberry Popsicles

INGREDIENTS:

- 12 ounces plain Greek yogurt (2% or whole milk fat; 2-6 ounce containers)
- 2 cups diced strawberries (stems removed)
- 1/4 cup honey or pure maple syrup
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon vanilla

INSTRUCTIONS:

1. Combine all ingredients in the bowl of a food processor or blender and grind until well combined, about 10 seconds, stopping to scrape down the sides of the bowl as necessary. Taste and adjust sweetness if needed.
2. Divide the yogurt mixture evenly among reusable popsicle molds.
3. Freeze for at least 4 hours or overnight before serving. Run popsicle molds under warm water briefly to help loosen. Serve.

Sun Safety

Wearing clothes to cover your skin is the best defense against sun exposure. Long sleeve tops, pants, socks, and sneakers are examples.

For skin that is exposed, apply a SPF of 15 or higher every 2 hours. Use a "broad spectrum" sunscreen to protect against both UVA and UVB rays.

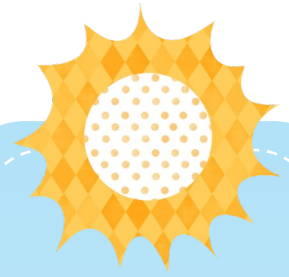
The sun is strongest during the hours of 10am-2pm so it is recommended to find a shaded area for all or most of that time frame.

There is no sunscreen that is waterproof or sweatproof so reapply sunscreen when swimming or sweating. Check the label for when to reapply.

Wear sunglasses with UV400 protection to block 99% of UVA and UVB rays. Dark or tinted sunglasses may not have UV protection so check labels.

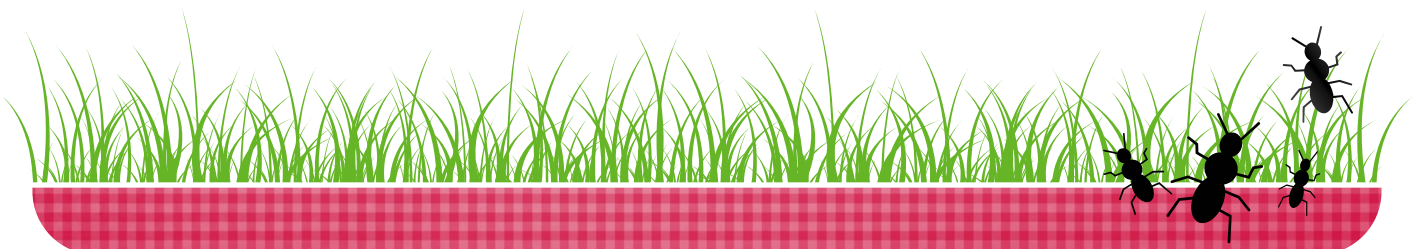
Hats are also very important for sun safety. Anyone who has no, or fine hair should wear a hat in order to protect their scalp from sun damage.

Skin cancer is on the rise in the U.S., so it is important to protect yourself and inform your loved ones to do the same!



Inside this issue

| | |
|-------------------------------------|---|
| Strawberry Popsicles..... | 1 |
| Sun Safety | 1 |
| Screen Free Summer Activities | 2 |
| Tick Safety..... | 2 |
| Water Safety..... | 2 |





Screen Free Summer Activities!

With school ending and summer around the corner, chances are that your family may have some extra time on their hands. Free time can often lead to looking at a screen for an extended amount of time, whether it's the TV, computer, or cell phone. Stepping away from the screen can be beneficial to our eye health and our physical health, especially if we are replacing screentime with physical activity!

Unsure of screen-free summer activities? Try out some of the options below:

Take a walk with your family- visit your local State or National Park to walk trails.

Begin a garden for your family- pick a favorite fruit and vegetable to try growing.

Create a nature rainbow- find outside objects of every color of the rainbow.

Try out a new game- a new boardgame or yard game could become a weekly tradition!

Draw with sidewalk chalk- take turns drawing members of your family.

Try a new recipe- find a new recipe in a cookbook or even try creating your own recipe!

"Restore balance. Most children have technology, school, and extracurricular activities covered. It's time to add a pinch of adventure, a sprinkle of adventure, and a big handful of outdoor play."
-Penny Whitehouse

Protect Your Family Against Ticks

Summer time is a chance to spend your days outside in the elements, but keep in mind some insects and other pests are more commonly seen in the warmer months. Ticks are one example, and have the unfortunate ability to carry diseases including Lyme disease. Here are a few tips to stay healthy:

Light-colored clothing can help you to spot ticks more easily.

Wear closed shoes or boots, long-sleeve shirts, and pants when outside in high grass or areas with significant plant growth or

debris.

Tuck pant legs into socks or shoes for extra protection.

Pull long hair back or wear a hat.

Avoid bushy areas with tall grass and leaf litter.

Use bug spray with 20% to 30% DEET when in buggy areas. Always follow the directions for use carefully.

Remember to always check yourself and your family for ticks after spending time outside- the ears, groin, knees, and armpits are common areas where ticks may hide.

Water Safety

Warm weather presents many opportunities to enjoy the water. Whether you enjoy going to the beach or playing in the pool, water safety is very important to prevent injuries or even death. The CDC (2015) recommends the following water safety tips:

Learn to swim- take some time out during the winter months to sign up for swim lessons at your local aquatic center.

Never swim alone- Invite a friend or family member when playing in or around the water.

Swim when supervised- Most pools & beaches have hired lifeguards to protect you from strong currents in the ocean & the depths of a pool. Always swim within the lifeguard lim-

its and never before or after lifeguard hours.

Wear a life jacket- If you feel your swimming skills are not the best or you do not know how to swim, wear a life jacket or flotation devices.

Don't go in too deep- avoid going deep into the water, stay around waist high and do not exceed above the head. You never know when ground levels will change.

Adhere to all warnings- The best practice is to stay out of the water when the weather is forecasted to be bad. Also, adhere to rip current or high wind warnings.

