



June

Member Newsletter



Stay out of the ER this summer!

When you're in the moment of enjoying the great outdoors, it's easy to overlook common safety hazards. Here are a few precautions to keep in mind:

 **Avoid overheating!** In high temperatures, anyone can be at risk for heat-related illness, whether you're mowing the lawn or strolling through a theme park. Take extra breaks and drink lots of water—don't wait until you are thirsty. Don't ignore dizziness, nausea, fatigue or heavy sweating—these could be signs of heat exhaustion. Find out more: <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/heat>

 **Exploring urban streets?** Keep your head up and cell phone down. And avoid using headphones or ear buds, especially when crossing streets and navigating traffic. When walking at night, wear bright and/or reflective clothing, and use a flashlight.

 **Foraging for wildflowers?** Walk in the center of the trail. Avoid wooded and brushy areas with high grass. Always use bug repellent and do a daily full-body check on yourself, kids and pets for ticks, the tiny culprit behind the skyrocketing rates of Lyme disease.

 **Reserve the flip-flops for the beach.** Lacking good arch support, they could cause a bad tumble when walking on uneven trails, for instance. If worn while driving, flip-flops can easily slip off and get caught under the pedals.

 **Keep your legs under the beach umbrella too!** Good ways to guard against getting a nasty sunburn and protecting yourself from the harmful UV rays of the sun include staying in the shade and using sunblock. Just don't forget to protect the lower part of your body too, as well as the more obvious areas like your face, lips, neck and chest.

 **Life jackets are bulky, but a boating must!** More than 85 percent of drowning victims in boating accidents were not wearing life jackets. Also, skip the alcohol. Alcohol use is the leading known contributing factor in fatal boating accidents. Learn more: <https://www.uscgboating.org/library/accident-statistics/Recreational-Boating-Statistics-2019.pdf>

 **Be cautious about sparklers.** Take precautions if you're setting off or standing near firecrackers, and avoid giving sparklers to kids unsupervised. Reportedly, sparklers are responsible for as many ER visits as firecrackers!

Not feeling like going outdoors no matter what the season? Remember, sunshine can be a natural mood lifter, but if you're feeling low, talk to your health practitioner or a qualified counselor.



Need help to turn things around?

Talk to your healthcare practitioner or a qualified counselor for support and guidance, no matter what you are facing.

Great money talks for better family trips

Your summer vacation plans may be firmly set, but there's still an opportunity to offer your kids a valuable lesson on how budgeting, saving up and spending wisely can buy not just what's needed in life but also those pleasurable things, too.

Here are some ideas:

Get them in on the planning. Help your kids manage their expectations ahead of time. If they want to visit an extravagant theme park, help them decide how to narrow down their list of rides and how you'll spend money once you're there.

Make it fun. For example, hand out Monopoly-style money and count out how much it might cost for different experiences, like splurging on a sightseeing cruise or staying at a fancy hotel with a water slide. Your kids can learn that there is not an endless source of money and how easy it is to spend it all if you're not careful, with nothing left for special treats like ice cream.

Set limits on souvenirs. The lure of the gift shop is compelling, but discuss limits on these "extras" in advance. And don't overlook how less expensive "found objects" such as a heart-shaped stone discovered on a walk or a handmade trinket from a street vendor can be as precious a memento as many glitzy items found in stores.

Have them earn extra vacation money. Give them a small allowance to feed the pets, wash the car, fold the laundry, etc. You might offer to match their savings a little along the way. Adding just a bit every week to their stash is a great lesson in how saving accumulates interest.

Make saving a big deal. As their piggy bank gets fuller, celebrate it! Offer praise, post a sign on the fridge, or congratulate them.

One last tip: Remember to continue the money talks all year long. Discussing budgeting and money decisions is as important as teaching them about nutrition, hygiene, manners and other aspects of growing into a responsible adult.

Summer exercise: What to know

Summer is almost here! As you find yourself outside more, it becomes increasingly important to stay cool and hydrated, and protect your skin from the sun. Try these tips as you move your physical activity outside to keep yourself safe and healthy all summer long.

Always have water on hand. This will help you remember to continue drinking it throughout the day.

Snack on hydrating fruits and veggies. Watermelon, cantaloupe, peaches, oranges, grapefruit, bell peppers, cucumbers, celery, and tomatoes are several tasty options.

Plan your day around the sun. The temperature tends to be cooler in the early morning and early evening, so aim to exercise during those times. Plus, this is when the sun's rays aren't as harmful. Spend most of your time in the shade, when possible.

Use sunscreen with an SPF of 30+ that blocks both UVA and UVB rays, and wear sunglasses with UV protection. Try to stay in the shade from 10 AM to 2 PM—this is the time when the sun's UV rays are most intense.



Dress appropriately. Lightweight, light-colored clothes help reflect sunlight away from your body. Wear clothes made of cotton or a sweat-wicking material. Protect your eyes and face with sunglasses and a wide-brimmed hat, and always wear sunscreen.

If you start to feel lightheaded or faint, take a break from whatever you are doing, have some water, and find a cool area to rest in.

By planning ahead, it's possible to enjoy the weather and stay safe, cool and refreshed on hot summer days.

For more help, talk to Health Advocate, your health practitioner or a licensed counselor.

National Safety Month

Keeping yourself safe whatever you're doing, includes how your work station is set up, (at home or onsite) and your habits when performing everyday tasks. Staring at the computer, cradling the phone, slouching in a chair or even how you carry groceries or lift heavy objects can create painful body conditions. These conditions can be helped or prevented by incorporating good ergonomic techniques into your daily routines and work. For some suggestions, visit: <https://www.shrm.org/resourcesandtools/hr-topics/risk-management/pages/ergonomics-away-from-office.aspx>