



Monthly News & Updates



3rd Quarter 2021 - July - September



Be Safe in the Sun

Take Steps to Protect Yourself

Learn more about the link between the sun's rays and skin cancer, what you can do to help protect yourself and your loved ones, and how to spot skin changes that may require a doctor's attention.

- **How Do I Protect Myself from Ultraviolet (UV) Rays?**



July is Healthy Vision Month

Keep Your Eyes Healthy

There's a lot you can do to keep your eyes healthy and protect your vision.

Get a comprehensive

- **Sun Safety Quiz**
- **Infographic: Preventing Skin Cancer**
- **How to Protect Yourself and Your Family from the Sun [PDF]**

Heat Related Illnesses & What to do!



The start of summer can only mean one thing... time to break out the grill! There's nothing quite like the smell, taste, and flavors that come with a BBQ feast. Try these 4 tips to keep your BBQ plate full of flavor and nutrients.

- Stick with lean proteins Sirloin steak, skinless chicken breast, pork tenderloin, seafood or tofu are great choices.
- Avoid side dishes that are fried Instead, load up on sides like collard greens, beans, salad, and succotash which are full of fiber and will keep you full longer.
- Go lighter on the BBQ sauce It's usually sweetened with sugar, molasses or both.
- Swap the lemonade for an unsweetened iced tea Lemonade may be a staple at BBQs but it's not the only summertime drink! Try keeping the sugar for dessert only.

REMINDER: Omada has a program for Type 1

dilated eye exam.

Getting a dilated eye exam is simple and painless — and it's the single best thing you can do for your eye health!

Even if your eyes feel healthy, you could have a problem and not know it. That's because many eye diseases don't have any symptoms or warning signs.

A dilated eye exam is the only way to check for many eye diseases early on, when they're easier to treat.

[Get the facts about dilated eye exams](#)

[Your Eye Health!](#)

(opens up as a separate document)



Looking for an easy way to ease

(NEW) &, Type 2 Diabetics, along with the preventative program.

[Learn more here!](#)



What to read....

Best Beach Reads of Summer 2021

From reducing stress and increasing the quality of sleep to slowing down the onset of dementia, the benefits of regularly putting time aside to lose ourselves in a good book are far-reaching and, in some cases, life-changing. If we all knew how good regular reading is for us, perhaps we would make fewer excuses not to do it.

According to Blinklist benefits of reading as an adult includes:

Slowing the progress of dementia and Alzheimer's disease

- Improves focus and concentration
- Reduce depressive thoughts
- Makes you more empathetic
- Improves your general knowledge
- Boosts sleep quality

Below are a couple helpful links to share

into a WALKING plan?

If you are looking for a way to get out there into a regular walking routine, here is a great plan to help ease you into a daily routine. There are so many health benefits to walking, it improves both your physical health and your mental health.

[4 Week Walking Plan](#)



Healthy Summertime Recipes

Need some new ideas for some summertime fun? It is always good to find some new recipes to add to the festivities!!!

[Homemade Popcorn Trail Mix With Blueberries, Walnuts, Seeds & Chocolate](#)

[Cherry Clafouti](#)

2021's Best Reads!

<https://shereads.com/best-summer-beach-reads-2021/>

https://www.barnesandnoble.com/b/summer-reading/_/N-2m39

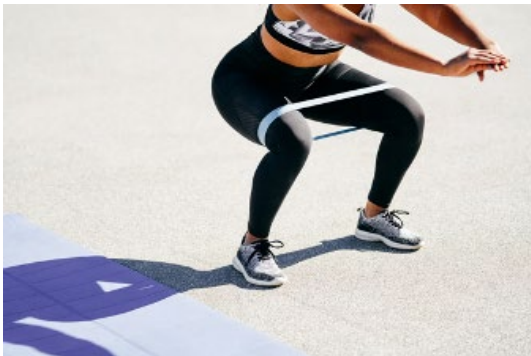
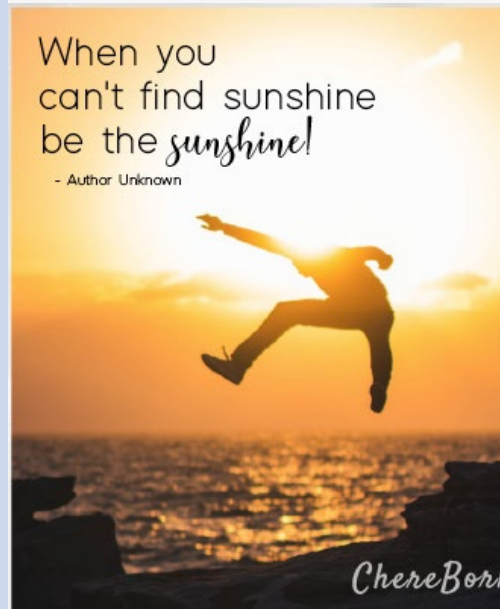
<https://www.nytimes.com/2021/05/19/books/summer-books.html>

<https://www.goodreads.com/>

[Mediterranean Grilled Stuffed Peppers](#)

[Healthy S'mores](#)

[Pineapple-Cream Cheese Pig Shots](#)



9 Best Resistance Bands To Make Your Workouts Even More Effective

[Check this out!](#)



Here are some great idea generators of things to check off your bucket list this summer. Involve the kids in some fun adventures. See how far you can get on your list:

[Summer Bucket List Fun 100](#)

[Bucket List for Self Care](#)

[Family Bucket List](#)

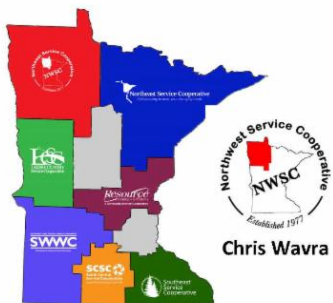


Group Leaders:

Here are some handy wellness flyers for posting in your common areas, staff lounge or distributing to your colleagues.

[Wellness Flyers](#)

Visit our website



Suzi Ruper



Brittani Daniel



Chris Wavra



Hannah Keltgen



Nicole LaChapelle-Strumski



Kari Bailey

