

The Buzz



STAY SAFE THIS SUMMER

Summer brings many chances to improve your health: plenty of fresh, local produce, opportunities for getting outdoors and having fun with your family, and incorporating exercise into day-to-day life choices. "Summer is a great time for getting out and increasing activity, if done in a safe fashion," says Dr. Marie A. Bernard, deputy director of the National Institutes of Health's (NIH) [National Institute on Aging](#).

The warm weather of June brings almost endless choices for family fitness, such as taking an evening walk around the neighborhood, sports programs at the local community or recreation center, go swimming, ride your bike, or take a hike through a park. Just make sure to exercise a little caution.

Heat is the biggest danger in the summer months. Being hot for too long can cause many illnesses, some of which can be deadly. Older people are at particularly high risk for heat related issues because the body's ability to respond to summer heat can become less efficient with advancing years. Look out for the warning signs of [hyperthermia](#), which include nausea, headache, dizziness, muscle spasms and fatigue. If you suspect someone is suffering from hyperthermia, get the person out of the sun and into a cool place. Offer fluids, preferably water. Urge the person to lie down and rest in the coolest place possible. Encourage them to shower, bathe or sponge off with cool water.

[Heat stroke](#) is an especially dangerous form of hyperthermia. It can be life threatening, so you need to get medical help right away. A person with heat stroke has a body temperature above 104° and symptoms such as confusion, combativeness, bizarre behavior, faintness, staggering, strong rapid pulse, dry flushed skin, lack of sweat-

ing or coma.

To avoid hyperthermia, do not try to exercise or do a lot of strenuous activities in the midday heat, and make sure to drink plenty of liquids.

Another potential danger comes from the summer sun. "It is the time of the year when the sun's intensity is greatest," says Anne M. Hartman of NIH's [National Cancer Institute \(NCI\)](#). Exposure to ultraviolet (UV) radiation is strongly associated with skin cancer. These UV rays are an invisible part of the energy that comes from the sun and artificial sources like sun lamps and tanning beds.

"Over 1 million new cases of skin cancer are diagnosed in the U.S. each year. Both UVB rays, which penetrate the skin, and UVA rays, which penetrate more deeply through the skin's two layers, cause various types of skin and eye damage, including skin cancer," Hartman says.

Here are some steps protect yourself during the warmer months:

Cover up when you are out in the sun. Wear clothing and a wide-brimmed hat to protect as much skin as possible. Protect your eyes with sunglasses that block at least 99% of UV light. Choose shirts with long sleeves and long pants to protect as much as your body from the sun as possible. Many modern fabrics are light and breathable yet protect your skin from the sun. Some clothes are now marked with an "Ultraviolet Protection Factor" or "UPF." UPF measures the amount of UV radiation that can penetrate the fabric. For example, a UPF of 50 means that it allows only 1/50th, or 2%, of UV to pass through it. Don't forget the sunglasses. The label should say that the lenses block at least 99% of UVA and UVB radiation.

Use a broad-spectrum sunscreen with an SPF of 30 or higher. Reapply at least

every 2 hours, as well as after swimming or sweating. Sunscreen labeled as "**broad-spectrum**" protection means it protects against both UVA and UVB rays. All sunscreen products protect against UVB rays, which are the main cause of sunburn. But UVA rays also contribute to skin cancer and premature aging. Only products that pass a test can be labeled "broad spectrum." Products that aren't broad spectrum must carry a warning that they only protect against sunburn, not skin cancer or skin aging. "Water resistant" does not mean "waterproof." No sunscreens are waterproof or sweatproof, and manufacturers are not allowed to claim that they are. If a product's front label makes claims of being water resistant, it must specify whether it lasts for 40 minutes or 80 minutes while swimming or sweating.

If applied correctly, that tube of sunscreen should last you a week, not an entire summer.

Seek shade and limit your direct exposure to the sun, especially between 10 am and 4 pm, when UV rays are strongest. Sunscreen cannot replace avoiding the sun during peak hours. Don't be fooled by clouds as the sun's rays can pass through haze and thin clouds.

Avoid tanning beds and sun-lamps: Both can cause serious long-term skin damage and contribute to skin cancer.

Now that you've got yourself covered, you can get outside and get active.

Source: NIH News in Health



HAPPENINGS AROUND TOWN

[2018 Connecticut Trails Day Events](#) - Saturday, June 2nd is CT Trails Day, with educational walks, hikes, and nature walks all throughout CT including, Bolton, Columbia, Coventry, and Mansfield.

[Hop River Trail Rolling Museum 6 mile Bike Rides](#) - Saturday, June 2nd. Registration begins 30 minutes before ride. Experts will be positioned along the trail to share history and info. Rides include Vernon to Bolton Notch State Park at 11am and Bolton Notch State Park to Andover at 1pm.

[Law Enforcement Torch Run for Special Olympics](#) - Thursday, June 7th. The 3-Day Torch Run raises funds and awareness of the Special Olympics movement and leads into the Summer Games. The 4th leg of the run will pass through Mansfield, Tolland and Coventry.

[13th Annual John E. Jackman Tour de Mansfield](#) - Saturday, June 9th with 7am check-in. Choose from three distances—7 miles, 20 miles, or 38 miles. Registration \$30-35.

[2018 E.O. Smith Crew 5K Road Race](#) - Saturday, June 9th, 9am. This race will go through the E.O. Smith and UCOON campuses. First 100 registered will receive a free t-shirt. Online registration - \$22, Day of - \$25.

[6th Annual Seven Lakes Ride](#) - Sunday, June 24th at 7am. A fund-raising bicycle ride event with the proceeds benefiting patients of the John DeQuattro Cancer Center in Manchester. There will be a 20, 25, 45 and a 62 mile route to choose from, price ranges from \$25-35.

[Bolton Land Trust Strawberries at Sunset](#) - Sunday, June 24th at 6:30pm. An evening of berry-picking and live music at the Pesce Farm, 66 Hebron Road, Bolton.

[Until Help Arrives](#) - Tuesday, June 26th from 6-8pm at the Babcock Library, Ashford CT. This FREE class will teach basic skills to keep people with life-threatening injuries alive until professional help arrives.

[Free Smoke Alarms](#) from the Red Cross Home Fire Preparedness Campaign. They will demonstrate some simple changes in the home that will help you protect your family against fire & install a FREE smoke alarm.

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Sugar-Free Quick Strawberry Jam

INGREDIENTS

2 cups strawberries
1 cup cold water
1 (3 ounce) package strawberry flavored sugar-free gelatin

DIRECTIONS

- In a large saucepan crush strawberries. Add water and gelatin, mixing well.
- Over medium heat bring mixture to boiling, stirring constantly. Reduce heat to low and simmer for 2 minutes.
- Pour into jars, allow to cool and then cover.

Can be stored in refrigerator for 1 week, or frozen for several weeks.



June is National Safety Month



National Safety Month focuses on reducing injury and death at work, on the road, and in our homes & communities. This year, one focus of National Safety Month is emergency preparedness in the workplace. According to the [National Safety Council](#) about 10,000 cardiac arrest situations occur in the workplace each year, yet only 45% of U.S. employees have been trained in first aid, and only 50% of workers know where to find an automated external defibrillator (AED).

Other findings from the study found:

- 73% of office employees believe a co-worker would know how to provide first aid in an emergency.
- 66% of workers in education believe a co-worker would know how to use an AED if the situation called for it, and 57% of office workers reported the same.
- 68% of office workers rely on a co-

worker to know how to perform CPR. “The data suggests these untrained employees may be relying on their untrained peers in the event of an emergency, leaving employees with a false sense of security that someone in the workplace will be qualified & able to respond, when that is clearly not the case,” Dr. Michael Kurz, co-chair of the American Heart Association Systems of Care Subcommittee.

What can you do to be better prepared in case of an emergency?

The Eastern Highlands Health District [Medical Reserve Corps](#) is hosting two sessions of “[Until Help Arrives](#).” This is a free class to learn the basic skills to keep people with life-threatening injuries alive until professional help arrives. **Class 1:** June 26 from 6-8pm at the Babcock Library in Ashford. **Class 2:** August 2 from 6-8pm at Mill Brook Place Coventry.

The American Red Cross offers many training classes in Cardiopulmonary Resuscitation (CPR), First Aid, and AED. [You can find a class here.](#)

The Red Cross also has many [apps for your mobile device](#). These apps include tools for First Aid, Blood Donating, Pet First Aid, and disaster apps for emergencies like hurricanes and flood.

Educate yourself by [learning how to use an AED](#) by watching this video.

Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from The CT Department of Health. The goal of the program is to make the healthy choice the easy choice.

