



Great tips to help you avoid the *summertime blues*

As summer gets into full swing and the sun is shining and the temperatures are rising it's natural to want to be outdoors and enjoy all it has to offer, no matter what age range you happen to be in. However there are a few simple things you can do to keep yourself safe and healthy in the great outdoors. With these tips we're here to prove the old song wrong – there *IS* a cure for the summertime blues!

One thing to watch out for when doing activities outside is hydration. Proper hydration is key to staying guarding

against heat-related illnesses. Ideally, you should drink plenty of water throughout the day and not just when you are thirsty. If you wait until then, odds are good you're already becoming dehydrated. Drink at minimum 6-8 ounces of water per hour when in direct sunlight and at least 6-8 full glasses of water per day – if allowed by your physician – to stay hydrated throughout the summer.

While being out in the sun can have many health benefits, too much can be detrimental. So, if you're going to be out

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in the direct sunlight for a prolonged period of time, take precautions to guard against everything from heat stroke to sunburn. As we age so does our skin and its ability to heal itself from the effects of the sun, so make sure to wear sunscreen with a proper SPF rating, and apply it liberally every two hours when outside. Lightweight, long-sleeved shirts and pants are also a good idea when going out into the sun, as is a wide brim hat to keep the sun off of your face and neck. When possible, try to avoid going out in the hottest part of the day and stay indoors with air conditioning and drink enough water to stay hydrated for when you do venture outside. Remember, as Rudyard Kipling is rumored to have said, "Only mad dogs and Englishmen go out in the midday sun!"

Another thing to watch out for as we celebrate in warm temperatures of summer are food-borne illnesses. Everyone loves all the tasty food served up at barbecues and picnics and of course, the best of all, ice cream socials! However with warmer temps some foods can go bad rather quickly when off of refrigeration. Be sure to check how long foods that contain mayonnaise, eggs, and cold cuts have been out of the cooler or refrigerator before eating them. When in doubt always check with a food thermometer to make sure the temperature is in the safe range before eating. If you're still not sure, toss cousin Eleanor's pasta salad into the trash bin when no one's looking. It's ok, your secret is safe with us!

While the long days bring us out of our homes and into nature it also brings out ticks and mosquitoes. They are also out enjoying the warmer weather. If you're going out into nature to walk, or do gardening, or camp then it's likely to put you directly into the path of these little buggers. While mosquito bites are more annoying than anything else, they can, in rare instances, lead to illness. It is always best to take precautions, especially if you're anywhere around standing water – a known place for mosquitoes to hang out. According to the CDC, three strategies you should employ in keeping yourself safe is to keep a can of spray repellent on hand at all times, wear as much clothing as the climate will allow, and to limit your time outside during dusk and dawn which are the peak times for mosquito activity.

As far as ticks go, many of the same tricks for guarding against mosquitoes are also good for ticks. Insect repellent is effective against ticks as well as mosquitoes. You also should treat your clothing and camping gear with products that repel. Try to avoid brushy areas with high grass and leaves, and when possible walk in the center of

a trail when out in the woods. When you come back in after time spent near the woods always be sure and check your clothing and gear for any unwanted passengers you may have picked up. Have a friend or caregiver help you check thoroughly to make sure you have no ticks on you. Showering as soon as possible is also a good idea.

We hope these simple tips can make all the difference between having a memorable and fun summer.



National Smile Week

What are some things that put a smile on your face? Maybe it's the thought of your grandchildren coming for a visit. Perhaps it's spending time with your best friend. It might be your favorite caregiver, and how they always know the right time to tell you a silly joke to make you laugh.

The second week of August is National Smile Week, and a great reminder to put on a happy face. Smiling can be a powerful tool. It physically feels better to smile than it does to frown, but more importantly, it feels better *mentally*, too. Smiling can be beneficial to health and happiness. Happy people influence those around them to smile which sets off a wave of good energy. Smiling is indeed contagious!

A simple smile can go a long way in helping others deal with a difficult time. A warm smile is a sign of a genuine and caring individual. It can make others feel at ease, comfortable, and positive. In turn, the hormonal changes induced by smiling may actually reduce pain, boost immunity, reduce stress, and promote healing.

In honor of National Smile Week, make it a point to give those around you a nice smile, and do so with gratitude for all the blessings that surround you.

Just for FUN

X	G	A	B	G	N	I	P	E	E	L	S	W	Y
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C	S	N	N	A	P	K	I	N	S	C	A	O	B
O	I	E	D	X	A	X	T	F	O	E	V	S	U
L	C	T	R	N	O	E	C	S	R	X	R	Q	G
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U	H	I	F	L	A	S	H	L	I	G	H	T	R
S	E	L	O	P	G	N	I	H	S	I	F	O	A
Z	S	Y	M	M	V	E	G	J	X	D	B	D	Y
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M	C	A	M	P	F	I	R	E	G	N	A	R	O
Y	K	I	V	U	X	H	T	H	B	R	U	E	F
E	W	S	W	I	M	S	U	I	T	E	W	Z	L

Find these camping words hidden within the puzzle. Enjoy!

BACKPACK
FIRE
HIKE
MAP
RANGER
SUNBLOCK

BUG SPRAY
FISHING POLE
ICE CHEST
MOSQUITO
SLEEPING BAG
SWIMSUIT

CAMPFIRE
FLASHLIGHT
LAKE
NAPKINS
SMORES
TENT

COMPASS
FOREST
LANTERN
RACCOON
STREAM
TRAIL



Happy Senior Citizens Day!

Monday, August 21 is National Senior Citizens Day. This day is set aside to recognize the achievements of the more mature representatives of our nation. Their valuable contributions to our communities have created better places to live. They deserve the respect and dignity their achievements earn them.

If you can, spend time with the senior citizens you know. At the very least, call them and let them know they are appreciated and loved. If you are a senior citizen, check for special discounts and promotions that may be offered at stores and restaurants in your area.

At Assisting Hands Home Care, we thank you for entrusting your care to us!

Simply Delicious



Summer Fruit Salad With Burrata

Prep/Total Time: 5 min; **Yield:** 4 servings

This burrata recipe is the best way to serve this rich and creamy cheese! Pair it with summer fruit or tomatoes, olive oil, and sea salt.

Ingredients

- 1 to 2 4-ounce balls burrata cheese
- Summer fruit: heirloom tomatoes, ripe peaches, watermelon, cantaloupe or honeydew, berries, etc (we used 2 peaches and 1 handful cherry tomatoes)
- 1 handful fresh basil leaves and thyme sprigs
- Extra virgin olive oil
- Chunky sea salt

Instructions

1. Place 1 ball burrata on the plate.
2. Surround it with the summer fruit (sliced tomatoes or peaches, or berries).
3. Top with torn basil leaves and other herbs. If desired, add torn pieces of another ball of burrata to add texture and visual appeal.
4. Drizzle with olive oil and sprinkle with chunky sea salt. Serve immediately.

– courtesy of [acouplecooks.com](#)

Vegan Quinoa Salad

Prep/Total Time: 30 min; **Yield:** 6 cups

This pull-apart bread is perfect for an early summer brunch.

Ingredients

- 1-1/2 cups quinoa, rinsed and well drained
- 3 cups water
- 1/4 cup plus 2 tablespoons olive oil
- 1 tablespoon grated lemon zest
- 1/4 cup lemon juice
- 4 garlic cloves, minced
- 6 tablespoons minced fresh parsley
- 6 tablespoons minced fresh mint
- 1-1/2 teaspoons salt
- 1 cup cherry tomatoes, halved
- 2 mini cucumbers, sliced

- 1 medium sweet red pepper, chopped
- 1/2 cup chopped red onion

Instructions

1. In a large saucepan, cook and stir quinoa over medium-high heat 3-5 minutes or until toasted. Add the water; bring to a boil. Reduce heat; simmer, covered, until liquid is absorbed, 12-15 minutes. Transfer to a large bowl. Cool slightly.
2. In a small bowl, whisk oil, lemon zest, lemon juice, garlic, parsley, mint and salt. Add vegetables to quinoa; drizzle with dressing and toss to combine. Cover and refrigerate until ready to serve.

– courtesy of [tasteofhome.com](#)



Frozen Berry & Yogurt Swirls

Prep/Total Time: 15 min + freezing; **Yield:** 10 pops

Ingredients

- 10 plastic or paper cups (3 ounces each)
- 2-3/4 cups fat-free honey Greek yogurt
- 1 cup mixed fresh berries
- 1/4 cup water
- 2 tablespoons sugar
- 10 wooden pop sticks

Instructions

1. Fill each cup with about 1/4 cup yogurt. Place berries, water and sugar in a food processor; pulse until berries are finely chopped. Spoon 1-1/2 tablespoons berry mixture into each cup. Stir gently with a pop stick to swirl.
2. Top cups with foil; insert pop sticks through foil. Freeze until firm

– courtesy of [tasteofhome.com](#)