Firework Safety

If you choose to use fireworks, be sure to follow the following safety tips:

- Never allow young children to handle fireworks
- Anyone using fireworks or standing nearby should wear protective eyewear
- Never light them indoors
- Only use them away from people, houses and flammable material
- Only light one device at a time and maintain a safe distance after lighting
- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
- Soak unused fireworks in water for a few hours before discarding
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire

Better yet, grab a blanket and a patch of lawn, kick back and let the experts handle the show.
Heat-related illness causes more than 600 deaths each year. Now is the time to prepare for the summer heat by taking these steps to prevent heat-related illness.

- Never leave a child, adult, or animal alone inside a vehicle on a warm day.
- Find places with air conditioning. Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.
- If you’re outside, find shade. Wear a hat wide enough to protect your face.
- Wear loose, lightweight, light-colored clothing.
- Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor how best to accommodate it.
- Avoid high-energy activities.
- Wear sunscreen when outside to avoid additional illness and injuries such as sunburn.

Remember….
Relaxing in the sun may feel good. But it isn’t good for your skin. In fact, being exposed to the sun’s harmful rays is a major cause of skin cancer. This is a serious disease that can be life-threatening. People of all ages and backgrounds are at risk. But in most cases, skin cancer can be prevented.

Your Role in Prevention
You can act today to help prevent skin cancer. Start by avoiding the sun’s UV (ultraviolet) rays. And don’t use tanning beds, which are no safer than the sun. Taking these steps can help keep you from getting skin cancer. It can also help prevent wrinkles and other sun-induced aging effects. Make sure your children follow these safeguards, too. Now is the time to start taking preventive steps against skin cancer.

When You Are Outdoors
- Wear clothing that covers your skin. Put on a wide-brimmed hat to protect your face, ears, and scalp. Wear sunglasses that block as many UVA and UVB rays as possible. Sunglasses that wrap around your eyes are best because they block UV rays from the sides.
- Watch the clock. Try to avoid the sun between 10 a.m. and 4 p.m., when it is strongest. You’re still at risk on cloudy days because clouds only block about 20 percent of UV rays.
- Head for the shade or create your own. Use an umbrella when sitting or strolling.
- Know that the sun’s rays can reflect off sand, water, and snow. This can harm your skin. Take extra care when you are near reflective surfaces.
- Shield your skin with sunscreen. Also, apply sunscreen to your children’s skin.

Tips for Using Sunscreen
To help prevent skin cancer, choose the right sunscreen and use it correctly. Try the following tips:
- Choose a sunscreen that has a sun protection factor (SPF) of at least 15.
- Reapply sunscreen every 2 hours or sooner if you get wet or sweat a lot. If you’re active, do this more often.
- Cover any sun-exposed skin, from your face to your feet. Don’t forget your ears and your lips.
- Know that while sunscreen helps protect you, it isn’t enough. You should wear protective clothing, too. And try to stay out of the sun as much as you can, especially from 10 a.m. to 4 p.m.
Did you know that group acupuncture is available at the Manchester VA?

Acupuncture is an old medical intervention that was widely developed in China two millennia ago. It involves the strategic placement of hair-thin, sterile single-use needles into parts of the body. Selective placement of the needles interacts with the body’s nervous system and can be used to stop pain, promote digestion, regulate the immune system, and much more.

The acupuncture treatments offered through our whole health program are strictly for stress management and general wellness. Treatment is open to any interested veteran. Veterans come enjoy one another’s company while getting some time to relax as a group. The treatment is geared to shut off the body’s fight or flight response and encourages a feeling of deep restoration. Many veterans report being able to sleep better and state they are less stressed during the day.

The treatment offered is a standard acupuncture point protocol used in hospitals and clinics for over 40 years. Treatment is done in a reclining chair. It involves five points in the auricle of each ear. Once the points are in, you are free to relax for an hour. Some veterans will talk quietly to each other, while others will read a book or take a nap.
Recipe:
Vegetable Kabobs
BY ASHLEY VALDES MPH, RD, LD

Ingredients:
Kabobs:
1 cup red pepper chunks
1 cup green bell pepper chunks
1 cup pineapple chunks
1 cup red onion chunks
1 cup white button mushrooms
1 cup zucchini chunks
1 cup cherry tomatoes

Marinade:
½ cup olive oil
½ cup lemon or lime juice
¼ cup water
¼ cup Dijon Mustard
2 tablespoons minced garlic
2 tablespoons chopped fresh basil
Salt and pepper to taste
Package of skewer

Directions:
1) Whisk marinade together.
2) Cut vegetables into chunks to be placed on skewer.
3) Combine cut vegetables with marinade, cover and refrigerate for 1 hour.
4) Rotate through vegetables placing a variety onto each skewer.
5) Cook vegetables on the grill until vegetables are lightly charred (about 10 minutes.) Baste vegetables with remaining marinade while grilling.

Summer has finally arrived in New England. It’s time to break out the BBQ, but before you start firing up the grill consider trying something new this season. Think beyond the traditional favorites and try building a menu that bulks up on grilling fruits, vegetables, lean meat and fish. Several studies have proven fruits and vegetables can reduce inflammation, prevent cancer and heart disease and may work wonders for trying to reduce your waistline. Adding vegetable kabobs as a side to your grilled protein can help you to feel full without adding extra calories, saturated fat or added sugars. Grilling fruit can give you that sweet satisfaction of an after-dinner dessert.

One important rule in the summer is food safety! As the temperatures heat up it becomes more dangerous to leave your food out at unsafe temperatures. One of the golden rules of food safety is to never leave food out at room temperature for more than two hours. Put leftovers, party trays or that potato salad in the refrigerator once everyone has been served. Try using mayo free salad recipes by trying vinegar or avocado based salads. Invest in a meat thermometer to prevent over or under cooking your protein, this will make sure your protein is delicious and safe to eat. Chicken should be cooked to 165 degrees, steak 145 degrees and ground meat for burgers to 160 degrees. For more food safety tips visit http://vaww.nutrition.va.gov/clinicalNutrition/ptEd.asp#foodsafety

For additional cookout tips join us every Thursday in August for Healthy Teaching Kitchen’s Grilling Series.

Call 606-624-4366 ext. 6404 for additional information.
UPCOMING EVENTS

Introduction to Whole Health
Friday 7/12 & 7/26
From 1-3pm
Located in Solarium

Newsletter created by:
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