

WLON Health Newsletter

June 2017

9 Sun Safety Tips for Your Skin

The sun's rays feel good, but they're no friend to your skin. Though you won't see it right away, they give you wrinkles and age spots, and they're the top cause of skin cancer.

Over time, the sun's ultraviolet (UV) light harms fibers in the skin called elastin. When they break down, the skin begins to sag and stretch. It also bruises and tears more easily, taking longer to heal.

Spending too much time in the sun can also give your skin freckles, rough texture, white spots, a yellowing of the skin, and discolored area of the

skin (which doctors call "mottled



pigmentation"). It can also widen small blood vessels under your skin.

9 Ways to Protect Your Skin

1. Wear sunscreen every day, in all weather and in every season. It should have a sun protection factor (SPF) of 30 and say "broad-spectrum" on the label, which means it protects against the

- sun's UVA and UVB rays. Put it on at least 15 minutes before going outside.
2. Reapply sunscreen at least every 80 minutes, or more often if you're sweating or swimming.
3. Wear sunglasses with total UV protection
4. Wear wide-rimmed hats, and long-sleeved shirts and pants.
5. Avoid being out in the sun as much as possible from 10 a.m. to 2 p.m.
6. Check your skin regularly so you know what's normal for you and to notice any changes or new growths.
7. Choose cosmetics and contact lenses that offer UV protection. You still need to use sunscreen and wear sunglasses with broad-spectrum sun protection.
8. If you're a parent, protect your child's skin and practice those habits together.
9. Don't use tanning beds.

www.webmd.com

Happy Birthday!!!

Clarence Landon	June 2
Allison Land	June 3
Ashton George	June 3
Freda Brown	June 6
Jen Brown	June 10
Frank Meawasige	June 10
Leslie Morrison	June 13
Jack Brown	June 15
Karen Shabaquay	June 18
Melvina Pitchenese	June 19
Jackie Pitchenese	June 21
Leslie Gardner	June 21
Amanda Munn	June 26
Roddy Brown	June 27

Recipe of the Month Vintage Lemonade

What U Need!

- 5 lemons
- 1 ¼ cups white sugar
- 1 ¼ quarts of water

What 2 do!

- Peel the rinds from the 5 lemons and cut them into ½ slices. Set the lemons aside.
- Place the rinds in a bowl and sprinkle the sugar over them. Let this stand for about one hour, so that the sugar begins to soak up the oils from the lemons.
- Bring the water to a boil in a covered saucepan and then pour the hot water over the sugared lemon rinds. Allow this mixture to cool for 20 mins and then remove the rinds.
- Squeeze the lemons into another bowl. Pour the juice through a strainer into the sugar mixture. Stir well, pour into pitcher and pop it in the fridge. Serve with ice cubes.

Eco Green Living tip

Bring home superhero plants. Certain easy-care greens (English ivy, mums, and peace lilies) naturally help remove indoor air pollutants.

(www.goodhousekeeping.com)

Weird but True Health Facts

When you blush, the lining of your stomach blushes too.

(www.distracify.com)

FYI....

- **June 16** – Healthy Living Food Boxes In

- June 21 – National Aboriginal Day
- June 27 – Recycling Day

Quote of the Month

Eat wise, drop a size.

- anonymous



June

2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	Karaoke Night	2
4	5	6	7 Walking Derby 4-6 p.m.	8	Status Cards 10-3 p.m.	9
11	12	13 Earth Day 10-2 p.m.	14	15 Father's Day Texas Poker Event 4-8 p.m.	16 Healthy Living Food Boxes In	17
18	19 Diabetes Nurse in 12-4 p.m.	20 Teen Night 4-7 p.m.	21 National Aboriginal Day	22	23	24
25	26 Recycling Day	27	28 Elder's Gathering 4-7 p.m.	29 Health Open House 4-6 p.m.	30	

