

**INSIDE THIS ISSUE**

Tick Season	Page 1
Will's Kitchen	Page 2
Getting Active	Page 3
Tips on Staying Cool	Page 4



**August Food Pantry Schedule**

Monday, August 5th	5:00 PM — 8:00 PM
Tuesday, August 6th	10:00 AM — 1:00 PM
Monday, August 12th	5:00 PM — 8:00 PM
Tuesday, August 13th	10:00 AM — 1:00 PM

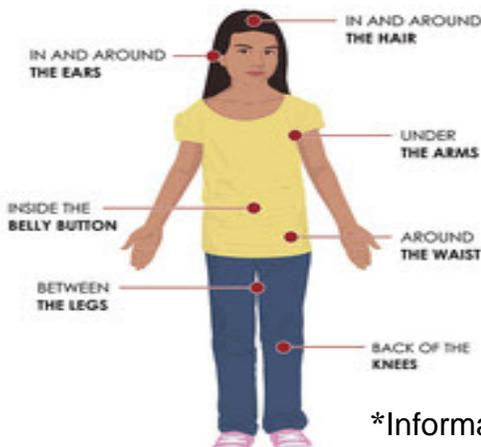
**Holiday Calendar Office Closing**

July 4th—Office is Closed  
July 5th — Office is Closed

**Tick Season: What can you do?**

**Tips for self, home, family and pets**

Every tick season is different, according to the CDC, and there is no easy way to forecast the severity. However, we do know that nationwide, every year hundreds of thousands of people are bitten by ticks and get sick. Therefore, people should be aware that ticks could be in the areas where they live, work and play. Everyone should take steps to help protect themselves and their loved ones, including their pets.



\*Information is from



**Before You Go Outdoors**

- **Know where to expect ticks.** Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks. Many people get ticks in their own yard or neighborhood.
- **Treat clothing and gear** with products containing 0.5% permethrin. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings. Alternatively, you can buy permethrin-treated clothing and gear.
- **Use EPA registered repellents** containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone.
- Do not use insect repellent on babies younger than 2 months old.
- Do not use products containing OLE or PMD on children under 3 years old.
- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.

# What's Cooking in Will's Kitchen?

All the kids will come when you put this fresh salsa on the table. Easy to make and packed with seasonal summer veggies.



## Ingredients

1 medium zucchini

1 medium white onion

3 Roma tomatoes

1 jalapeño pepper (optional)

4 cloves garlic

1/2 cup fresh cilantro or parsley  
(Chopped)

1/2 teaspoon salt

1/4 cup lime juice

## Instructions

1. Rinse all vegetables and herbs under cool running water before cutting or eating.
2. Dice zucchini, onion, and tomatoes into small pieces and put into medium bowl.
3. Because the jalapeno can burn the skin, an adult should remove the seeds and mince it. Mince the garlic. Add the seeded and minced jalapeno and garlic to the tomato mixture. \*\*Wear latex gloves when handling the jalapeno.
4. Add cilantro, salt, and lime juice to the tomato mixture. Stir well.
5. Chill in the refrigerator for at least 30 minutes before serving.

## Notes

- ◆ Grill the vegetables before dicing and adding them to the salsa.
- ◆ Instead of zucchini, you could use 1 cup of yellow squash or cucumber.
- ◆ Add watermelon, peaches, or pineapple for a fruity summer salsa.
- ◆ Serve with cut-up vegetables or whole wheat pita chips, or on top of the grilled chicken or fish!



# Move More

## Making Physical Activity Routine



**Heart disease is the leading cause of death in the United States. The good news is that you can lower your risk of getting it or having a stroke by simply moving more. Many types of activity can help your heart—going on a hike or taking the stairs, biking to the store or around the block, wheeling yourself in your wheelchair. Figure out what works best for you.**

### How much is enough?

As little as 60 minutes a week of moderate-intensity aerobic activity such as walking briskly helps your heart. For major health benefits, aim for at least 150 minutes (2½ hours) a week. Or go for 75 minutes a week of more vigorous activity such as playing basketball, running, or jumping rope, which gives the same benefits. The bottom line: More activity means a bigger boost to your health.

It's up to you how you reach your own personal targets. For example, 30 minutes of physical activity, five times a week, is one option if you're aiming for 150 minutes a week.

**Can't carve out a lot of time in your day? Don't **chuck** your goal, **chunk** it! Try 10 minutes a few times a day, for example.**



### Only have 10 minutes? Consider:

- Walking briskly for 5 minutes, turning around and walking back
- Dancing (standing or seated) to three songs
- Getting off your bus early and walking the last stretch

### You'll know you're moving enough to help your heart if

- ✓ Your heart is beating faster
- ✓ You're breathing harder
- ✓ You break a sweat



Or, try the talk test:

- ✓ During physical activities, like brisk walking, you should be able to talk, but not sing.
- ✓ During activities such as jogging, you can't say more than a few words without pausing for a breath.

### Why move more?

Being active can:

- Protect your heart (even if you have heart disease)
- Improve blood flow
- Lower blood pressure and cholesterol levels
- Give you more stamina and ability to cope with stress

If you're inactive, you're nearly twice as likely to develop heart disease than if you're active. Learn more about the benefits of physical activity on the NHLBI website.

### Get strong

In addition to aerobic activity, take time to strengthen your muscles. Try to work your leg, hip, back, chest, abdomen, shoulder, and arm muscles. Aim to do muscle strengthening twice a week in addition to your aerobic activities.

**All adults should avoid inactivity. Start gradually and increase slowly.**

**Learn more about:**

**CDC Target Heart Rate and Estimated Maximum Heart Rate**

**Different types of physical activity.**

**Recommendations for children, older people, and pregnant women.**

# Heat Advisory + Tips for Staying Cool

## BASIC TIPS TO KEEP COOL:

- Wear lightweight, light colored, loose fitting clothing that covers the skin as much as possible.
- Avoid strenuous activity, especially during the sun's peak hours, 11 AM to 4 PM.
- Drink fluids, particularly water, even if you do not feel thirsty, avoid beverages containing alcohol, caffeine, or high amounts of sugar.
- Never leave children, the elderly, or pets alone in closed vehicles.
- Provide plenty of cool fresh water for your pets and remember to keep them indoors and out of the sun

## AVOIDING HEAT EXHAUSTION

According to the U.S. National Institute on Aging, the risk of heat related illnesses such as heat stroke and heat exhaustion increases with age. Researchers explain that as people get older, they are less able to adapt to high temperatures, and heat might exacerbate any medical conditions they have. In addition, older adults might develop certain health problems that could increase their risk of hyperthermia (when the body overheats). These medical issues include:

- Congestive heart failure, diabetes and chronic obstructive pulmonary disease
- Trouble walking or moving
- Dementia or problems with cognition
- Dehydration

## OTHER TIPS FOR KEEPING COOL!

- Put a small pillow in the freezer an hour or two before you go to bed. Put a few plastic shopping bags over it to keep ice from forming on the fabric.
- Use silk or satin pillowcases, and satin sheets. These fabrics will feel smoother and cooler as you sleep.
- Add mint leaves, or orange, lemon or cucumber slices to your water to make it more refreshing.
- Get a cheap spray bottle - fill it with water, adjust it to fine mist and spray it on your exposed skin for an instant chill-zing cooling effect.
- Keep the back of your neck in shade (wear a cap backwards, or raise your collar) or put a wet handkerchief on the back of the neck. The sensor for our body temperature control system is in this area, and so with this method you can make the rest of your body think that you are "cool".
- Place or tie an icepack behind your head.
- Wet all your hair, or just all along the hairline in a pinch. The evaporation of the water will cool your head (though it may make your hair a bit frizzy if it's curly!).
- Wear a bandana with water soaked on it and put it on your head. Or you can relive the 80's and wear a wet terrycloth headband on your forehead.
- Try using a water misting fan. These portable devices are battery operated so you can take them with you wherever you go. As you mist and fan yourself, the water is evaporated on your skin, giving you an instant cooling sensation.
- Run cold water over your wrists for 10 seconds on each hand. This will reduce your temperature for roughly an hour.

For the complete list, see the original article at <http://www.wikihow.com/Cool-Yourself-Without-Air-Conditioning>