



Ways To Stay Prepared & Healthy for the Summer Heat!

1) Make sure that sunscreen is a part of your daily routine. Even taking a short walk to the car or walking past a sunny window can expose your skin to the dangerous UV rays. Dry skin can also be made worse by the sun. Try to find a sunscreen that contains moisturizer and has an SPF of 30 or more to ensure best protection.

2) Do your best to wear loose and lightweight clothing. Lightweight pants and long-sleeved shirts are ideal to protect your skin from the sun.

3) Try to find wide brimmed hats when being outdoors, these hats protect your face and your scalp from being sunburned.

4) Seek out shade! Protecting yourself from the sun doesn't mean you can't go outside. Try to find shade if you are by the pool, beach, sitting on the porch, or eating lunch outdoors.

According to the American Academy of Dermatology, the sun is strongest between 10 a.m. and 4 p.m. so make sure you are using extra protection at these times.

5) Drink lots and lots of water! You should always have a water with you that you are drinking throughout the day to prevent dehydration.

6) With the constant summer heat it is a good idea to avoid eating a lot of hot meals in order to stay cooler indoors.

In This Issue

Front Page: Ways You Can Stay Prepared & Healthy for the Summer Heat; Brain Boosters

PAGE 2: What's in Season; Strawberry Fool Recipe; June Birthdays; June poem; Brain Booster Answers

Brain Booster #1:Q:

What two things can you never eat for breakfast?

Brain Booster #2:Q:

What asks but never answers?

Brain Booster #3:Q:

Imagine you are in a dark room. How do you get out?



cooperative
home care & hospice

Health at Home by Cooperative Home Care

1-800-HOMECARE (in MO) & 618-466-3227 (in IL) & Cooperative Hospice 314-571-7855

June 2016, Issue 27

What's in Season?

In June, Try Corn, Peaches, Apricots, Watermelon and Cherries

Simple and Delicious Strawberry Fool

Ingredients:

1 pint strawberries, 1/2 cup sugar, 1 cup heavy cream (substitute options: whipped cream, yogurt, or sour cream) 1 tsp vanilla extract (optional)

1. Hull strawberries, then wash them and chop into 1/4-inch-thick pieces. Toss with half the sugar, and wait 10 minutes, stirring occasionally, until they give up their juices.

2. Place half the strawberries and all the juice in a blender, and purée. Pour purée back in bowl with chopped strawberries.

3. Whip the cream with remaining sugar and vanilla until cream is stiff and holds peaks easily. Fold berries and cream together, and serve immediately, or refrigerate for up to two hours.

Source: The New York Times



Far up in the deep blue sky,
Great white clouds are floating by;
All the world is dressed in green;
Many happy birds are seen,
Roses bright and sunshine clear
Show that lovely June is here.

F.G. Sanders, June

Brain Booster #1 Answer:

Q: What two things can you never eat for breakfast?

A: Lunch and Dinner

Brain Booster #2 Answer:

Q: What asks but never answers?

A: An Owl

Brain Booster #3 Answer:

Q: Imagine you are in a dark room. How do you get out?

A: Stop imagining

June Birthdays

Marilyn Monroe, June 1st, (1926-1962)

Barry Manilow, June 17th, (1943)

Mel Brooks, June 28th, (1926)