



THE BEACON

Wellness Edition - May 2017

How Can I Protect My Children from the Sun?

Just a few serious sunburns can increase your child's risk of skin cancer later in life. Kids don't have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

- **Seek shade.** UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it's happened.
- **Cover up.** When possible, long-sleeved shirts and long pants/skirts can provide protection from UV rays. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors.
- **Get a hat.** Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.
- **Wear sunglasses.** They protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- **Apply sunscreen.** Use sunscreen with at least SPF 15 and UVA and UVB protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet.

Take sunscreen with you to reapply during the day, especially after your child swims or exercises. This applies to waterproof and water-resistant products as well.

App of the Month - CHARITY MILES



Earn money for charities every time you run, walk, or bicycle by using the free Charity Miles app.

Corporate Sponsors (whose information you'll see as a backdrop image in the app) agree to donate a few cents for every mile you complete.

Browse the app's list of charities, find the one you want to support, and then hit the road. When a lot of people use Charity Miles, those little bits of money add up!

This app is available for free on iPhone and Android devices.

Follow the directions on the package for using a sunscreen product on babies less than 6 months old. All products do not have the same ingredients; if your or your child's skin reacts badly to one product, try another one or call a doctor. Your baby's best defense against sunburn is avoiding the sun or staying in the shade. Keep in mind, sunscreen is not meant to allow kids to spend more time in the sun than they would otherwise. Try combining sunscreen with other options to prevent UV damage.

Too Much Sun Hurts

Turning pink? Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes. Yet it can take up to 12 hours for skin to show the full effect of sun exposure. So, if your child's skin looks "a little pink" today, it may be burned tomorrow morning. To prevent further burning, get your child out of the sun.

Tan? There's no other way to say it - tanned skin is damaged skin. Any change in the color of your child's skin after time outside - whether sunburn or suntan - indicates damage from UV rays.

Cool and cloudy? Children still need protection. UV rays, not the temperature, do the damage. Clouds do not block UV rays, they filter them - and sometimes only slightly.

Oops! Kids often get sunburned when they are outdoors unprotected for longer than expected. Remember to plan ahead, and keep sun protection handy - in your car, bag, or child's backpack.

Source: Centers for Disease Control and Prevention (www.CDC.gov)

Recipe of the Month - Easy Baked Tilapia

Ingredients

- 4 (4 ounce) tilapia fillets
- 2 tsp butter
- 1/4 tsp Old Bay seasoning
- 1/2 tsp garlic salt, or to taste
- 1 lemon, sliced
- 1 (16 ounce) package frozen cauliflower with broccoli and red pepper

Nutrition (per serving)

- Makes 4 servings
- Calories - 172 kcal
 - Fat - 3.6 g
 - Carbs - 7.3 g
 - Protein - 24.8 g
 - Cholesterol - 46 mg
 - Sodium - 354 mg



Directions

1. Preheat the oven to 375° F (190° C). Grease a 9x13 inch baking dish.
2. Place the tilapia fillets in the bottom of the baking dish and dot with butter. Season with Old Bay seasoning and garlic salt. Top each one with a slice or two of lemon. Arrange frozen vegetables around the fish, and season lightly with salt and pepper.
3. Cover the dish and bake for 25 to 30 minutes, until vegetables are tender and the fish flakes easily with a fork.

Swimming Safety

Swimming is a great recreational sport that can be enjoyed by people of all ages, but it's important to know how to be safe while you're in the water. The American Red Cross offers these important swimming safety tips you should be aware of before you head out to the pool or beach:

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Maintain constant supervision.
- Make sure everyone in your family learns to swim well. Enroll in age-appropriate Red Cross water orientation and learn-to-swim courses.
- If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
- Avoid distractions when supervising children around water.
- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets, and a first aid kit.
- Know how and when to call 9-1-1 or the local emergency number.
- Enroll in Red Cross home pool safety, water safety, first aid and CPR/AED courses to learn how to prevent and respond to emergencies.
- Protect your skin. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15.
- Drink plenty of water regularly, even if you're not thirsty. Avoid drinks with alcohol or caffeine in them.

Source: American Red Cross (www.redcross.org)

Do you have a question or concern?

If there is a topic you would like us to cover in an upcoming newsletter, please contact us at beacon@reschini.com with "Newsletter" in the subject line, along with a detailed description of a topic or question you would like to be addressed.

Food Safety: Summer and Vacations

Due to a variety of factors, including warm weather, foodborne illness increases in summer. Stay healthy and safe during warmer months by following these food safety recommendations:

When bringing food to a picnic or cookout:

- Use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source.
- Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables; and perishable dairy products.
- A full cooler will maintain its cold temperature longer than a partially filled one. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter.
- Avoid opening the cooler repeatedly so that your food stays colder longer.

When cooking on the grill:

- Use separate cutting boards and utensils for raw meat and ready-to-eat items like vegetables or bread.
- Keep perishable food cold until it is ready to cook.
- Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures:
 - * Beef, Pork, Lamb, & Veal (steaks, roasts, and chops) - 145°F with a 3 minute rest time; Ground meats - 160°F; Whole poultry, poultry breasts, & ground poultry - 165°F
- Always use a clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve the food once it is cooked.

When serving food outdoors:

- Perishable food should not sit out for more than two hours. In hot weather (above 90°F), food should NEVER sit out for more than one hour.
- Serve cold food in small portions, and keep the rest in the cooler. After cooking meat and poultry on the grill, keep it hot until served - at 140°F or warmer.
- Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where they could overcook.

Source: U.S. Department of Health & Human Services (www.foodsafety.gov)

Additional Resources

- **Centers for Disease Control and Prevention** (www.cdc.gov)
- **American Red Cross** (www.redcross.org)
- **U.S. Department of Health & Human Services** (www.foodsafety.gov)