

# Mission In Motion

Health & Wellness Monthly Newsletter

July 2013—Sun Safety



## Protecting 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.** Clothing that covers your child's skin helps protect against UV rays. Although a long-sleeved shirt and long pants with a tight weave are best, they aren't always practical. A T-shirt, long shorts, or a beach cover-up are good choices, too—but it's wise to double up on protection by applying sunscreen or keeping your child in the shade when possible.
- **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.

Source: Centers for Disease Control and Prevention

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### Showered in Rays? Too much sun sticks with you for life.

- ◆ We get a lot of sun exposure while going about activities such as driving the car or working in the yard. Block the rays naturally by using visor or wide-brimmed hat and sun-screening clothes. Skincare and sunscreen products with an SPF 15 offer light protection, but 30 plus give you more.
- ◆ Dangerous spots can easily go unnoticed, but remember that skin cancer is the most diagnosed cancer. Get suspicious spots checked. Prevent skin cancer and skin damage with daily protection.
- ◆ Healthy hydration is important. Take plenty of water to quench your thirst.

Source: Personal Best

# Year-Round Sun Protection

The summer is not the only time you are at risk for damage from the sun. Find out how to protect yourself no matter what the season.

You are probably in the habit of packing sunscreen for a day at the beach or pool. But the sun is up there 365 days a year, and you need protection much of that time to reduce your lifetime sun-exposure total. Everyday exposure counts; you do not have to be actively sunbathing to get a damaging dose of the sun. Practice these sun-protection basics all year round to give your skin the best chance of long-term health:

## **Use a sunscreen of SPF 15 or higher whenever you spend time outdoors.**

- This applies to all outdoor activities: athletics, shopping, picnicking, walking or jogging, gardening, even waiting for a bus.
- Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- Apply liberally and evenly to all exposed skin. The average adult in a bathing suit should use approximately one ounce of sunscreen per application. Not using enough will effectively reduce the product's SPF and the protection you get.
- Be sure to cover often-missed spots: lips, ears, around eyes, neck, scalp if hair is thinning, hands, and feet.
- Reapply at least every 2 hours, more often if some of the product may have been removed while swimming, sweating, or towel-drying.
- Choose a product that suits your skin and your activity. Sunscreens are available in lotion, gel, spray, cream, and stick forms. Some are labeled as water resistant, sweat proof, or especially for sports; as fragrance-free, hypoallergenic, or especially for sensitive skin or children.

## **Cover up.**

- Wear long-sleeved shirts and long pants. Tightly woven fabrics and dark colors, such as deep blue and black, or bright colors, such as orange and red, offer more protection. If you can see light through a fabric, UV rays can get through too. Water makes fabrics more translucent, so do not rely on a wet T-shirt.
- A broad-brimmed hat goes a long way toward preventing skin cancer in often-exposed areas like the neck, ears, scalp, and face. Opt for a 3-4 inch brim that extends all around the hat. Baseball caps and visors shade the face but leave neck, lower face, and ears exposed.
- UV-blocking sunglasses with wraparound or large frames protect your eyelids and the sensitive skin around your eyes, common sites for skin cancer and sun-induced aging. Sunglasses also help reduce the risk of cataracts later in life.

## **Seek the shade.**

- Be aware, however, that sunlight bouncing off reflective surfaces can reach you even beneath an umbrella or a tree.

## **Never seek a tan.**

- There is no such thing as a healthy tan. A tan is the skin's response to the sun's damaging rays.

## **Stay away from tanning parlors and artificial tanning devices.**

- The UV radiation emitted by indoor tanning lamps is many times more intense than natural sunlight. Dangers include burns, premature aging of the skin, and the increased risk of skin cancer.

## **Protect your children and teach them sun safety at an early age.**

- Healthy habits are best learned young. Because skin damage occurs with each unprotected exposure and accumulates over the course of a lifetime, sun safety for children should be a priority

Getting enough of your daily H<sub>2</sub>O is important for your health. After all, water is your body's main component and makes up on average about 60 percent of your weight.

**How much do you need?** The Institute of Medicine advises that men consume roughly 13 cups of total beverages a day, and women need about nine cups a day. It's okay to consume other healthy beverages and foods that contain water to help you get your daily requirement.

So, go ahead and drink up. You'll find that water is the clear choice for keeping you hydrated and healthy.

[www.bcbstx.com](http://www.bcbstx.com)

Source: Mayo Foundation for Medical Education and Research

## Safe and Well

### Wellness...Meet Safety

Millions of people enjoy oceans, lakes, rivers, pools and spas each year. Relax and be safe this summer. Consider a course in basic lifesaving procedures. Stay aware of weather and water conditions, which can change quickly and put you in danger. Never swim alone.

*Source: Personal Best*

### City of Mission Walking Club

Did you know that City of Mission has a Walking Club? You are encouraged to join us!

**When:** Tuesdays and Thursdays

**Where:** City Hall

**Time:** Stretches begin at 5:20 p.m. and Walking begins at 5:30 p.m.

**Distance:** 1 mile

Contact Human Resources to register for the Walking Club and receive a free t-shirt and pedometer!

## MONTHLY SMARTS

### FOOD SMARTS

Make olive and canola your oils of choice. They are healthy fats that help to lower the levels of "bad" LDL cholesterol in your blood as well as provide other health benefits.

### HEALTHCARE CONSUMER SMARTS

Shop for groceries only after having a meal or a snack. Hungry shoppers tend to spend more on impulse purchases they don't really need.

### SAFETY SMARTS

Take a bottle of water along on your walks—plus, beware of the signs of heat illness, which can progress from extreme thirst to a life threatening condition. Take action to cool down right away if you experience symptoms such as muscle cramps, heavy sweating, rapid, pulse and breathing, or nausea.





## July Health and Wellness Seminar

**Topic:** Sun Safety

**Date:** July 25, 2013

**Time:** To be Announced

**Speaker:** To be Announced

**Location:** To be Announced

### Peppers Stuffed with Turkey and Wild Rice

- 1 Tbsp. olive oil
- 1/2 medium onion, chopped
- 1 cup coarsely chopped mushrooms, any kind
- 1 lb. ground turkey
- 2 cups of baby spinach leaves, chopped
- 1 cup diced tomatoes
- 2 cloves garlic, minced or 1 tsp. garlic powder
- 1 tsp. paprika
- 1 tsp. oregano
- Salt and pepper to taste
- 3/4 cup chopped carrots, steamed and cut into 1/2-inch chunks
- 1 1/2 cups cooked wild rice
- 4 large green or red bell peppers (or any combination), tops removed\* and seeded

*\*Save tops to cover peppers during baking for a moister filling.*

Preheat oven to 350 degrees.

Heat oil in a large skillet over medium-high heat. Sauté onion and mushrooms until onions are translucent. Add turkey, spinach, tomatoes garlic and seasonings and cook until turkey is cooked through, about 5-6 minutes.

Place turkey mixture in large mixing bowl and add carrots and wild rice. Combine well. Using spoon, lightly pack mixture into peppers.

Place peppers in 9-inch square oven dish, add 1/4 cup water to bottom of pan and bake about 45-50 minutes or until peppers are just tender. Serve.

**Makes 4 servings.**

**Per serving:** 329 calories, 14 g total fat (3 g saturated fat), 28 g carbohydrate, 26 g protein, 6 g dietary fiber, 146 mg sodium.

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## Cartoon Corner



*"Let me guess, you ran without any sun screen again."*

## Health & Wellness Seminars

August 2013—Immunizations

September 2013—Alcohol & Drug  
Addiction Recovery

(Topics subject to change)

\*If you have a subject or topic that you would like more information on, feel free to make your request at 956-580-8630.

## Simple Swap: Chips vs. Popcorn

It takes 2 1/2 hours to burn up the 900 calories in a 6-ounce bag of potato chips. It only takes 7 minutes of stair climbing to burn the 62 calories in 2 cups of plain popcorn.

## Mission In Motion

**Our mission is to promote health awareness and to encourage healthy lifestyles.**

