



HEALTHY



TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

June 2019 Vol 14 Issue 6

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Summer Sun Strategies

The rise in the incidence of skin cancers over the past decades is strongly related to increasingly popular outdoor activities and recreational exposure. Overexposure to sunlight is widely accepted as the underlying cause for harmful effects on the skin, eye and immune system. Experts believe that four out of five cases of skin cancer could be prevented, as UV damage is mostly avoidable.

Adopting the following simple precautions can make all the difference. Shade, clothing and hats provide the best protection – applying sunscreen becomes necessary on those parts of the body that remain exposed like the face and hands.

- **Limit time in the midday sun**
The sun's UV rays are the strongest between 10 a.m. and 4 p.m. To the extent possible, limit exposure to the sun during these hours.
- **Watch for the UV index**
This important resource helps you plan your outdoor activities in ways that prevent overexposure to the sun's rays. While you should always take precautions against overexposure, take special care to adopt sun safety practices when the UV Index predicts exposure levels of moderate or above.
- **Use shade wisely**
Seek shade when UV rays are the most intense, but keep in mind that shade structures such as trees, umbrellas or canopies do not offer complete sun protection. Remember the shadow rule: "Watch your shadow – Short shadow, seek shade!"
- **Wear protective clothing**
A hat with a wide brim offers good sun protection for your eyes, ears, face, and the back or your neck. Sunglasses that provide 99 to 100 percent UV-A and UV-B protection will greatly reduce eye damage from sun exposure.
- **Use sunscreen**
Apply a broad-spectrum sunscreen of SPF 30+ liberally and re-apply every two hours, or after working, swimming, playing or exercising outdoors.

June



Website to visit this month:

Pocket

This is a handy website where you can save articles, videos, and stories from any publication, page or app. You can curate your own space filled with everything you can't wait to learn.

Fuel your mind anywhere. Even offline. Read or listen without distraction, on any device.

It's simple to use. Connecting the *Pocket button* provides a simple way to save pages to Pocket in just one click. There's a free version, so check it out.

www.getpocket.com

Pharmacist Tip of the Month!

“A father is neither
an anchor to hold
us back nor a sail
to take us there,
but a guiding light
whose love shows
us the way.”

—UNKNOWN

June Quotes

“When my father didn’t have
my hand he had my back.”

~ Linda Poindexter

“A daughter needs a dad to
be the standard against
which she will judge all
men.”

~ Gregory E. Lang

Sunburn First aid for Children

When kids get sunburned, they usually have pain and a sensation of heat — symptoms that tend to get worse several hours after sun exposure. Some also get chills. Because the sun has dried their skin, it can become itchy and tight. Sunburned skin begins to peel about a week after the sunburn. Encourage your child not to scratch or peel off loose skin because skin underneath the sunburn is at risk for infection. To treat a sunburn:

- Have your child take a cool (not cold) bath, or gently apply cool, wet compresses to the skin to help ease pain and heat.
- Apply pure aloe vera gel (available in most drugstores) to any sunburned areas.
- Give your child an anti-inflammatory medicine like ibuprofen or use acetaminophen to ease the pain and itching. (**Do not give aspirin** to children or teens.) Over-the-counter diphenhydramine also may help reduce itching and swelling.
- Apply moisturizing cream to rehydrate the skin and treat itching. For the more seriously sunburned areas in kids over 2 years old, apply a thin layer of 1% hydrocortisone cream to help with pain. (Do **not** use petroleum-based products, because they prevent excess heat and sweat from escaping. Also, avoid first-aid products that contain benzocaine, which may cause skin irritation or allergy.)

Keep your child out of the sun until the sunburn is healed. Any further sun exposure will only make the burn worse and increase pain.

Fun Ways to Treat Dad on his day

Take him out to a ball game

Go bowling

Go fishing

Play catch

Visit a historic site

Go for a bike ride

Build something

Play golf or mini golf

Take a hike

Go to the movies

Have a pizza party

Make ice cream sundaes

Dad's Tips for Great Grilled Steak

It's grillin' time.

- **Choose the right steak.** Rib-eye or Flank, T-bone or Top Round – there's a choice for every type of grill, fire, budget and taste.
- **Choose the right seasoning.** Use rubs, marinades, sauces, butters, and bastes to add an extra dimension of flavor. Even something as basic as sea salt and cracked black pepper adds a spectacular taste to beef.
- **Build the right fire.** Understand the difference between direct and indirect grilling and when to use each. Every fuel and fire burn differently.
- **Know when your steak is done.** Remember medium rare is 145°F; medium 160° and well done is 170°F. Use an instant-read meat thermometer or the “poke” test to check for doneness. An instant-read thermometer gives you the internal temperature immediately.
- **Turn, don't stab.** Tongs are the most important tool in the grill's workshop, enabling you to turn the steak without stabbing it.
- **Give it a rest.** After grilling, give the steak a rest for a couple of minutes to let the juices redistribute before cutting into it. A drizzle of olive oil or a pat of butter gives the steak a handsome sheen and spectacular flavor and finish.



“Father's Day is important because, besides being the day on which we honor Dad, it's the one day of the year that Brookstone does any business.” -Jimmy Fallon

“Me and my dad used to play tag. He'd drive.” – Rodney Dangerfield

“Sometimes I am amazed that my wife and I created two human beings from scratch yet struggle to assemble the most basic of IKEA cabinets.” – John Kinnear

Did You Know? June Fun Facts



- June 3** Repeat Day (I said "Repeat Day")
- June 7** National Chocolate Ice Cream Day
- June 10** Iced Tea Day
- June 11** National Corn on the Cob Day
- June 14** World Blood Donor Day, and Flag Day
- June 17** Eat Your Vegetables Day
- June 18** Go Fishing Day and International Picnic Day
- June 20** Ice Cream Soda Day
- June 21** International Yoga Day and World Music Day – also Summer Solstice
- June 22** National Chocolate Eclair Day
- June 23** National Pink Day
- June 25** National Catfish Day
- June 27** Sun Glasses Day
- June 29** Camera Day
- June 30** National Meteor Day

Thank You!

Thanks to YOU the word is spreading! Thanks to all of our wonderful customers and friends who graciously referred us to their friends and neighbors last month! Our business runs on positive comments and referrals from people just like you! We couldn't do it without you!

A special thanks to all of those who referred us.

We Don't Have a Business Without YOU!

We can't fix it if we don't know what is broken. Please contact us and give us your feedback, good or bad. We are committed to continuous improvement because we want to be YOUR family pharmacy.

Call us or stop by to let us know today!



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HOME

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“
What you teach your children, you
also teach their children.
~ *Unknown*
”

Inside This Issue You Will Discover...

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Discounts, Specials And Much, Much MORE!
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