



# Be Healthy, Stay Fit – It's your Choice!



## Your Spring and Summer Survival Guide

### **The Sizzling Sun!**

Sure the summer sun feels nice on your skin, but too much can be harmful. Every time you tan, you increase your chance of developing skin cancer and lead the way to wrinkles, says James Spencer, Professor of Clinical Dermatology at Mount Sinai School of Medicine, who also has a private practice in St. Petersburg. He says the sun's rays are strongest between 10am and 2pm, "so if you're going to play golf, why not play earlier in the morning or later in the afternoon?" Spencer offers other tips for playing it safe in the sun:

There's nothing like a broad-brimmed hat to offer protection.

Use sunscreen, even under clothes. An alternative is using Sun-Guard laundry aid, which adds sunscreen to your clothes through the wash.

Apply sunscreen liberally. "Really clump it on," Spencer says. Most last two to four hours, so remember to reapply when needed, especially after sweating or playing in the water. Spray-on sunscreen is okay, too, as long as you don't miss spots.

Spencer recommends Neutrogena Ultra Sheer or L'Oreal, which have chemicals to stabilize the sunscreen and last six hours. Tired of the lotions? Spencer suggests Hellocare, a behind-the-counter pill that acts as a sunscreen. Just ask the pharmacist for it. Spencer says it's helpful to the sun-sensitive, but he doesn't recommend throwing out the sunscreen too. If you do get sunburned, take aspirin to reduce the inflammation. Aloe can help calm and soothe, too.

### **Lightning!**

When lightning strikes, what should you do? Depends on where you are. If a large enclosed building is nearby, not a picnic shelter or shed, take cover! An enclosed metal car, truck van or sport utility vehicle is your next best bet, according to the National Weather Service. Here's how to stay safe when lightning lights up the sky:

If it's less than 30 seconds from the time you see lightning to the time you hear thunder, take cover in a safe location. Stay inside until 30 minutes after the last clap of thunder.

Don't seek shelter under tall, isolated trees, which will increase your chances of being struck.

Monitor the weather forecast. If thunderstorms are imminent, plan accordingly.

Don't camp in an open field, on a mountaintop or on top of a ridge. If you are in the woods, stay near a lower stand of trees.

Avoid metal objects such as fences, poles and backpacks. The current from a lightning flash can travel long distances.

If you're boating, a cabin can offer some safety. Stay away from metal and electrical components, and don't use the radio unless it's an emergency. Stay as low as possible on the boat.

### **Dehydration!**

Don't let the summer heat leave you beat! Your first line of defense against dehydration is water, and lots of it! To avoid dizziness, light headedness, nausea, headaches, cramps and increase in body temperature, drink eight to ten glasses of water a day. Go for more if you're active.

The American College of Sports Medicine offers these tips to prevent dehydration:

Drink before you feel thirsty. Don't rely on thirst to tell you when to drink.

Quenching thirst doesn't replace lost fluids under extreme conditions.

Down one 22-ounce bottle of water or sports drink every hour while exercising outdoors.

Urine should be clear or pale yellow. If it's dark or you're urinating less, drink more. Coffee, tea and alcohol aren't water. They cause you to lose fluid.

Nix taking salt tablets to replace salt lost through sweat. You'll dehydrate faster.

Take frequent breaks if you're outside in the sun, especially during the hottest part of the day.

Don't discount foods with a high water content. The American Dietetic Association recommends lettuce, watermelon, broccoli, grapefruit, milk, orange juice, carrots, yogurt and apples.

### **Swimming!**

Whether at a pool or the ocean, avoid disaster by learning how to swim. Dive into these swimming safety tips from the American Red Cross:

Stay within designated swimming areas at the beach, ideally within the visibility of a lifeguard.

Never Swim alone.

Check surf conditions before hitting the water. Avoid piers, pilings and diving platforms while in the water. Watch out for aquatic life, including plants and animals. Don't swim against a current if you're caught in one, instead, swim across it.

### **Mosquitoes!**

Sure, mosquito bites are annoying, but they can also transmit diseases such as West Nile virus. Here's how you can protect yourself: Mosquitoes are out in force at dawn and dusk, but you can keep them at bay no matter when you're outdoors. Start with insect repellent containing DEET, picaridin or oil of lemon eucalyptus. Clothing offers a protective barrier too. Dump the standing water in your yard. Bug zappers and citronella candles also help ward off the insects. If, in spite of these efforts, you are bit, use hydrocortisone cream, calamine lotion or a baking soda paste to ease the itch. A cold pack may help too. If your bite causes fever, severe headache, body aches, nausea, vomiting, swollen glands a rash, lethargy, confusion or sensitivity to light, contact your health care provider. The Mayo Clinic says these signs may indicate West Nile or encephalitis.

### **Water Safety!**

Not many can resist boating, water scooters and other water activities in Florida. Before you hit the waves, remember these tips from the Mayo Clinic. Learn to swim at the American Red Cross. Wear a life jacket. Beware of carbon dioxide poisoning. Keep passengers away from the engine and make sure the cabin has proper ventilation. Tell someone on land about your excursion and a return time. - Pulse, St. Petersburg Times



# N-Link BIRTHDAY ANNOUNCEMENTS



## April

1<sup>st</sup> Michael Haggerty, Gary Winsted; 3<sup>rd</sup> Peggye Genco; 4<sup>th</sup> Margrit Klee; 6<sup>th</sup> George Tucker; 12<sup>th</sup> Kent Alexander; 15<sup>th</sup> Paul Diersing, Terry Knight; 17<sup>th</sup> Bob Gainey; 18<sup>th</sup> Mary Carter; 19<sup>th</sup> Elania Niemiec; 20<sup>th</sup> Mary Lou Cummings; 21<sup>st</sup> Roger Loerch; 22<sup>nd</sup> Keith Kendall; 25<sup>th</sup> Bob Heilmann; 29<sup>th</sup> Lois Hobratschk; 30<sup>th</sup> Jean Aldrich

## May

1<sup>st</sup> Juanita Vargas; 4<sup>th</sup> Sandy Allender; 7<sup>th</sup> Pete Zeban; 8<sup>th</sup> Sandy Kloter, Mimi Rose, Laura Walsh, David Zurlinden; 10<sup>th</sup> Gisela Horkey, June Hyatt; 12<sup>th</sup> Car-

rie Barnett; 13<sup>th</sup> Jim Santa-Lucia; 14<sup>th</sup> Jaiden Montgomery; 15<sup>th</sup> Julian Hyatt, Edie Young; 16<sup>th</sup> Sharon Tucker; 17<sup>th</sup> Lee Sapp, Sam Swaffer; 18<sup>th</sup> Anna Keating; 21<sup>st</sup> Roy Prophet; 24<sup>th</sup> Loretta Schmidt; 25<sup>th</sup> Dara Alexander; 28<sup>th</sup> Shawn Kloter, Daniel Vargas; 29<sup>th</sup> Nick Marme; 30<sup>th</sup> Laurie Farrar, Terry Palmeter

## June

2<sup>nd</sup> Terry Vorhees; 5<sup>th</sup> James Berg; Benjamin Walsh; 11<sup>th</sup> Bev Vorhees; 13<sup>th</sup> Jeremy Kloter; 14<sup>th</sup> Floyd Middleton; Gib Larson; 18<sup>th</sup> Marion Rupert, Marcos Vargas, Jr.; 21<sup>st</sup> Tony Cocchiola, Billy Hereford, Judy Higgins; 23<sup>rd</sup> Sue Prophet; 30<sup>th</sup> Michael Middleton

## July

3<sup>rd</sup> Mike Montgomery; 5<sup>th</sup> Helmut Klee; 8<sup>th</sup> Lenore Swaffer; 9<sup>th</sup> Carol Bajema, Joe Bertini; 10<sup>th</sup> Nicholas Tedder; 11<sup>th</sup> Gage Sweat, Dot Eastlack; 12<sup>th</sup> Teresa Bertini; 14<sup>th</sup> Rene Couture; 15<sup>th</sup> Marcia Kickliter; 17<sup>th</sup> Len Foster, Dave Walsh; 20<sup>th</sup> Caroline Middleton; 22<sup>nd</sup> Joe Kickliter; 23<sup>rd</sup> Mary Larson; 26<sup>th</sup> Mary M. Bossom



*Is YOUR birthday missing from our quarterly birthday lists?? Please call or email me with the info Thanks! Mimi 633.0677 [mmrose1@tampabay.rr.com](mailto:mmrose1@tampabay.rr.com)*



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**Attention Residents and Business Managers!** This Newsletter is for you and about you. Please contact us with your "article of interest" – a new addition to the family, special accomplishment, a promotion your business may be offering, etc. The deadline for submission of articles for the **Summer 2011** newsletter is **Friday, July 8, 2011**

Mimi Rose ([mmrose1@tampabay.rr.com](mailto:mmrose1@tampabay.rr.com)) 633.0677

### **PROPERTY MANAGEMENT COMPANY ADDRESS**

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