

Summer 2019

Healthy Carroll Families



In this Issue:

- **Splashing Around**
- **Picnicking Tips**
- **Refreshing Recipe**
- **Protect Yourself from Summer Pests**



Welcome to Healthy
Carroll Families for
Summer 2019.

Healthy Carroll Families is
our media campaign with
information designed to
help you take the next step
in your family-based
approach to healthy living.

We encourage you to make
copies and distribute these
handouts to your clients,
customers, students, PTA,
family, friends...everybody!

These materials may also
be downloaded for free
from our website,

HealthyCarroll.org.

Please call or email me any
questions, feedback, or
suggestions you may have
about Healthy Carroll
Families. I look forward to
hearing from you.

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Splashing Around!








Some people think exercising in the summer is exhausting, hot, and overwhelming. Good news is, it doesn't have to be that way! You can increase your physical activity by spending time in the water. According to the Center for Disease Control and Prevention, two and a half hours of swimming per week can decrease your risk of chronic illness.

Benefits of swimming:

-  Enjoy time with your kids while exercising
-  Can reduce joint and muscle pain
-  Improves joint mobility and alleviates stiffness for people with arthritis
-  Keeps you cool and prevents your body from overheating
-  Improves cardiovascular endurance

Source: www.cdc.gov/healthywater/swimming/swimmers/health_benefits_water_exercise.html

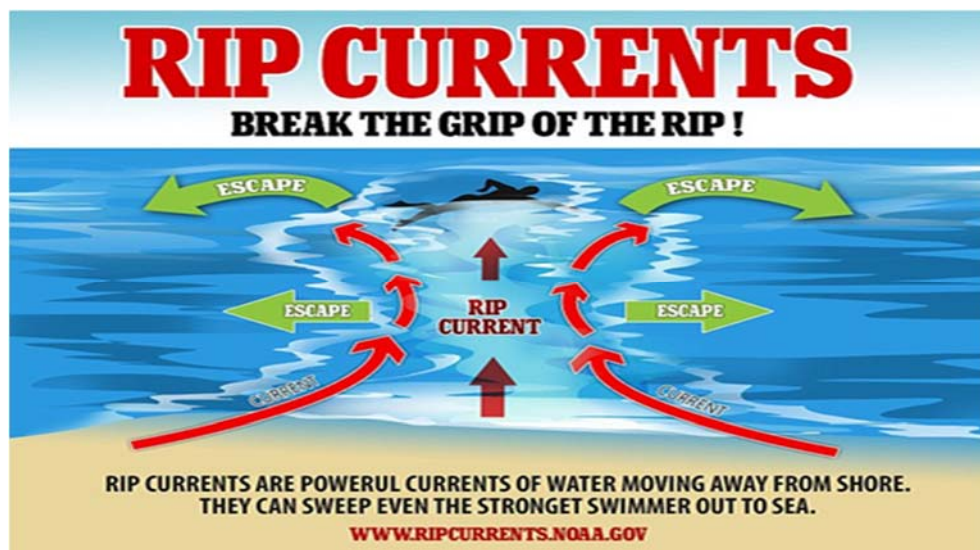
Local outdoor community pools:

-  Westminster Municipal Pool
-  Westminster Family Center
-  Lineboro-Manchester Lions Club
-  South Carroll Swim Club
-  4 Seasons Sports Complex

**DON'T
FORGET
YOUR
SUNSCREEN**

**Broad spectrum
SPF 30 or higher
Water resistant**

**While vacationing at the ocean be aware of RIP Currents.
Know how to break the grip!**



PICNICKING TIPS!

- ◆ Wash fruits and vegetables before packing
- ◆ Use vinaigrette-based salad dressing instead of mayonnaise-based salad dressing
- ◆ Bring a chopped vegetable salad instead of potato or pasta salad
- ◆ Have two coolers: one for drinks and another for food, in order to open the food cooler less often
- ◆ Keep your coolers closed and only open when necessary
- ◆ Pack a first aid kit
- ◆ Stay hydrated; replace sugary drinks with water, sparkling water, or unsweetened ice tea
- ◆ Wash your hands before and after you eat
- ◆ Keep hot food hot, and cold food cold. Don't leave food unrefrigerated for more than two hours or one hour when the outdoor temperature is above 90° F



Source: vitamedica.com/wellness-blog/planning-the-perfect-picnic-in-the-park/



WATERMELON, CUCUMBER & FETA SALAD

Ingredients

- ½ cup red-wine vinegar
- 2 teaspoons honey
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup extra-virgin olive oil
- 5 cups cubed seedless watermelon
- 1 English cucumber, chopped
- 6 ounces feta cheese, cut into ¾-inch cubes
- ½ cup thinly sliced red onion
- 2 tablespoons chopped fresh mint

Directions:

1. Whisk vinegar, honey, salt and pepper in a small bowl; gradually whisk in oil until completely incorporated.
2. Combine watermelon, cucumber, feta and onion in a large bowl. Gently stir in ½ cup of the vinaigrette. Refrigerate for at least 20 minutes or up to 2 hours.
3. Just before serving, gently stir in mint; drizzle with the remaining vinaigrette.

Join Walk Carroll this July for their **Walk in the Park** series!

We will be traveling around to four different parks in Carroll County to walk.



Tuesday, July 9, 6:00 p.m.

Freedom Park

100 Raincliffe Road,
Sykesville, MD 21784

Led by Commissioner Dennis Frazier

Tuesday, July 16, 6:00 p.m.

Sandymount Park

2250 Old Westminster Pike,
Finksburg, MD 21048

Led by Sheriff Jim DeWees

Wednesday, July 24, 6:00 p.m.

Krimgold Park

5355 Woodbine Road,
Woodbine, MD 21797

*Led by Chief of Police
Thomas Ledwell*

Wednesday, July 31, 6:00 p.m.

Roberts Mill Park

4501 Stumptown Road
Taneytown, MD 21787

Led by Mayor Bradley J. Wantz



PROTECT YOURSELF FROM SUMMER PESTS!

Be **AWARE** of Ticks

M **REMOVE HABITATS**

O Eliminate standing water in rain gutters, old tires, buckets, plastic covers, toys, or any other container where mosquitoes can breed.

S **USE STRUCTURAL BARRIERS**

Q Cover all gaps in walls, doors, and windows to prevent mosquitoes from entering. Make sure window and door screens are in good working order.

U **AVOID GETTING BITTEN**

I Keep mosquitoes away from exposed skin by wearing long-sleeved shirts, long pants, and socks.

T The CDC recommends the use of insect repellent when necessary. When used as directed, Environmental Protection Agency (EPA)-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women. Use an EPA-registered insect repellent with one of the following active ingredients:

DEET · Picaridin · IR3535 · Oil of lemon eucalyptus (OLE) ·
Para-menthane-diol (PMD) · 2-undecanone

Be sure to follow label directions and precautions closely.

Sources: www.epa.gov/insect-repellents/tips-prevent-mosquito-bites
& globallymealliance.org/education-awareness/be-tick-aware/

The Global Lyme Alliance has created a tool to teach kids how to prevent, identify, and check for ticks:

Avoid areas where ticks live. Ticks tend to live in wood piles, long grass, leaf piles, and beach grass.

Wear light-colored clothing, long pants, sleeves, socks, and closed toe shoes.

Apply EPA-approved tick repellent to skin, clothing, and shoes as instructed.

Remove clothing once you enter your home. Toss your clothes into the dryer at a high temperature for 10-15 minutes.

Examine yourself and your pets for ticks daily. Check everywhere – ticks love to hide!

