

GET UP AND

GO GO

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How do I protect myself from UV rays?

People who get a lot of exposure to ultraviolet (UV) rays are at greater risk for skin cancer.

Sunlight is the main source of UV rays, but you don't have to avoid the sun completely. And it would be unwise to stay inside if it would keep you from being active, because physical activity is important for good health. But getting too much sun can be harmful. There are some steps you can take to limit your exposure to UV rays.

Some people think about sun protection only when they spend a day at the lake, beach, or pool. But sun exposure adds up day after day, and it happens every time you are in the sun.

Simply staying in the shade is one of the best ways to limit your UV exposure. If you are going to be in the sun, "Slip! Slop! Slap!® and Wrap" is a catchphrase that can help you remember some of the key steps you can take to protect yourself from UV rays:

Slip on a shirt. Slop on sunscreen. Slap on a hat.

Wrap on sunglasses to protect the eyes and skin around them.



"When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy.' They told me I didn't understand the assignment, and I told them they didn't understand life." -John Lennon

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For more information go to
American Cancer Society @
www.cancer.org

Wellness Team Mission is to promote, support and help provide access to a workplace that encourages environmental and social support for a healthy lifestyle.

Nutritious Recipe Column

Mexican Cucumber Salad

- 1 medium cucumber, chopped
- 1 (8.75 ounce) can whole kernel corn, drained
- 1 (16 ounce) can stewed tomatoes, drained and sliced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 2 tablespoons red wine vinegar
- 1 tablespoon crushed red pepper flakes
- 1/2 teaspoon garlic, minced
- 1/2 teaspoon cumin
- 1/4 teaspoon dried cilantro
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

In a large bowl, toss together the cucumber, corn, tomatoes, green bell pepper, red bell pepper, and red wine vinegar. Season with crushed red pepper flakes, garlic, cumin, cilantro, salt, and black pepper. Cover, and chill at least 30 minutes before serving.

We live in a fast-paced, demanding world. A world full of "have to's" and "shoulds"; where we often overlook the accomplishments on our to-do list and focus critically on the unfinished tasks. It seems like our society is conditioned for this to be the norm. We rarely feel like we are, or have done, enough. When do you create time in your life to simply "be" and give witness to how significant you are? How well your body is functioning? How much you do accomplish, every single day? As a massage therapist, I have the pleasure of supporting people in creating a space in their life to simply "be" and receive. It's my honor to create a safe space and witness my clients as they explore their own bodies and receive some Tender-Loving-Care. They are often surprised at how many tender spots they have, since we generally only take note of the spots that "scream" for our attention. Even when our body does get loud, we often ignore it until we can't.

Our society is just beginning to promote, and value, self-care. Finally! Do you act with as much care for yourself as you do for those you care for?

Submitted by: Megan Williams Lindemanis, licensed massage therapist, (www.downeastmassage.com), 853-4089

Stretches by the Month

Easy stretches you can do at work

Stretching exercise prevent Carpal Tunnel Syndrome



Upcoming events:

June 28 Bay of Fundy Marathon, 1/2 Marathon & 10K Lubec/Campobello

June 30 Eastport Health Center Health Potluck, noon in the downstairs breakroom

July 1 Canada Day Race - This annual sailboat race begins off the Eastport Breakwater and ends at St. Andrews, NB with the famous St. Andrews Yacht Club BBQ.

