

Jesus answered and said to her, “whoever drinks of this water will thirst again, but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life.” John 4:13-14 (NKJV)



Summer Safety

As summer kicks into high gear, play it safe. For many of us, warmer weather means more outdoor time, more sun, and sometimes braving triple-digit temperatures. Whether you're heading to the pool or taking a walk, there are ways to soak up the sun and heat safely. Dr. Lindsay Stroud, Associate Professor and Vice-Chair of Dermatology at Atrium Health Wake Forest Baptist shares her tips:

Stay sun and heat safe

- Wear a wide-brimmed hat, sunglasses, and sunscreen (SPF 30+) to protect yourself from sunburn, skin cancer, and early skin aging. Apply and reapply sunscreen often – even if the label says it's waterproof or sweat-resistant.
- Make sure you're well-hydrated. Tired of plain old water? Spice it with some mint, cucumber, or favorite fruit.

- Seek out a shady area or stay indoors during the heat of the day and know the signs of heat stress.
- Never leave children or pets in a closed vehicle – even for a few minutes. Temps rise quickly.

Be water safe

- Stay alert near any body of water – pools, beaches, lakes, and even kiddie pools – even if a lifeguard is on duty.
- 2 out of 3 people who drown knew how to swim, so know your limits and never swim alone
- Stay touch distance away from young or new swimmers
- Think twice before diving to make sure it's not in the shallow end of a pool or lake (to avoid neck or head injury)

Be grill safe

- Never leave a hot grill unattended.
- Never use a grill in an enclosed space like a garage
- Place the grill away from the house or anything that could catch fire
- Don't leave food out too long so it doesn't spoil or cause illness.

Stay outdoor safe

- Apply bug spray to avoid mosquito and tick bites
- If you come into contact with poison ivy, wash your skin and clothes with soap and water. Remember, if you see “leaves of 3, leave it be” since poison ivy has 3 leaves.

Summer Orzo

1 package (16 ounces) orzo pasta

1/4 cup water

1-1/2 cups fresh or frozen cor

24 cherry tomatoes, halved

2 cups crumbled feta chees

1 medium cucumber, seeded and choppe

1 small red onion, finely chopped

1/4 cup minced fresh mint

2 tablespoons capers, drained and chopped, optional



Directions:

Cook orzo according to package directions for al dente. Drain orzo; rinse with cold water and drain well. Transfer to a large bowl.

In a large nonstick skillet, heat 1/4 cup water over medium heat. Add corn; cook and stir until crisp-tender, 3-4 minutes. Add to orzo; stir in tomatoes, feta cheese, cucumber, onion, mint and, if desired, capers.

In a small bowl, whisk oil, lemon juice, lemon zest, salt and pepper until blended. Pour over orzo mixture; toss to coat.

Refrigerate 30 minutes

Just before serving, stir in almonds.

5 tricks to avoid tick bites and related illnesses

Ticks can be a real nuisance. Tick bites can spread germs and tick-borne illnesses like Rocky Mountain Spotted Fever or Lyme Disease. Take steps to prevent one from digging into your skin.



1. Avoid wooded or overgrown areas.
2. Apply bug spray (sprays with DEET work well).
3. Wear closed-toed shoes, high socks and long, light-colored clothing.
4. Check for ticks daily – ticks grab onto skin and clothing. Look in and under your hair, neckline, behind your ears, in between the legs, behind your knees, ears, and under the arms.
5. If you have a dog, ask your vet how to protect fido. This will help lower the chance that ticks will hitch a ride into your home.

Always remove a tick if you find one. Here is how to remove a tick:

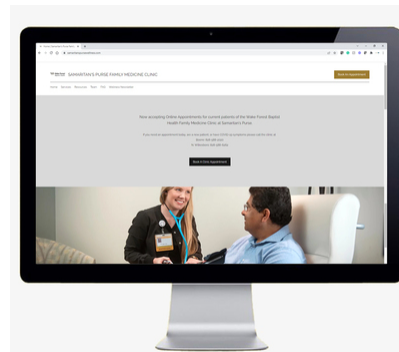
- Use tweezers to firmly grasp the tick as close to the skin as you can.
- Pull upward with steady, even pressure, and don't twist the tick.
- Clean the skin with rubbing alcohol or soap and water.
- Get rid of the tick by flushing it down the toilet or place it in a sealed see-through bag or container if you plan to ask your healthcare provider or public health department.

Source: CDC

Wellness Website

The Wellness Website includes:

- **Link to book clinic appointments online**
- Information and FAQs about the services offered at the clinic
- Meet your care team
- General wellness resources
- Link to sign up for the monthly wellness newsletter, and past issues
- And more!



It can be found at samaritanspursewellness.com

Check it out

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Wellness Website

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