# July 2025

# Wellness **Newsletter**



# HEALTH OBSERVANCE UV Safety Month

Caitlyn Keenen - Wellworks For You

### Summer is here!

for the

It's time to ditch your cold winter blues and trade those spring rain boots for sunglasses and flip-flops. Most of us like to spend time outdoors in the warm weather, but do you know how to stay safe from the sun? The leading cause of skin cancer is ultraviolet (UV) radiation caused by the harmful rays from the sun. As a result, July is observed as UV Safety Month to raise awareness about the dangers of UV radiation.

Spending time outside is a great way to be physically active and reduce stress, but it is important to protect yourself while doing so. Too much exposure to UV light can harm your eyes, causing cataracts, and damage to your skin cells, potentially leading to skin cancer. Though July is UV Safety Month, shielding yourself from the sun is needed year-round. Even on cloudy, chillier days, the sun can harm you.

### Not sure if you should worry about sun safety?

Check the weather. If the UV Index is three (3) or higher, take precautions, especially between 10 a.m. and 4 p.m., when UV rays tend to be the strongest.

### How do you go about protecting yourself from the sun?

Below are some tips to keep you safe while visiting an amusement park, enjoying a cookout, or doing any of your other favorite summer activities. We hope you have some fun in the sun!

- Sun Protective Clothing: Wear things like longsleeved shirts, long pants, and cover-ups.
- Hats: Wear a brimmed hat that covers your face, ears, and the back of your neck.
- **Sunglasses:** Wear sunglasses; wrap-around sunglasses work best.
- **Sunscreen:** Apply a thick layer of water-resistant sunscreen with an SPF of 15 or higher. Reapply every two hours and after swimming, sweating, or drying off.
- Seek Shade

Source: https://www.cdc.gov/skin-cancer/sun-safety/index.html







This Independence Day, celebrate by taking steps toward financial freedom.



Make your summer picnics safe and enjoyable by following a few key food safety guidelines.



## 4 Featured Recipe





# FINANCIAL HEALTH TIP CORNER

# Financial Independence: Planning for a Stress-Free Summer

Summer is a time to relax, recharge, and make memories. But if you're constantly worrying about your budget, it can be hard to enjoy the season. With a little preparation and a few mindful choices, you can take control of your finances and enjoy all that summer has to offer without added stress.

#### Start with a Summer Spending Snapshot

Take a few minutes to jot down what you expect to spend money on this season. Think about travel, weekend outings, extra childcare, events, or even those spontaneous iced coffees and ice cream runs. Knowing what's ahead gives you a better chance of staying in control.

#### **Create a Simple Savings Plan**

If you have a trip or a big event coming up, break the total cost into smaller weekly savings goals. Setting aside even a small amount regularly can help you avoid the last-minute scramble or reliance on credit.

### **Embrace Low-Cost and No-Cost Activities**

Summer offers endless fun that doesn't require spending a lot. Visit your local farmer's market, check out free outdoor concerts, take advantage of local trails and parks, or plan a potluck picnic with friends. Some of the best summer memories are made without swiping a card.

#### **Be Honest About What Matters**

You don't have to say yes to every invitation or spend money just to keep up. Think about what truly brings you joy. Focus your energy (and budget) on those experiences, and don't be afraid to skip the rest.

### **Check In With Your Budget Weekly**

A quick weekly review can help you adjust if something unexpected pops up. Tracking what you've spent and what's coming next can reduce anxiety and keep you feeling confident in your decisions.

### Enjoy the Present, Plan for the Future

While summer is about living in the moment, don't lose sight of your long-term goals. Staying mindful now supports your financial wellbeing year-round.

Source: https://moneynav.com/money-hacks



# **Picnic Smart**



# How to Have a Safe & Healthy Summer Picnic

Katherine Kline - Wellworks For You

I've always loved eating outside in the summer. Whether it's a full-on picnic with the blanket, basket, and a good book, or just dinner on the patio, there's something special about food and fresh air. One of my favorite rituals is packing up a cooler and biking to the park for a quiet afternoon in the sun.

But as summers get hotter, I've started thinking more seriously about picnic safety. Food can spoil quickly in warm weather, and I want to make sure what I'm eating is just as safe as it is delicious. Here are a few easy habits I've picked up:

### **Chill Matters**

I freeze water bottles to keep my cooler cold and always make sure perishable items like meat, cheese, and salads stay under 40°F. If I don't have a cooler, I stick with shelf-stable snacks like fruit, nuts, or peanut butter.

### Watch the Clock

Food should be eaten within two hours, or just one hour if it's over 90 degrees. I set a phone timer, so I don't forget.

### **Keep Things Clean**

I pack raw foods separately, bring extra utensils, and avoid mixing prep tools with anything ready to eat.

### **Outsmart the Bugs**

Reusable covers, mesh food tents, and natural bug repellents like citrus peels help keep pests away without ruining the vibe.

### When in Doubt, Toss It

If it looks or smells off, I don't take chances. It's not worth the risk.

As someone who genuinely loves outdoor dining, I've found that adding just a little more intention to my planning has made the experience feel even better. I still get to enjoy the breeze, the sunshine, and the fresh air, I just feel more at ease knowing I've taken steps to stay safe and well.

Summer is meant to be savored. With a bit of prep and awareness, we can all enjoy the season's flavors, fresh air, and freedom, without worry.

Source: https://www.fda.gov/food/buy-store-serve-safefood/handling-food-safely-while-eating-outdoors



### FEATURED RECIPE

# Picnic Potato Salad with No Mayonnaise

Vegetarian

10 6 SERVINGS 55 MINUTES



### INGREDIENTS

- · 2 pounds small new potatoes, quartered
- · 2 tablespoons balsamic vinegar
- 1/4 cup extra-virgin olive oil
- 1 tablespoon Dijon mustard
- · 2 tablespoons chopped fresh basil
- <sup>1</sup>/<sub>2</sub> teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup chopped onion
- <sup>3</sup>⁄<sub>4</sub> cup crumbled blue cheese
- · 2 tablespoons chopped fresh chives

### NUTRITION

Per Serving:		Per Serving:	
Calories:	272	Protein:	7g
Carbohydrates:	30g	<b>Dietary Fiber:</b>	4g
Saturated Fat:	5g	Cholesterol:	13mg
Total Sugars:	Зg	Sodium:	503mg

Source: https://www.allrecipes.com/recipe/222279/picnic-potato-saladwith-no-mayonnaise/

## TIPS

Picnic salads, with or without mayonnaise, should be kept refrigerated or in a cooler. For food safety reasons, always refrigerate potato salads after 2 hours at room temperature, or 1 hour on hot days: at or above 90 degrees F (32 degrees C).

## DIRECTIONS

- 1. Place potatoes into a large pot and cover with lightly salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, 10 to 15 minutes; drain.
- 2. Whisk vinegar, olive oil, mustard, basil, salt, and pepper together in a large bowl; add the potatoes and onion. Toss gently to coat. Let stand until cool, about 30 minutes.
- 3. Fold blue cheese and chives into the potato salad until blended.

