Health & Wellness Newsletter

Sun Safety Tips

Brought to you by:
ABHS Medical Education III Students

The sun's ultraviolet (UV) radiation is the major cause of skin cancer. UV damage also causes sunburn, tanning, premature ageing and eye damage. More than 90 percent of skin cancers are caused by sun exposure. The good news is you can prevent damage – and skin cancer – by being Sun Smart.

The Five S's of Sun Safety:

- **SLIP** on a t-shirt.
- **SLOP** on SPF 30+ broad spectrum UVA sunscreen.
- **SLAP** on a broad-brimmed hat.
- **SLIDE** on quality sunglasses.
- **SHADE** from the sun whenever possible.

SUNSHINE VITAMIN

We all know that summer is the time to get outside and enjoy the warm weather. The warm rays of sunshine and extended days make this time of year one of the favorites in Michigan.

However, what might get overlooked is the health benefits of moderate sunshine exposure. The human body produces Vitamin D naturally when exposed to sunlight. Vitamin D is an essential Vitamin that assists with healthy bone development and is crucial in maintaining a strong immune system. Research even shows that Vitamin D may play an important role in regulating mood and battling depression.

Remember to take care when being out in the sun too long, but next time you want to stay inside on a warm, sunny day remember your body needs Vitamin D. Consider going outside and enjoying the beautiful summer day.

Diet & Nutrition

Buffalo Chicken Salad

3 cups cooked, shredded chicken
1 cup fat-free blue cheese dressing
1 tsp. hot sauce
1 cup chopped celery
1–2 cup crumbled reduced-fat blue cheese
3 cups chopped romaine lettuce

Combine chicken, dressing, and hot sauce. Stir in celery and cheese. Serve over lettuce. Makes 4 servings.

Strawberry Kiwi Smoothie

1 cup plain Greek yogurt
3–4 cup water
1 cup crushed ice
1 cup fresh or frozen strawberries
1 peeled kiwi
In a blender, pulse all ingredients until smooth.
Makes 2 smoothies.

Protein Pointers

Your child can think of protein as the building blocks for their bones and muscles. Here's how to help them get the right amount and choose different kinds.

Know what they need. The ideal amount of protein depends on you child's height, weight, gender, and level of activity. In general, teenage boys need about 52 grams of protein per day, while teenage girls need about 46 grams per day. Examples of healthy protein choices include 1 oz. lean meat or poultry, 1 oz. fish, 1 egg, 1 oz. nuts, 1 tbsp. peanut butter, and 1 cup cooked beans.

Wake up with protein. Eating protein at breakfast can tide your student over until lunch because they will feel fuller longer. They might enjoy oatmeal with whipped cottage cheese (blend nonfat cottage cheese until fluffy). Or they could spread peanut or almond butter on whole-wheat toast.

Make your own protein pack. For a satisfying snack, suggest that your teen fill a container with protein-packed foods. They might include a peeled hard-boiled egg and 2 tbsp. hummus. Encourage them to add a whole grain (pita, crackers) and fruit or vegetable (grapes, cucumbers).

Home Activities

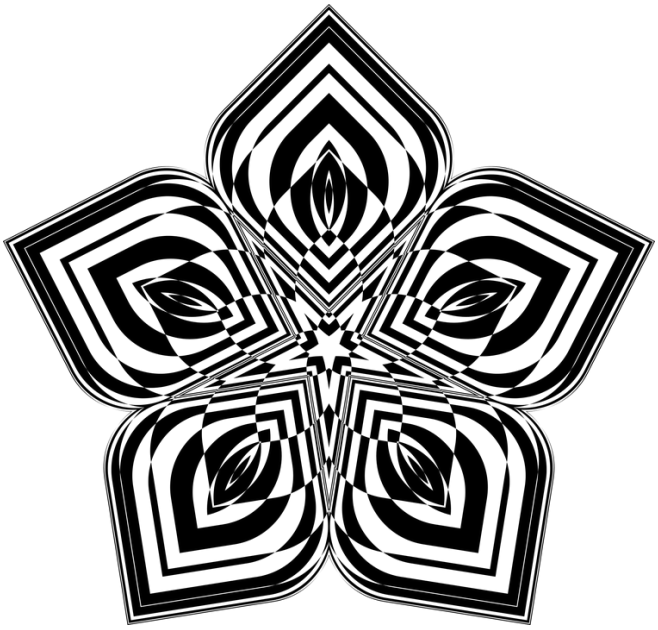
& Rainy Day Coloring Pages

Enjoy these coloring pages to help keep your mind busy and use your creativity to create something beautiful!

Ideas for Family Fun this Summer

Summertime is a great time for family bonding. We all have summer traditions, but trying new things together has numerous benefits. According to Harvard Health, **"Challenging your brain, staying physically active, and being socially engaged may help keep our thinking skills sharp...Being socially engaged may help fend off social isolation and depression."** *Click here for the entire article.*

- Looking for something to do at home when the weather is hot and you need a cool down. Click on this link to learn how to make your very own homemade slip and slide.
- Gloomy day outside and looking to use some of those leftovers in the pantry? Check out this article on how to do a 'Chopped' cooking challenge at home.



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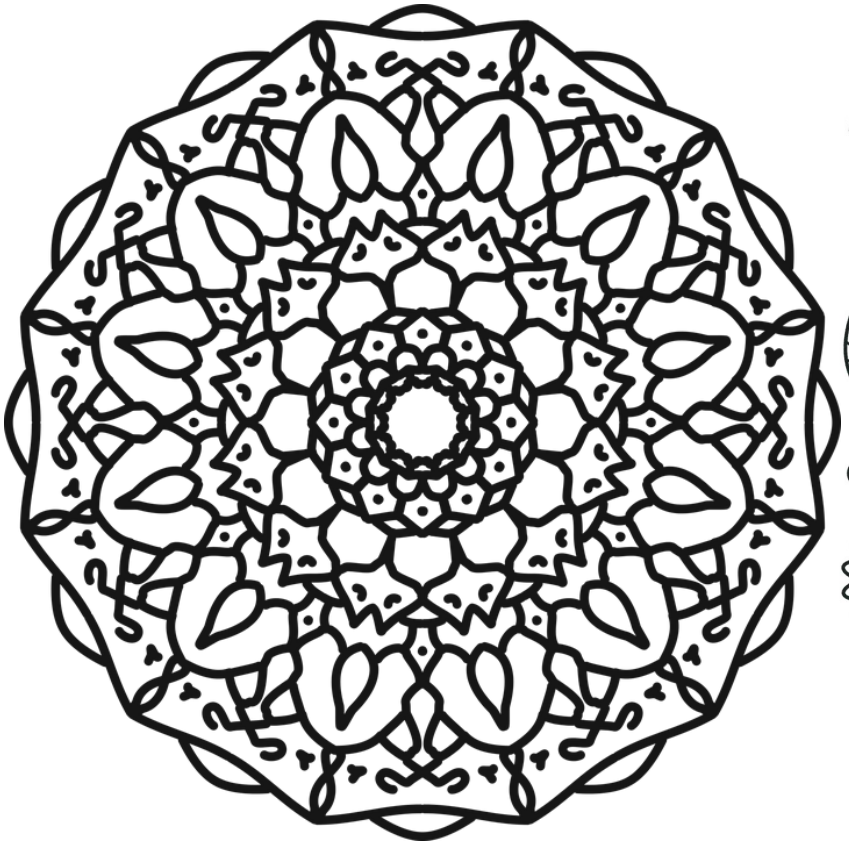

GUESS THIS FAMOUS "FAILURE"

One of the greatest business leaders who created a global empire of film studios, theme parks and consumer products didn't start off successful. Before the great success came a number of failures. Believe it or not, he was fired from an early job at the Kansas City Star Newspaper because he was not creative enough!

In 1922 he started his first company called Laugh-O-Gram. The Kansas based business would produce cartoons and short advertising films. In 1923, the business went bankrupt. With only $40 in his pocket he set out to Los Angeles only to realize Hollywood did not have any animation studios at the time. He continued to work on his own and eventually created Mickey Mouse. The rest is history and today the Company is worth over 100 billion dollars. His legacy lives on in the name.

The famous failure is Walt Disney.

Activities & Community Events

Get Outdoors This Summer

It's time to take advantage of the beautiful summer sunshine and get outdoors!

- **2021 Bay 0 Rama Fishfly Festival June 23-27th** - Visit https://www.bay-rama.com/ for more information.
- **Living Macomb Community Festivals and Events** for the Summer: https://living.macombgov.org/living-thingstodo-landing
- **Metro Parks:** https://www.metroparks.com/events/ **-** By heading to the Huron-Clinton Metroparks event page, you can see all the family friendly events that are offered by month.
- **Detroit Zoo:** https://detroitzoo.org/
- **Belle Isle:** https://www.michigan.org/property/belle-isle-park
- **Yates/Blakes Cider Mills:** https://www.yatescidermill.com/ **or** https://www.michigan.org/property/blake-s-orchard-cider-mill

CANTERBURY VILLAGE 2021 EVENTS SCHEDULE

Michigan Made Winter Market	January 22-24, 30-31
Lucky Leprechaun Day	March 13
Michigan Made Spring Fever Market	March 20-21
Eggstravaganza Egg Drop	April 3
Open Air Markets	April 10-11, 17-18, 24-25
Open Air Markets	May 1-2
Cinco Bash	May 5
Michigan Flower & Artist Weekend	May 8-9
Ultimate Outdoor RV, Boat & Sports Show	May 14-16
Dino Stroll	May 20-23, 28-30
Open Air Markets	June 5-6
Michigan Medieval Faire Stoll	June 12-13
Open Air Markets	June 19-20
Michigan Mega Food Truck Rally – Summer Kick Off	June 26-27
Michigan Rib Fest	July 2-5
Open Air Markets	July 10-11
DPC Car Show	July 11
Michigan Made Festival	July 16-18
International Taste Fest (FOOD - WINE - SPIRITS - BREWS)	July 24-25
Michigan Ice Cream Festival	July 31-August 1
Michigan Hippie & Veggie Fest	August 7-8
Michigan Taco Fest	August 12-15
Michigan Pet Fest	August 21-22
Michigan Seafood & Lobster Fest	August 27-29
Car Show	September 4 (Cobra/Corvette) / 5 (Hot Rods) / 6 (Jaguars)
Arts, Cider & Donuts Fest	September 11-12
Haunted Castle & Terror In The Village	September 17-18, 24-25
BBQ, Bourbon & Brews	September 17-19
Michigan Fall Fest	September 24-26
Michigan Mega Food Truck Rally – Fall Edition	October 2-3
Halloween Stroll	October 7-10, 15-17, 22-24, 29-30
Open Air Markets	November 6-7, 13-14. 20-21
Canterbury Village Tree Lighting	November 20
Michigan Made Holiday Market	November 26-28
Holiday Stroll	November 24, 26-28, December 3-5, 10-12, 17-19, 23
Michigan Mitten Drop & Mitten Gala	December 31

*DATES SUBJECT TO CHANGE

CANTERBURYVILLAGEEVENTS.COM

Canterbury Village in Lake Orion has events for everyone!

https://canterburyvillageevents.com/