

CROSSROADS TO HEALTH

"Beloved, I hope you are prospering in every respect and are in good health,
just as your soul is prospering. " 3 John 1:2

Enjoy the Summer Sun - SAFELY!

Gone are the days when people slathered themselves with baby oil and spent hours lounging in the midday sun. We all know better now, we understand that the ultraviolet rays which come from sun exposure increase your risk of developing skin cancer, and that baby oil ATTRACTS these damaging rays rather than protecting our skin from damage.

But, many people still believe that sunscreen is only necessary for a day at the beach.

Here are some "not-so-fun" facts from the Center for Disease Control:

- Men are more likely to get skin cancer, including the most deadly type - melanoma. This is likely due to two factors; men spend more time outdoors and women are more likely to use moisturizers or make-up which contains sunscreen.
- Skin cancer is the most common cancer in the US. It causes 9,000 deaths per year in our country, and every year 5 million people are diagnosed with it.
- 1/3 of U.S. adults get sunburned each year. Sunburn can increase your risk of skin cancer.

There are things you can do to enjoy the summer weather and still be safe.

- Stay in the shade as much as possible, especially between 10am and 4pm.
- Use a broad spectrum sunscreen with an SPF rating of at least 15. Remember to re-apply it every 2 hours, and after swimming or engaging in an activity which causes you to sweat heavily.
- If you plan to be outside on a sunny day, wear a wide-brimmed hat to protect your face and neck from damaging rays. If you are often outside during times of peak exposure, consider investing in sun-protective clothing. Lightweight, breathable fabrics make it possible to stay cool while keeping your arms and legs covered.

The Parish Walking Group is Back in Action

The parish walking group has started up again, walking through the neighborhood surrounding the parish, sharing faith stories, sorrows, joys - and even a few recipes.

We begin each walk by meeting in the rear parking lot at 6pm on Wednesdays.

It can be intimidating to join a new group, so here are answers to some common concerns.

I'm just beginning to walk, or just getting back to walking. Will I be able to keep up? What if I can't walk as far or as fast as everyone else?

The focus of the group is on being together, so we make sure to choose a pace that's comfortable for everyone. If you would like to walk a shorter distance than the group has planned for that evening, someone will happily walk you back to the parish whenever you wish.

Can I bring someone who is not a member of the parish? Not even Catholic?

Absolutely! We have members in the group from a wide variety of faith backgrounds. All are welcome.

I'd love to come, but I'm taking care of someone who is in a stroller or a wheelchair. What should I do?

Bring them along! We'll even help you push.

How old are the members of the group?

In the past, the age range has been from 8-80. We'd love to break a new record and go from 1-100. Babies and octogenarians, we want you!

Okay, you've convinced me. How do I join?

Show up, smile, you're in. No dues, no officers, no dress code, no secret handshake. You can join at any time. You'll always be welcome.

Save the date - September 9th will be our Health Fair!
(Look for more details in the weekly bulletin in August)