



June is National Safety Month

#KeepEachOtherSafe

Tips to Keep Your Home Safe and Healthy

Test your home for radon. This odorless gas released from the ground and is believed to be the leading cause of lung cancer in nonsmokers. Test kits can be purchased at most home improvement stores.

Leave your shoes at the door! This will ensure that dirt, dust, and chemicals are not tracked throughout your home.

Buy a fire extinguisher. Be sure to read the labels carefully, as there are different types for different areas of your home.

Dust and clean ceiling fans to prevent it from spreading around when turned on.

Regularly clean handles, knobs, and drawers to prevent mold and bacteria growth.

Check the color of your stovetop flames (if you have a gas stove). Yellow-tipped flames may mean that your stove is releasing too much carbon monoxide.

Set your water heater at 120°F to avoid scalding. Especially if you have small children.

Upcoming Rochester Area Safety Events

June

- NSC First Aid, CPR & AED Online Course, free when you register June 1st through 11th. Visit <http://www.safetyserve.com/nsm/> to register. Use access code: NSM2017
- Child Safety Seat Check, June 17th 1:00 pm- 4:00 pm Sam's Club, 700 Elmridge Center Drive, Rochester 14626

July

- CarFit (an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them) July 12th 9:00am-2:00pm Sweden Senior Center, 133 State Street, Brockport 14420

Healthy Summertime Breakfast Bowl

7 oz. Natural Yogurt
1 Ripe Banana sliced
1 Kiwi sliced
1 Tbsp. Chia Seeds
1 Tbsp. Ground Flaxseeds
1 Tbsp. Mixed Seeds
Agave Syrup or Honey to taste

In a bowl, arrange all the ingredients and drizzle with agave syrup or honey. Serve right away and enjoy!

Summer Safety Tips

Did you know your body is constantly in a struggle to disperse the heat it produces? Here are a few tips to avoid heat-related illness:

- Drink more liquid than you think you need and avoid alcohol
- Wear loose, lightweight clothing and a hat
- Replace salt lost from sweating by drinking fruit juice or sports drinks
- Avoid spending time outdoors during the hottest part of the day, from 11am to 3pm
- Wear sunscreen
- Pace yourself when you run or otherwise exert your body.

"Nothing is of greater importance than the conservation of human life."

– Former U.S. President Calvin Coolidge