

# Just for the Health of It

Warren County Public Health Newsletter June 2022

## Drinking and Driving – What You Need to Know

“Graduation Season 2022 and the warm summer months are upon us and it is a good time to take a look at the effect that drinking and driving has on public health and safety. According to the National Highway Traffic Safety Administration, in 2020, roughly 27% of all drivers were involved in alcohol-related serious or fatal crashes from March through September. That figure was up 6% from the previous year. All of us at the Warren County Sheriff’s Office and STOP DWI, would like to remind everyone in our community to plan ahead when attending any summer events that may include alcohol. Designate a driver or utilize ride share like Uber. Talk to your graduating seniors about the dangers of drinking and driving and do not supply anyone under age with alcohol.”

- Raegan Kelly stopDWI Coordinator of Warren County

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## June Health Observances

Alzheimer’s and Brain Awareness Month

National Safety Month

National Cancer Survivor’s Day:  
June 6th

National HIV Testing Day: June  
27th

Mosquito Awareness Week:  
June 20th—26th



Warren County  
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# Summer Safety

*As the weather warms up, it's important to get outside but also important to keep our children safe. Read on to understand the risks that you should be aware of this summer and the ways to reduce that risk.*

## Quick Stats:

- 74% of drowning incidents for children younger than 15 between 2015 and 2017 occurred in residential locations
- Boys younger than 15 die from drowning at twice the rate as girls
- 351 children younger than 15 died in pools and spas in 2015
- Emergency departments treat about 6,400 pool and spa injuries in children younger than 15 every year
- One out of every 5 drowning victims is a child
- Drowning is the number 2 leading cause of death for kids aged 5 to 14

## Water Safety

With temperatures rising, many families will look for ways to cool down and relax as they spend more time at home with curious young ones and idle teens. These circumstances increase the need for water safety awareness and water watcher vigilance. Pools and spas of all shapes and sizes, including portable pools, present risks for drownings. It only takes a moment. A child or weak swimmer can drown in the time it takes to reply to a text, check a fishing line or apply sunscreen. That's why it is important for adults to actively supervise their children. Death and injury from drownings happen every day in home pools and hot tubs, at the beach or in oceans, lakes, rivers and streams, bathtubs, and even buckets.

Swimmers should keep a few safety precautions in mind:

- Don't go in the water unless you know how to swim; swim lessons are available for all ages
- Never swim alone
- Actively supervise your children and eliminate any distractions that can occur
- Learn CPR and rescue techniques
- Make sure the body of water matches your skill level; swimming in a pool is much different than swimming in a lake or river, where more strength is needed to handle currents
- If you do get caught in a current, don't try to fight it; stay calm and float with it, or swim parallel to the shore until you can swim free
- Swim in areas supervised by a lifeguard, remember they are not babysitters
- Don't dive in unfamiliar areas
- Never drink alcohol when swimming; alcohol is involved in about half of all male teen drownings

## Sun Safety

Ultraviolet (UV) radiation from the sun (and tanning beds) can cause sun damage to the skin. It's important to protect yourself all year long, since the UV exposure can cause skin cancer, skin aging, and eye damage. Skin cancer is the most common cancer in the United States, so here are a few tips to lower your risk.

Staying in the shade during high UV index hours (between 10am-4pm) is the best way to avoid the harmful rays. When possible, wearing long-sleeve shirts and long pants can also provide protection. But if that is not an option, wearing a dark t-shirt offers more protection than a lighter one. Wearing a hat with a brim all the way around will protect your face, ears, and the back of your neck. Sunglasses are important to protect your eyes and reduce the risk of cataracts.

Most important is sunscreen. Sunscreen that blocks both UVA and UVB rays, that has an SPF of 15 or higher is best. Sunscreen does wear off, especially in water, so be sure to reapply after about 2 hours of being outside and after swimming or sweating.

## Firework Safety

Sparklers burn at about 2,000 degrees. So here are some tips to use them.

Never let young children play with or ignite sparklers or fountains. Keep a bucket of water or a hose nearby in case of a fire or other mishap, never light them indoors, use them away from people, houses, and flammable materials. Consider using safer alternatives, like glowsticks, confetti poppers or colored streamers.

## Quick Tips to beat the heat:

- Stay cool by wearing appropriate clothing (lightweight, light-colored, loose-fitting)
- Stay in air-conditioned areas as much as possible
- Pace yourself, wear sunscreen
- Do not leave children in cars
- Stay hydrated by drinking plenty of fluids (stay away from very sugary or alcoholic drinks)
- Replace salt and minerals since sweating removes them from the body
- And stay informed by checking the local news for updates about extreme heat and safety tips
- Know the signs of illness and monitor those at risk.

# Alzheimer's and Brain Awareness

*Alzheimer's and Brain Awareness Month is here and now. Learn how to recognize the symptoms of dementia, and the next steps. Caring for a loved one is hard but following the guides can make life a little easier.*

Alzheimer's is a form of dementia and is the most common form of dementia. It accounts for around 70-80% of all dementia diagnoses. Alzheimer's results in the slow deterioration of brain cells and ultimately results in memory loss and struggle of basic tasks.

Alzheimer's disease is a very long process and is a process that can begin years before any symptoms are shown. Each day possesses new challenges for those taking care of someone with Alzheimer's.

There are three changes that are the most likely to occur. Changes in communication skills, personality and behavior and lastly, sexuality and intimacy. We will cover how to cope with those changes as well as what these changes may look like. If you feel that someone you know is exhibiting symptoms of Alzheimer's it is important to talk to your doctor and discuss the possibilities.

Despite what some may think, Alzheimer's is not a normal part of aging. Alzheimer's is a disease that can leave individuals confused, irritable, sad or anxious. The disease continuously chips away at an individual's ability to function by themselves so these reactions can be very common.

## Communication Skills

Communication is hard for people with Alzheimer's because they have trouble remembering things. They may

struggle to find words or forget what they want to say. You may feel impatient and wish they could just say what they want, but they can't.

### How to cope with changes in communication skills:

- Make eye contact to get his or her attention, and call the person by name
- Be aware of your tone and how loud your voice is
- Encourage a two-way conversation for as long as possible
- Use other methods besides speaking such as gentle touching to guide
- Try distracting someone with Alzheimer's if communication becomes a problem

## Personality and Behavior

Since Alzheimer's Disease causes

*"We believe communicating effectively with someone with Alzheimer's is not just about using language, it is connecting through their senses such as touch, visual cues and sound"*

*— Peter Ross, CEO & co-founder of Senior Helpers*

brain cells to die, the brain works less well over time. This can change how a person acts. You will notice he or she will have good or bad days.

### How to cope with changes in personality and behavior:

- Keep things simple. Ask or say one thing at a time
- Have a daily routine, so the person knows when certain things will happen
- Reassure the person he or she is safe and you are there to help
- Don't argue or try to reason with the person
- Use humor when you can

## Intimacy and Sexuality

Intimacy is the special bond we share with a person we love and respect. It includes the way we talk and act toward one another. This bond can exist between spouses or partners, family members, and friends. Alzheimer's disease often changes the intimacy between people.

### How to cope with changes in intimacy and sexuality:

- Reassure the person that you love him or her, you will keep them safe and that others also care about him or her
- Talk about your concerns in a support group

- Think more about the positive parts of the relationship
- Explore new ways of spending time together
- Focus on other ways to show affection
- Try other nonsexual forms of touching, such as giving a massage, hugging, dancing, snuggling or holding hands

It is important to note that this is not a comprehensive list of all the changes that a person with Alzheimer's may experience. This is also not all of the ways to cope. However, for further information regarding Alzheimer's Disease, we recommend visiting [alzheimers.gov](http://alzheimers.gov) or checking the Alzheimer's Association Northeastern Chapter at [www.alz.org/northeastern](http://www.alz.org/northeastern)

*"No matter what the relationship was between the parent and child—whatever it was—this is going to be extremely challenging because it is not logical. There's no way to deal with it rationally or directly. You don't reason it out. What I've said to so many people is: we always must lead with our love."*

*— Dr. Stephen Hoag, in an interview with [Alzheimers.net](http://Alzheimers.net) about *A Son's Handbook: Bringing Up Mom with Alzheimer's/Dementia**

# Smart Ways for Storing Your Fruits and Vegetables Longer!

Produce is live and breathing. Once it is harvested, the product life begins to deteriorate. There are certain variables that can be controlled to preserve the quality of produce and optimize safety and yields to maximize produce life. These include temperature, rotation and storage practices.

## **Tips for better, longer lasting fruits and vegetables:**

Coolers should be set at 38° - 40° F or cooler to hold most produce for seven days.

Date all produce the day it is received. Practice First in / First out (FI/FO) by placing new product under or behind the older product to ensure that the oldest produce is used first.

The chart below includes recommended storage for many fruits and vegetables

### **Cool, dark and dry place: 1 to 3 months**

Potatoes  
Sweet potatoes  
Garlic  
Onions  
Winter squash  
Shallots

### **Counter: 3 to 10 days (refrigerate when ripe)**

Apples  
Cherries  
Grapes  
Melons  
Peaches  
Pears  
Plums  
Tomatoes

### **Refrigerate: 3 to 14 days**

Asparagus  
Berries  
Beets  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery\*  
Chili peppers  
Corn  
Cucumbers  
Eggplant  
Green onions  
Green beans  
Herbs\*  
Leafy greens\*  
Leeks  
Mushrooms  
Okra  
Peas  
Peppers  
Radishes  
Summer squash  
Zucchini

