

# The IHA Insider

Ithaca Housing Authority

798-800 S. Plain Street, Ithaca NY 14850

PH: 607-273-8629 Sec. 8: 607-273-1244

After Hour Emergencies: 607-882-7656



## June 2018

### Quote of the Month

"I always tell my kids if you lay down, people will step over you. But if you keep scrambling, if you keep going, someone will always, always give you a hand. Always. But you gotta keep dancing, you gotta keep your feet moving."

~ Morgan Freeman, Actor

Born June 1, 1937

### Employee Birthdays

*Stephanie Lovett, Principal Account Clerk, 6/26*



Can you spot this logo  
somewhere in this  
newsletter?

Prepared By: Kimberly Burke, Receptionist  
Edited by: Doreen Osterman, Executive Secretary

June

2018

- June 1st**  
National Donut Day
- June 5th**  
National Environment Day
- June 8th**  
National Best Friend Day  
World Ocean's Day
- June 12th**  
Filipino Independence Day
- June 14th**  
Flag Day  
World Blood Donor Day
- June 17th**  
Father's Day
- June 18th**  
International Picnic Day  
MTV Movie Awards
- June 19th**  
Juneteenth
- June 20th**  
World Refugee Day
- June 21st**  
Summer Solstice  
International Yoga Day  
World Music Day
- June 23rd**  
International Widow's Day
- June 26th**  
Day Against Drug Abuse/Illicit Trafficking
  
- June is Observed as:**  
National Safety Month  
LGBT Pride Month  
Men's Health Month

## What's Happening in Ithaca??

### Greater Ithaca Art Trail

Various Artists Studios

Saturday June 2nd

programs@artspartner.org

11:00am to 4:00pm

Free

First Saturday on the Greater Ithaca Art Trail Art studios are open to you! No cost - just visit! Find the list of artists participating this month, and learn tons more at [www.Arttrail.com](http://www.Arttrail.com). Go visit. It's cool to meet the artists and see their creative spaces! Thanks to P.W. Wood and Son for sponsoring this year's Greater Ithaca Art Trail.



### CFCU Summer Concert Series

Bernie Milton Pavilion

Every Thursday Starting June 21st

607-277-8679

100 North Tioga Street

6:00pm to 8:00pm

Free

The CFCU Summer Concert Series is a free outdoor concert series open to the public held every Thursday evening from 6-8 pm, June 21 - September 6 (with the exception of Grassroots Festival week when the show will be on Wednesday, July 18, and with the addition of a Saturday, August 18 show from 1-3 pm). Local and national acts will perform music in genres including jazz, blues, reggae, folk, hip-hop, Celtic pop, bluegrass, rock, and more! Enjoy a beer and wine garden open for the duration of each concert, with beverages from sponsors Seneca Beverage and Wagner Vineyards. Seating is not provided but participants are encouraged to bring a chair and stay a while! The Downtown Ithaca Summer Concert Series has become a weekly summer tradition in the local community; Ithacans and tourists alike enjoy happening upon a vibrant downtown on a weekday evening. See you on the Commons!



### Healthy Living for Your Brain and Body

Titus Towers 1 Community Room

Wednesday June 27th

607-273-5297

800 South Plain Street

11:00am to 12:00pm

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. See flyer attached to this newsletter!

# Titus Towers Evacuation Plan

In the event of an emergency or evacuation, the following procedure will be followed:

1. The Fire Department is automatically contacted through our alarm system and they will automatically respond.
2. The Fire Department will determine if the building needs to be evacuated.
3. All residents *will remain* in their homes during the emergency until they hear instructions from authorized emergency service personnel. Residents will not attempt to gain access to floors during an emergency unless permission is granted by emergency services personnel. Emergency service personnel will instruct residents regarding evacuation if needed.
4. If evacuation is necessary and if time allows (and it is safe to do so), residents should make a phone call from their apartments or designated holding area (if residents have been temporarily moved to one) for evacuation pick up. If you are not picked up, you will be transported to a Red Cross shelter.
5. Residents must **check out, and check back in, with an IHA staff person** during the emergency/evacuation. IHA staff persons will be stationed on the ground floor or designated holding area (if residents have been temporarily moved to one).
6. Residents who are not permitted to return to their homes immediately will be made as comfortable as a possible in a designated common space.
7. If emergency/evacuation extends for a period of time which requires other housing arrangements:
  - a. The American Red Cross will be contacted for temporary shelter.
  - b. You will be transported to a Red Cross shelter. If you prefer to go to a family or friend's home, please contact them and arrange for them to pick you up, but remember to check out with an IHA staff person and tell them where you are going.
  - c. IHA will support residents in relocation efforts.
8. IHA Staff Response Team will coordinate with emergency services.



**FIRST THING TO DO:****DO NOT PANIC – STAY CALM**

Stay in your apartment until told otherwise by IHA staff or emergency personnel (fire department, police). If the emergency (example: fire) is in your apartment, leave your apartment immediately.

**WHAT TO KEEP IN YOUR “STAY HOME” KIT:**

Your “STAY HOME” kit will be useful if, for example, the building loses power, but evacuation is not necessary. It is best to have a “STAY HOME” emergency kit assembled NOW, don’t wait for an emergency. A backpack or plastic tub makes excellent “STAY HOME” kits. Some things to include in the “STAY HOME” kit are:



- Flashlight (tape batteries to outside of flashlight so they don’t corrode inside the flashlight)
- Emergency blanket
- Snacks
- Water
- Batteries for hearing aid
- Medication bottles and pill box
- Cell phone & charger
- Halo charger (charge up your portable devices – phones - quickly without access to an outlet)
- **VIAL OF LIFE FORM (be sure to keep this updated. Give copy to IHA and put it on your refrigerator)**
- Oxygen (when Titus Towers is on generator power, 1 outlet on each floor continues to have power for those residents on oxygen; contact IHA staff if you need an extension cord or help, **PLUS** ask your oxygen supplier for portable tanks)
- Duct tape
- Cash
- Toilet paper
- Underwear, clothes
- Personal things (soap, shampoo, toothbrush, tooth paste)
- Your doctor’s name and phone #
- Family / friends phone number
- Pets (pet supplies such as leash, food, meds, water, shots record)
- Emergency contact card
- Games, magazines
- First aid kit
- Hand crank radio
- Canned food with pull tab lid (including special food for a specific diet)
- Manual can opener
- Important papers (put your will, living will, healthcare proxy and other important documents in a sealed plastic bag – also give a copy to your family now; don’t wait for an emergency)

## WHAT TO TAKE WITH YOU IF YOU HAVE TO LEAVE IHA:

You may need to put things together quickly! It is best to have a “TO GO” emergency kit assembled NOW, so you can just grab it and go. A backpack or suitcase on wheels makes excellent “TO GO” kits. Some things to include in the “TO GO” kit are:



- Flashlight (tape batteries to outside of flashlight so they don't corrode inside the flashlight)
- Emergency blanket
- Snacks
- Water
- Batteries for hearing aid
- Medication bottles and pill box
- Cell phone & charger
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- Pets (pet supplies such as leash, food, meds, water, shots record)
- Emergency contact card
- Games, magazines
- First aid kit
- Hand crank radio
- Canned food with pull tab lid (including special food for a specific diet)
- Important papers (put your will, living will, healthcare proxy and other important documents in a sealed plastic bag – also give a copy to your family now; don't wait for an emergency)

## PHONE CALLS:

If you have time, please make just one phone call to someone who can pick you up and take you where you would like to go if you cannot stay at Titus Towers and do not want to go to a Red Cross Shelter. Before leaving, check out with an IHA staff person to let him or her know where you are going. This will help if any other family members or friends call to find out your location. Also, IHA should be able to contact you.

### WHERE TO MEET:

If the trouble/emergency is in Titus 1, Titus 1 residents will go to the Titus II lobby when instructed by IHA staff or emergency personnel. If the trouble/emergency is in Titus II, Titus II residents will go to the Titus I Community Room. The first step once you are downstairs is to check in with IHA staff.

### IF YOU LEAVE IHA:

Again, tell an IHA staff person where you are going before you leave. You will be asked to give the name, address and phone number of the person you are staying with. If you have no place to go, do not worry -- the IHA and the Red Cross will ensure that you have a safe place to stay. **PLEASE DO NOT LEAVE WITHOUT TALKING TO AN IHA STAFF PERSON.**



### PETS:

If you need to evacuate, please take your pet with you (including food, leash, medications and vaccination records) and contact family or friends and arrange for them to meet you at the shelter so your pet can go home with them. Your pet needs to be in a pet carrier during the evacuation process for their safety and the safety of others. Pets are not allowed to stay in Red Cross shelters, except for service assisting animals. If there is no one that your pet can go home with, please let IHA or Red Cross staff know, and we will make arrangements with the local SPCA to hold them until you can return to your apartment.

### ON YOUR RETURN TO IHA:

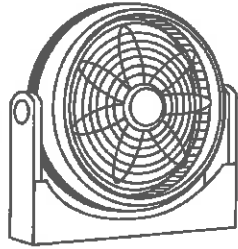


When things are okay and you can return to IHA, please check back in with an IHA staff person, preferably the person that you checked out with.

# Windows, Fans, and Air Conditioning

## Fans in the Windows

Please do not place fans in your windows and have them leaning up against the screens. The fans vibrate when they're on and can actually vibrate enough to pop the screen loose. The fan can then fall to the ground and potentially hurt someone.



## Titus Towers Loaner Fans

Tower residents may borrow a box fan from IHA for the summer. Please see the Receptionist to receive one.

**\*These are first come first serve.**

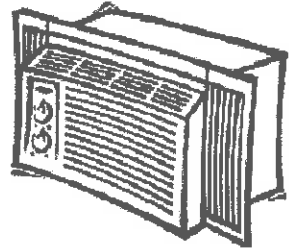
## Window Cleaning for Titus Towers Tenants

If you would like to have your windows cleaned after regular business hours, please contact any of the following maintenance staff:



Jeff Tilton, Patrick Hubbard or Tasia Dudek. They may be reached at 273-8629, ext. 231. There is a \$20 charge for this service.

The IHA has received the below negotiated rates from a private company for installation of air conditioners for 2018.



Please make payments and installation arrangements through the company listed below:

### R & R Appliance

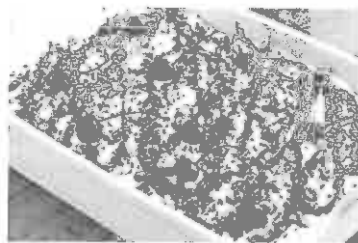
**Rich Roman 607-564-0364**

1. New air conditioner unit installation: \$69.00. (price includes tax, screws, chains, and foam for unit installation)
  - \*New Plexiglas partitions will be an additional cost; the glass size may vary if required in Titus One.
  - \*Luan or other wood trim will be additional if needed in Titus Two.
2. Installation of previously installed air conditioner: \$38.00 (Price includes tax, screws, and foam for unit installation)
3. A/C unit removal. \$25.00 (includes tax). When your air conditioners are no longer needed, they will be stored in the same location as in the past.

**\*\*PLEASE DO NOT CONTACT MAINTENANCE TO HAVE YOUR AIR CONDITIONER INSTALLED\*\***

If you choose to use another vendor to install your air conditioner, you must have them contact Doreen Osterman at the IHA BEFORE they install your unit. She may be reached at 607-273-8629, ext. 234. We need to confirm that they are insured and that they have a copy of our installation instructions. Do NOT allow anyone to install your air conditioner without having them check with Doreen first.

## Banana Split Lasagna



### Ingredients:

#### For the Crust

- 2 c. crushed graham crackers
- 1/2 c. (1 stick) butter, melted
- 2 tbsp. sugar
- kosher salt

#### For the Cream Filling

- 12 oz. cream cheese, room temperature
- 1/4 c. sugar
- 8 oz. cool whip

#### For the Fruit Layer

- 3 bananas, thinly sliced
- 20 oz. can crushed pineapple, well drained
- 1 lb. strawberries, finely chopped

#### Additional Toppings

- 8 oz. cool whip
- 1/2 c. walnuts, toasted and chopped
- chocolate syrup, for serving
- Rainbow sprinkles, for serving
- Maraschino cherries, for serving

### Directions:

1. Grease a 9"-x-13" baking dish.
2. Make crust: In a medium bowl, add graham cracker crumbs, butter, sugar and a pinch of salt. Mix until evenly combined, then press into baking dish. Refrigerate until set, at least 15 minutes.
3. Make cream filling: In a large bowl, beat cream cheese and sugar until fluffy, 5 minutes. Fold in Cool Whip. Spread mixture evenly onto crust.
4. To cream layer, add even layers of banana, pineapple and strawberries. Top with Cool Whip and sprinkle with walnuts. Refrigerate at least 4 hours, or up to overnight.
5. When ready to serve, garnish with chocolate syrup, sprinkles and maraschino cherries.

Source: <https://www.delish.com/cooking/recipe-ideas/recipes/a47617/banana-split-lasagna-recipe/>

We are happy to welcome our new residents and hope they enjoy their tenancy with IHA.



**NEXT IHA BOARD  
MEETING TUESDAY JUNE 19TH  
AT 3:00 PM IN THE TITUS  
TOWER 2 CONFERENCE ROOM**

**Happy Birthday wishes to  
our residents who celebrate  
their birthdays in June!**





## DO NOT THROW AWAY HYPODERMIC NEEDLES DIRECTLY INTO YOUR TRASH!



\*Needles that are put into trash bags and then put down the garbage chute are very hazardous to the maintenance staff \*

FREE SHARPS  
CONTAINERS AVAILABLE  
AT THE FRONT DESK.

PLEASE USE THEM TO PROPERLY DISPOSE  
OF ALL NEEDLES.



Please stop by the front desk to pick up a container or call the Receptionist at 607-273-8629 to arrange to have one brought to your apartment if you're not able to walk to the front desk.

Also when returning the sharps containers, ***please make sure the containers are full and that the lids are completely latched and closed!***

*Thank you for your cooperation!*

### Gas OR Charcoal Grills at Family Sites

Gas grills are very effective at cooking food. Gas grills generate very high temperatures so it is important to be aware of the area around them.

***When being used, the gas or charcoal grill cannot touch the building at all. Place the grill at least 10 feet away from the building any time it is in use. This is in accordance with Fire Code Section 308.7 and Section 308.7.1.***

Always remember to keep the grill lid closed as much as possible while cooking. The cover of a grill is designed to contain the heat so it won't damage the surroundings near the grill. Monitor the grill at all times while in use.



## SUNSCREEN FAQs

### Who needs sunscreen?

Everyone. Sunscreen use can help prevent skin cancer by protecting you from the sun's harmful ultraviolet rays. Anyone can get skin cancer, regardless of age, gender or race. In fact, it is estimated that one in five Americans will develop skin cancer in their lifetime.

### What sunscreen should I use?

The American Academy of Dermatology recommends everyone use sunscreen that offers the following:

- Broad-spectrum protection (protects against UVA and UVB rays)
- SPF 30 or higher
- Water resistance

A sunscreen that offers the above helps to protect your skin from sunburn, early skin aging and skin cancer. However, sunscreen alone cannot fully protect you. In addition to wearing sunscreen, dermatologists recommend taking the following steps to protect your skin and find skin cancer early:

- Seek shade when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.
- Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- Use extra caution near water, snow and sand as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
- Get vitamin D safely through a healthy diet that may include vitamin supplements. Don't seek the sun.
- Avoid tanning beds. Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling. If you want to look tan, you may wish to use a self-tanning product, but continue to use sunscreen with it.
- Check your birthday suit on your birthday. If you notice anything changing, itching or bleeding on your skin, see a board-certified dermatologist. Skin cancer is highly treatable when caught early.

### When should I use sunscreen?

Every day if you will be outside. The sun emits harmful UV rays year-round. Even on cloudy days, up to 80 percent of the sun's harmful UV rays can penetrate your skin.

Snow, sand, and water increase the need for sunscreen because they reflect the sun's rays.

### How much sunscreen should I use, and how often should I apply it?

- Use enough sunscreen to generously coat all skin that will not be covered by clothing. Ask yourself, "Will my face, ears, arms or hands be covered by clothing?" If not, apply sunscreen. Most people only apply 25-50 percent of the recommended amount of sunscreen.
- Follow the guideline of "1 ounce, enough to fill a shot glass," which dermatologists consider the amount needed to cover the exposed areas of the body. Adjust the amount of sunscreen applied depending on your body size.
- Apply sunscreen to dry skin 15 minutes BEFORE going outdoors.
- Skin cancer also can form on the lips. To protect your lips, apply a lip balm or lipstick that contains sunscreen with an SPF of 30 or higher.
- Reapply sunscreen approximately every two hours, or after swimming or sweating, according to the directions on the bottle.

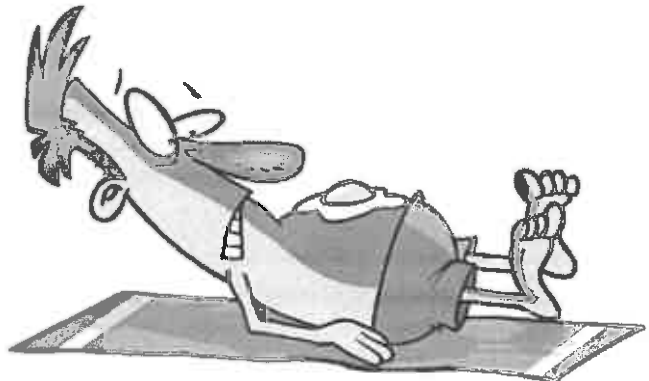


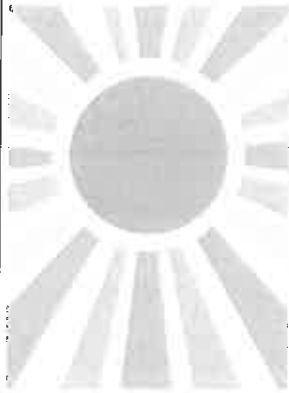
### Broad-spectrum sunscreens protect against both UVA and UVB rays. What is the difference between the rays?

Sunlight consists of two types of harmful rays that reach the earth — UVA rays and UVB rays. Overexposure to either can lead to skin cancer. In addition to causing skin cancer, here's what each of these rays do:

- UVA rays (or aging rays) can prematurely age your skin, causing wrinkles and age spots, and can pass through window glass.
- UVB rays (or burning rays) are the primary cause of sunburn and are blocked by window glass.

The United States Department of Health & Human Services and the World Health Organization's International Agency of Research on Cancer have





declared UV radiation from the sun and artificial sources, such as tanning beds and sun lamps, as a known carcinogen (cancer-causing substance).

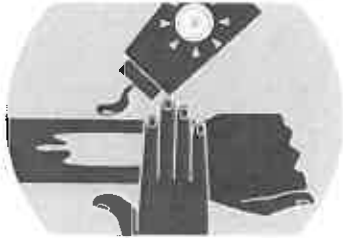
There is no safe way to tan. Every time you tan, you damage your skin. As this damage builds, you speed up the aging of your skin and increase your risk for all types of skin cancer.

#### Are sunscreen safe?

Using sunscreen, seeking shade and wearing protective clothing are all important behaviors to reduce your risk of skin cancer. Scientific evidence supports the benefits of using sunscreen to minimize short-term and long-term damage to the skin from the sun's rays. Preventing skin cancer and sunburn outweigh any unproven claims of toxicity or human health hazard from ingredients in sunscreens. Use a brand with non-toxic ingredients.

#### What type of sunscreen should I use?

The best type of sunscreen is the one you will use again and again. Just make sure it offers broad-spectrum (UVA and UVB) protection, has an SPF of 30 or higher and is water resistant.



The kind of sunscreen you use is a matter of personal choice, and may vary depending on the area of the body to be protected. Available sunscreen options include lotions, creams, gels, ointments, wax sticks and sprays.

- Creams are best for dry skin and the face.
- Gels are good for hairy areas, such as the scalp or male chest.
- Sticks are good to use around the eyes.
- Sprays are sometimes preferred by parents since they are easy to apply to children. Make sure to use enough of these products to thoroughly cover all exposed skin. Do not inhale these products or apply near heat, open flame or while smoking. It is important to note that current FDA regulations on testing and standardization do not pertain to spray sunscreens. The agency continues to evaluate these products to ensure safety and effectiveness.
- There also are sunscreens made for specific purposes, such as for sensitive skin and babies.

Source: <https://www.aad.org/media/stats/prevention-and-care/sunscreen-faqs>



## SUMMER CAMPS 2018

For summer camps in the Ithaca area visit:  
<http://www.tompkinscountyny.gov/youth/summercamps>

### From the Department of Youth Services of Tompkins County

There are differences between "camps" and programs, workshops, or classes. Official camps must be registered with the New York State Health Department and meet specific criteria. Some programs may be registered as school-aged child care programs through the Child Development Council but still call themselves camps. If you have any concerns or questions: 1) speak directly with the director of the camp or program, 2) contact Kristee Morgan at the County Public Health Department, 274-6688, or 3) contact the Child Development Council at 273-0259 about camps operated by school-aged child care programs (SACCs).

Be sure to ask if full or partial scholarships are available.

For parents who receive public assistance, contact the Department of Social Services regarding subsidized fees for 2018 camps:  
 Robin Bakos @ 274-5612.

Many camps will provide before and after supervision, making it feasible for working parents. Always ask and inquire about supervision provided outside of camp or program hours as well as any additional fees for the service.

Inquire directly about program accessibility for youth with disabilities. For advice, questions or more information about mainstreaming youth into recreational programs, contact Recreation Support Services the Ithaca Youth Bureau (607) 273-8364.

SUMMER  
**CAMPS**

## Cutting Connections

*Beauty Shop at Titus  
Towers  
Hours: Monday-  
Thursday,  
9am-2pm*



*Welcome new  
tenants!*

*Stop in or call 607-339-7290  
Serving men, women, and  
children.*

*For evening appointments please  
call to schedule.*

*Come on in, walk ins are welcome!*



*Happy Father's Day!*

*Men's Scissor  
Cut—\$15.00  
Men's Clipper  
Cut—\$13.00*

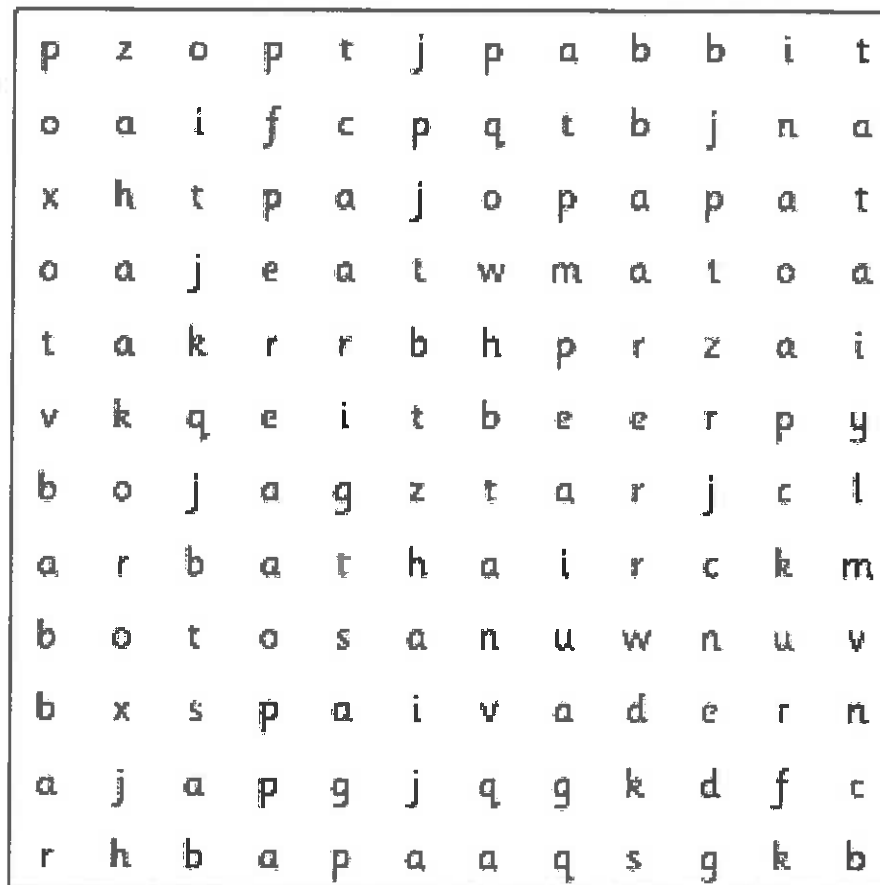




# Father's Day Wordsearch



Can you find the word for Father in all these different languages?



Abba (Hebrew)

Athair (Irish)

Babba (Arabic)

Bapa (Malay)

Father (English)

Haakoro (Maori)

Otosan (Japanese)

Pabbi (Icelandic)

Pai (Portuguese)

Papa (Russian)

Pater (Latin)

Pere (French)

Tata (Polish)

Tatay (Filipino)

Vader (Dutch)

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# June 2018 Tompkins County WIC Appointment Hours

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																											
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">May 2018</p> <table border="1" style="width: 100%; text-align: center;"> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table> </div> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Jul 2018</p> <table border="1" style="width: 100%; text-align: center;"> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div> </div>				M	T	W	T	F	S	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				M	T	W	T	F	S	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						<b>1</b> Tompkins County Health Department 8:45 - 4:00
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<b>18</b> Tompkins County Health Department 8:45 - 6:00	<b>19</b> Tompkins County Health Department 8:45 - 4:00	<b>20</b> Salvation Army Downtown Ithaca 10:00 - 4:45	<b>21</b> Tompkins County Health Department 1:30 - 4:00	<b>22</b> Tompkins County Health Department 8:45 - 4:00																																																																																											
<b>25</b> Tompkins County Health Department 8:45 - 6:00	<b>26</b> Jacksonville United Methodist Church 10:00 - 2:30	<b>27</b> Salvation Army Downtown Ithaca 10:00 - 4:45	<b>28</b> Tompkins County Health Department 8:45 - 4:00	<b>29</b> Tompkins County Health Department 12:00 - 4:00																																																																																											



Check Us Out at [WICSTRONG.CO](http://WICSTRONG.CO) \* 55 Brown Road Ithaca (607) 274-6630

Office Hours Mon 8:30 - 6:30 \* Tue - Fri 8:30 - 4:30

# HOW TO SELECT A SUNSCREEN

Choosing the right sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun.

SUNSCREEN IS AN IMPORTANT TOOL in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

1 in 5

Americans will develop skin cancer in their lifetime.



The American Academy of Dermatology recommends consumers choose a sunscreen that states on the label:

## BROAD SPECTRUM

Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.

## SPF 30 OR HIGHER

How well a sunscreen protects you from sunburn.

## WATER RESISTANT OR VERY WATER RESISTANT

For up to 40 or 80 minutes. Sunscreens are not waterproof or sweatproof and need to be reapplied.



ONE OUNCE OF SUNSCREEN, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.



SpotSkinCancer.org

# HEAT-RELATED ILLNESSES

## WHAT TO LOOK FOR

## WHAT TO DO

### HEAT STROKE

- High body temperature (103°F or higher)
  - Hot, red, dry, or clammy skin
  - Fast, strong pulse
  - Headache
  - Dizziness
  - Nausea
  - Confusion
  - Losing consciousness (passing out)
- Call 911 right away—heat stroke is a medical emergency
  - Move the person to a cooler place
  - Help lower the person's temperature with cool cloths or a cool bath
  - Do not give the person anything to drink

### HEAT EXHAUSTION

- Heavy sweating
  - Cold, pale, and clammy skin
  - Fast, weak pulse
  - Nausea or vomiting
  - Muscle cramps
  - Tiredness or weakness
  - Dizziness
  - Headache
  - Fainting (passing out)
- Move to a cool place
  - Loosen your clothes
  - Put cool, wet cloths on your body or take a cool bath
  - Sip water
- Get medical help right away if:**
- You are throwing up
  - Your symptoms get worse
  - Your symptoms last longer than 1 hour

### HEAT CRAMPS

- Heavy sweating during intense exercise
  - Muscle pain or spasms
- Stop physical activity and move to a cool place
  - Drink water or a sports drink
  - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
  - You're on a low-sodium diet
  - You have heart problems

### SUNBURN

- Painful, red, and warm skin
  - Blisters on the skin
- Stay out of the sun until your sunburn heals
  - Put cool cloths on sunburned areas or take a cool bath
  - Put moisturizing lotion on sunburned areas
  - Do not break blisters

### HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
  - Keep the rash dry
  - Use powder (like baby powder) to soothe the rash





# healthy living for your brain and body

tips from the latest research



## an education program by the alzheimer's association

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**June 27 | 11:00 a.m. - 12:00 p.m. at Titus Towers 1 in the Community Room  
800 South Plain St., Ithaca, NY 14850**

Please register in advance by calling (607) 273-5297 or (607) 226-9553.

Lunch will be offered by Foodnet Meals on Wheels, please call (607) 273-5297 to reserve your meal.

*Advance registration is required at least 5 days before the program date. Unfortunately, programs with minimal registrations will be canceled. If you do not register, you are still welcome to attend, but please call 800-272-3900 to confirm that the program is still scheduled.*

*This activity is supported, in part, by a grant from the New York State Department of Health.*



# Foodnet Meals on Wheels

has invited

## **Finger Lakes Independence Center**

**to join us on Monday, June 18<sup>th</sup> at 11:30am to share some valuable information regarding the services available to you through FLIC**

- *Information and referral services* (NY Connects) for anyone looking for community based services and supports
- *The Loan Closet and Try It Room* which allows you to borrow equipment from wheelchairs to magnifying glasses
- *Homecare aide programs* for people who need assistance in the home from personal care to cooking to housekeeping

### **All Are Welcome!**

Please join us in the TT 1 Community Room for this informative workshop! No registration required. If you are interested in joining us for lunch that day, please call Faith at 273-5297 to reserve a meal at least one day in advance.