



Health & Wellness Newsletter

Health Benefits of Gardening

As we move into the much-awaited summer months, many of us will be spending a good deal of time outside enjoying the weather. Research shows the positive impact that being outside can have on our own well-being and one of the great activities to engage in during this time is gardening. Various studies show the positive impact that gardening can have not only on our physical health but also our mental well-being. So, make a trip to your local nursery and pick out some nice flowers or vegetables to tend to this summer and reap these wonderful benefits.

Physical Exercise

We know the importance of exercise, and gardening is a unique way to get a good amount of physical exercise. Moving around the garden allows us to engage in several different movements that forces us to use our whole body. Just be careful to take breaks and not over-do it.

Connection to the Land and Others

Gardening allows us to take responsibility over a piece of land and have a relationship with the vegetation within it. Caring for the garden requires us to stay in tune with the elements and what changes are needed to make the plants thrive. It teaches us to learn from our mistakes and feel joy when things go right because of the energy we have invested. The hobby can also allow people to connect with each other over the common interest and share successes and failures.

Surrounded by Green

New research has found several benefits of simply being surrounded by natural landscapes. Being able to look out at an enjoyable landscape is

linked with better recovery times, less anxiety, and better stress management. The great thing about a home garden is we can benefit from this by simply looking out our window or tending to the garden when needed.

Mindfulness and Reducing Stress

Allowing yourself to be in the moment and mindful of your surroundings is an important tool to help alleviate anxiety and stress. A garden is a safe place to allow ourselves to be completely in the present and focus on what we are currently doing. Taking time to notice and enjoy the surroundings of the garden and plants is an effective way to help us practice mindfulness.

Source: Gillihan, Seth J. 2019. Psychology Today

Sun Safety Tips

Brought to you by: ABHS Medical Education III

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.





Diet & Nutrition

Taco-in-a-Mug

Here's an easy way for your child to make their own "taco-in-a-mug." Let them put cooked shredded chicken in the bottom, then layer taco ingredients such as low-fat pepper jack cheese, salsa, and lettuce. They can sprinkle on crumbled baked tortilla chips and eat right out of the cup!

Sheet-pan Chicken Dinners

Cooking an entire dinner for four on one sheet pan means quicker cleanup. Use 1 lb. boneless, skinless chicken breasts for each of these recipes.

Cheesy potatoes and broccoli:

Drizzle the juice of one lemon on the chicken. In a large bowl, mix 1 – 2 lb. cubed red potatoes and 1 broccoli head cut into florets with 1 tbsp. olive oil and 2–3 crushed garlic cloves. Add to pan and lightly season with salt, pepper, and Parmesan cheese. Bake at 400° for 35–40 minutes, until chicken is cooked through.

Fruit and veggie fajitas:

Cut chicken into 1-inch strips, and place on cooking sheet. Add 1 sliced bell pepper, 1 sliced onion, and 1 16-oz. can pineapple chunks (drained). In a small bowl, stir together 1 tbsp. each olive oil and lime juice, and 1 tsp. each honey, chili powder, and cumin. Drizzle over chicken mixture. Bake at 350° for 20 minutes. When cooked through, serve in warmed wholegrain tortillas.



Grow Fresh Produce in a Container Garden

Nothing tastes as good as fresh produce. It tastes even better when you pick it in your own garden. What if you don't have much space or no yard? You can have some vegetables and herbs growing on a sunny patio, porch, or deck in containers. A few minutes of planning and preparation will improve your success and enjoyment of any container garden.

The MSU Extension has lots of great information on gardening in Michigan. Visit their website at https://www.canr.msu.edu/resources/container_gardening_with_vegetables_herbs.



Here is what the MSU Exchange lists as great container plants:

| Vegetables well-suited for summer container gardening | |
|---|--|
| Cucumbers | Bush varieties are easier to manage, but vining varieties can be trellised. |
| Eggplant | Most varieties work well. |
| Peppers | Most bell and hot peppers grow well in most containers. |
| Squash | Summer squash do the best. |
| Tomatoes | Grape, cherry and other smaller varieties. Bush, "patio" or determinate varieties are good choices. |
| Herbs well-suited for summer container gardening | |
| Herbs | Parsley, sage, cilantro, thyme, rosemary and oregano. Note: plant mints separately so they don't overtake a container. |



Home Activities & Rainy Day Coloring Pages

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

THINGS TO DO ON A RAINY DAY

Here are a couple of fun ideas to do on a rainy day - or when the dreaded "I'm bored" phase gets muttered this summer!

Make a pillow fort - The classic living room fort that sparks the creative engineer inside us all. Every kid dreams about the day when they can create their own blanket kingdom inside their house, so why not make it happen.

Bake something delicious - Baking doesn't have to be unhealthy. There are tons of alternative cookie recipes using things like bananas or apple sauce. Look up something yummy and get to baking!

Games - Board games. Card games. Make up a game. Spice it up and make it a tournament-style game day.

Puzzles - They are inexpensive, educational, and will keep your kids occupied for hours!

Movie marathon - Yes, sometimes it's completely okay to veg out and watch movies all day. Make a bowl of popcorn and let each kid pick out their favorite movie. Plus, you'll get some quality cuddle time with your little ones.

Arts and crafts - Make some slime, homemade playdough, or go the more traditional route with a good ole-fashioned coloring book. Try searching on Pinterest for some fun ideas.

Science experiments - Use common household items to

create experiments with. There are so many safe, fun, and kid friendly science experiments out there, all you have to do is look!

Hide and seek - A classic game that all kids love. Feel free to restrict them to certain areas of the house or give them free rein to roam where they please.

Dance party - Avoid cabin fever by getting all their energy out with some fun music and silly dance moves.

Scavenger hunt - Make a list of things your kids are sure to find around the house and send them hunting until they find all the items.

Stroll down memory lane - Look at old pictures or watch home movies from when the kids were little. Spend the day reminiscing and talking about funny memories.

Paper airplanes - Learn how to make paper airplanes and have a contest to see who can come up with the best design that flies the farthest.

Write a letter - Everybody enjoys some good ole-fashioned snail mail. Teach your kids the value of letter writing and make someone's day in the process.

Read books - Get cozied up with your favorite blankets and read some books to your kids.

For the full list, visit: <https://sunshinehouse.com/blog/top-20-rainy-day-activities/>





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GUESS THIS FAMOUS “FAILURE”

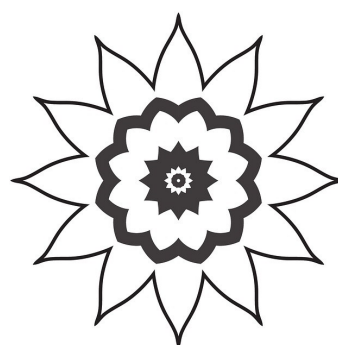
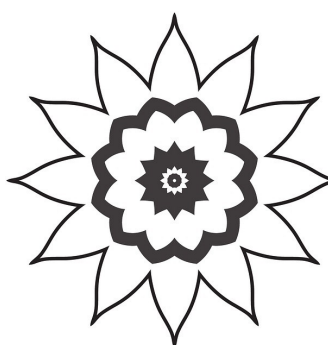
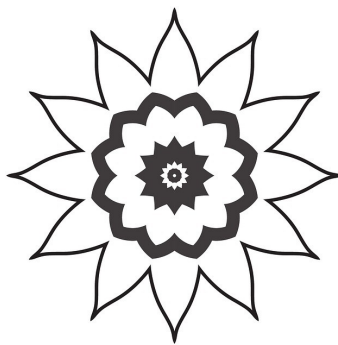
This famous “failure” certainly had his fair share of difficulties early on in life. As a child, he found school to be a challenge due to dyslexia that was not diagnosed until much later in life. He was often bullied in school due to his Jewish heritage, and he found himself having to move several times during childhood due to parents’ careers and a divorce during his teenage years. During this time, he discovered a passion for filmmaking having to create a short video for a Boy Scout Badge.

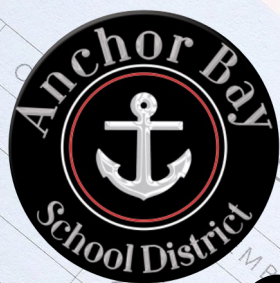
After high school, he applied to film school at Southern California but was rejected. He did not let this discourage him and was eventually accepted into another school to complete his studies. He went on to become one of the most successful and decorated film makers in history.

This famous “failure” is Academy Award winning director Steven Spielberg.

MINDFULNESS BINGO

| | | | | |
|----------------------------|------------------------------|--------------------------------|--------------------|-----------------------------|
| Wake Up Early | Breath Deeply | Eat Deliberately | Go for a Walk | Observe the Clouds |
| Visualize Your Perfect Day | Set a Daily Intention | Draw or Color a Picture | Listen to Music | Take a Technology Break |
| Start a Journal | Sit in Silence for 5 minutes | Free Space | Say Affirmations | Declutter Your Space |
| Get a Good Night’s Sleep | Be in the Moment | Go to Bed Early | Call a Friend | Stop and Smell some Flowers |
| Read a New Book | Set 3 Goals for the Summer | Notice and Write Your Thoughts | Try a New Exercise | Feel the Sun on Your Face |

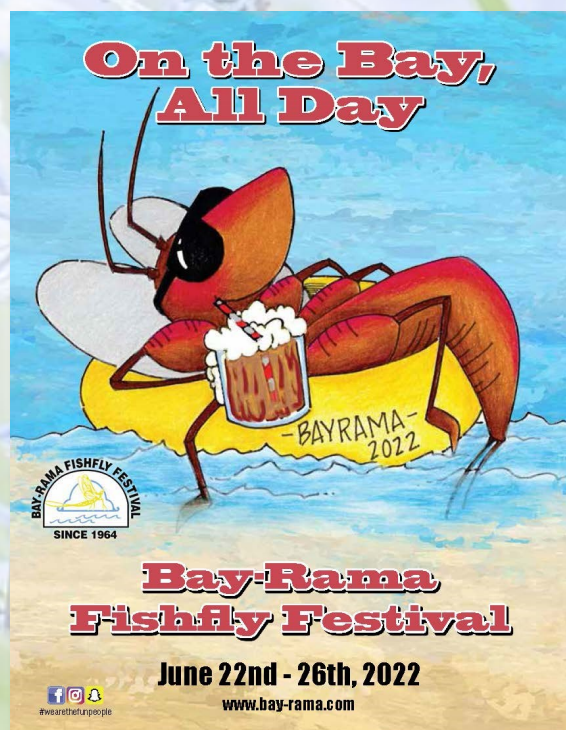




Activities & Community Events

Get Out and Enjoy the Local Happenings this Summer

- **Chesterfield Township Library:**
<https://www.chelibrary.org/>
- **MacDonald Public Library:**
<https://www.macdonaldlibrary.org/>
- **2022 Bay O Rama Fishfly Festival:**
<https://www.bay-rama.com/>
- **Macomb Festivals & Events:** <https://living.macombgov.org/living-thingstodo-festivals>
- **Metro Parks:**
<https://www.metroparks.com/events/>
- **Detroit Zoo:** <https://detroitzoo.org/>
- **Belle Isle:** <https://www.michigan.org/property/belle-isle-park>
- **Yate's Cider Mill:**
<https://www.yatescidermill.com/>
- **Blake's Cider Mill:**
<https://blakefarms.com/>
- **Michigan Science Center:**
<https://www.mi-sci.org/upcoming-events/>
- **Detroit Institute of Arts:**
<https://www.dia.org/events>
- **Oakland County Events:**
<https://www.oaklandcountymoms.com/>
- **Metro Parent:**
<https://www.metroparent.com/things-to-do-with-kids-this-summer-in-michigan/>
- **Michigan Fireworks Calendar:**
<https://michiganfireworks.com/by-date/>
- **Pure Michigan Events Calendar:**
<https://www.michigan.org/events>



New Baltimore Parks & Recreation

BAY AREA Sports Show

JULY 22 & 23, 2022

WALTER & MARY BURKE PARK, NEW BALTIMORE, MI

Lake St. Clair's premier outdoor event!

| FRIDAY | |
|--------|--------------------------------------|
| 4-9pm | Vendor Showcase Open |
| 4-9pm | Food Truck Rally |
| 4-11pm | Beer Tent Open (\$5 cover after 7pm) |
| 8-11pm | Live Music From The Gobies! |

| SATURDAY | |
|----------|------------------------------------|
| 8am-3pm | Fishing Tournament |
| 11m-5pm | Bouncers & Climbing Wall Open |
| 10am-6pm | Vendor Showcase Open |
| 11am-7pm | Bubba's BBQ Open |
| 12-11pm | Beer Tent Open (\$5 cover after 7) |
| 1-3pm | Kids Activities |
| 3-5pm | Tournament Dinner & Awards |
| 8-11pm | Live Music From Doin'Time! |

More Information Available at www.BayAreaSportsShow.com

BOTH NIGHTS 50/50 RAFFLE

CHARTER FISHING RAFFLES