

YOUR HEALTH MATTERS

Wayne County Community Health & Wellness News



A Note From the Nurse's Office:

"On a hot summer day, nothing tastes as refreshing as a cool glass of water. Water doesn't just taste good- it also helps your body maintain a proper temperature, helps keep your joints moving smoothly, protects your spinal cord, and helps your body move waste out of your systems. Water is also naturally calorie-free, helping with weight control. The best way to make sure you drink enough water is to bring a refillable water bottle everywhere you go. It will save money and is better for the environment too! Aim to drink enough so that you do not feel thirst- thirst is an indication that dehydration has already happened. Stay cool and healthy- drink more water."

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COVID-19 Data



0-50 = GOOD Little/No Risk	It's a great day to be outside!
51-100 = MODERATE- May be risk for sensitive.	Go outside, but sensitive people may want to shorten activities.
101-150 = Unhealthy for sensitive groups.	OK to be outside, but sensitive people should limit outdoor activities.
151-200 = UNHEALTHY for all.	Reduce outdoor activities. Sensitive groups should consider being active indoors.
201- 300 = Alert! VERY UNHEALTHY for all.	Avoid long/intense outdoor activities. Sensitive groups-Avoid being outdoors.
301-500 = Warning! Emergency Condition. HAZARDOUS for all.	Everyone should avoid all outdoor activity.

*Sensitive people/groups include children, teens, older adults, expectant moms, and anyone with heart or lung issues.

Learn more:



<https://www.airnow.gov/aqi/>



DO ALL 4

To Protect Your Skin this Summer!

1. Stay in the _____, especially between 10am & 4pm, when the sun is the strongest
2. Wear a wide-brimmed ___ that shades your face and neck.
3. Wear _____ that cover your skin-long sleeves and long pants are best.
4. Put on _____ Every day- SPF 30 or higher- Reapply every 2 hours or after exercise/swimming.

1. SHADE, 2. HAT, 3. CLOTHES, 4. SUNSCREEN

Ingredients:

- 4 cups chopped rhubarb (fresh or frozen)
- 2 cups 100% apple juice
- 1 cup water
- 1 ½ cups sliced strawberries (fresh or frozen)
- ¼ cup sugar

Directions

Wash hands with soap and water. Boil rhubarb, apple juice and water in a large saucepan. Cook until the rhubarb is very soft, about 5-10 minutes. Pour rhubarb mixture into a large bowl. Refrigerate until cool, about 20 minutes. Stir a few times while cooling. Scoop rhubarb mixture into a blender. Add strawberries and sugar. Blend until smooth.

Strawberry Rhubarb Smoothie



FREE BREAST CANCER SCREENING



SATURDAY
AUGUST
19
2023

**9AM-
12PM**

**LYONS FARMERS MARKET
26 CHURCH STREET IN LYONS**

TO MAKE AN APPOINTMENT,
CALL (585) 922-PINK



COMMUNITY COOKOUT!

MARK YOUR CALENDARS FOR **JULY 20TH AND
AUGUST 17TH** AS WE BRING THE SODUS COMMUNITY
TOGETHER FOR TWO INCREDIBLE DAYS OF FUN AND
SUPPORT FOR OUR SCHOLARS.

**EVENT LOCATION:
PAVILION NEAR INTERMEDIATE
SCHOOL PLAYGROUND
5:00 - 6:30 PM**

Meet our Staff

Free Books - All Ages

Community Games

Music

Free Food




Free Book Bags

Free School Supplies

Arts & Crafts

Tammy Thiel - tthiel@soduscsc.org
Ed Rose - erose@soduscsc.org
Office Number: 315.483.5238


BEAT THE Heat

Stay **Cool**. Stay **Hydrated**. Stay **Informed**.

The CDC has created these helpful graphics about heat-related illness. Be sure to stay cool, stay hydrated, and stay informed—Know the signs of Heat Exhaustion and Heat Stroke.

Heat Exhaustion ☀️



What to look for

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

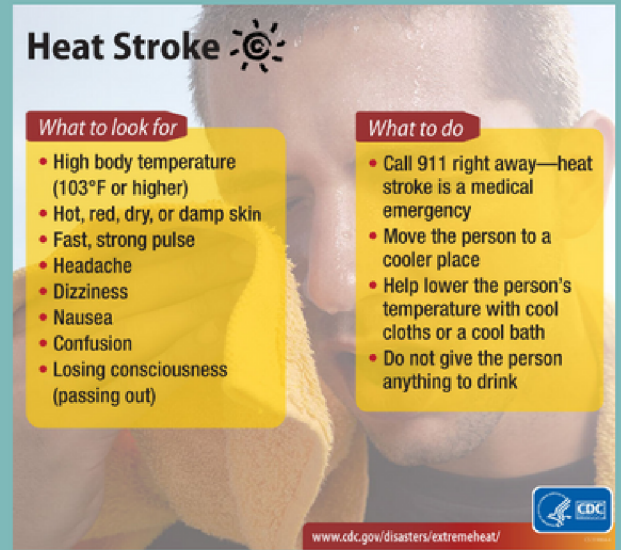
What to do

- 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 Stroke ☀️




What to look for

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

What to do

- 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

www.cdc.gov/disasters/extremeheat/ 

UPCOMING EVENTS IN OUR COUNTY:

9 WED
10 AM

Wayne County Partnership & Foodlink Food Distribution
10 AM until food is gone!
Shady Brooke Plaza, 4500 NYS Route 414, Rose

10 THURS
5 PM

Drive Thru Baby Shower
5 PM - 7 PM (*REGISTRATION REQUIRED - Use QR code below*)
Sodus Medical Campus (parking lot) 6692 Middle Rd In Sodus

11 FRI
10 AM

Wayne County Partnership & Foodlink Food Distribution
10 AM until food is gone!
Huron Town Barns, 10880 Lummisville Rd, Huron

16 WED
10 AM

Wayne County Partnership & Foodlink Food Distribution
10 AM until food is gone!
W-FL BOCES Conference Center, 131 Drumlin Court, Newark

17 THURS
5 PM

Drive Thru Baby Shower
5 PM - 7 PM (*REGISTRATION REQUIRED - Use QR code below*)
Perkins Park, 311 1/2 Washington St. in Newark

19 SAT
8 AM

Free Breast Cancer Screening Day
8 AM - 12:30 PM
Lyons Farmers Market, 26 Church Street in Lyons
To make an appointment, call (585) 922-PINK

24 THURS
5 PM

Drive Thru Baby Shower
5 PM - 7 PM (*REGISTRATION REQUIRED - Use QR code below*)
Clyde Canal Park, Water St. in Clyde

29 TUES
10 AM

Wayne County Partnership & Foodlink Food Distribution
10 AM until food is gone!
Red Creek Jr./Sr. High School, 6574 South St, Red Creek

This is a FREE Family Event for Expectant and New Parents.

Thursday, August 10, 2023
5pm - 7pm

Sodus Medical Campus
(parking lot)
6692 Middle Road
Sodus, NY 14551

Thursday, August 17, 2023
5pm - 7pm

Perkins Park
in Newark
311 1/2 Washington St.
Newark, NY 14513

Thursday, August 24, 2023
5pm - 7pm

Clyde Canal Park
Water St.
Clyde, NY 14433

REGISTRATION IS REQUIRED.

Register online at <https://forms.gle/TuckoFqu75sfYn8p6>



Questions? Call (585) 857-4904 or

email cparmelee@spcc-roch.org or RuralHealthNetwork@rochesterregional.org