

Active Aging

July 2025

By: Kendra Criss, Executive Director of Home and Community Services

Stay safe from the sizzling sun this summer



July marks the first full summer month, with soaring temperatures, a blazing sun, and longer days with more sunlight. While the extra sunlight increases opportunities to enjoy outdoor activities like swimming and biking, the sun can also put you at risk. Taking precautions to protect yourself from the potential dangers of the sun are crucial before spending time outside this summer.

Forming healthy sun safety habits will allow you to make the most of your time outdoors in the summer heat. Here are just a few tips from

the Centers for Disease Control and Prevention (CDC) to get you started.

Wear a hat, sunglasses, and sunscreen.

Wear a hat that covers as much of your skin as possible while spending time outside. While a baseball cap can protect your face, a hat with a brim all the way around it will also shield your neck and ears from the sun's rays. In addition to a hat, sunglasses can protect your eyes from the sun's harmful UV radiation. Make

certain that you wear sunglasses that block both UVA and UVB rays for the best protection. Lastly, apply sunscreen with a Sun Protection Factor (SPF) of at least 15 before going outside.

Stay hydrated.

Be sure to hydrate your body before you feel thirsty. While water is ideal for your body's health, any caffeine-free nonalcoholic beverage can help keep you hydrated. If you are spending time outside or exercising, you should be even more careful about your water intake, drinking substantial quantities about every twenty minutes.

Find some shade.

When outdoors, try to remain in areas where optimal shade is available. Take frequent breaks to relax under a tree, umbrella, or other shady areas. Even when spending time in the shade, always wear sunscreen to ensure protection from the sun's rays. With these easy tips, you should be having a fun, safe, and worry-free summer while enjoying the beautiful weather in no time at all.

Sun + Vision

Preventive eye exams are essential at every stage of life. Older adults 40+ years have a greater risk of developing eye diseases. Evidence is growing to support a relationship between modifiable factors and leading eye diseases such as cataracts, diabetic retinopathy, glaucoma, and age-related macular degeneration. One important modifiable factor you have control of is protecting your eyes from the sun (see bullet points). Additional modifiable factors to further explore with your eye health professional are a diet rich in antioxidants, maintaining a normal blood sugar level, cholesterol control, body weight,

blood pressure, and exercise. Schedule your preventive eye appointment soon.

Love the Sun - Protect Your Eyes

- Protection - wear sunglasses and a hat.
- Utilize sunglasses that have UVA and UVB protection, fit well, and block light from coming in around the lenses.
- Choose a broad, dark-brim hat that shades your eyes, reduces glare, and provides an ultraviolet protection factor.
- Consider staying indoors when the sun and UV rays are the strongest.
- [Click here](#) to check the UV

level in your area.

- Do you enjoy the outdoors? Seek a shady retreat under a large beach umbrella or a covered patio.
- Don't forget indoor risks, such as halogen, fluorescent, and incandescent lights, that can harm your eyes.

Though it is important to protect your eyes from sun damage, having a healthy relationship with the sun is also important. The value of appropriate exposure to sunlight contributes to the production of vitamin D, which is known to be associated with bone health, mood, and cognitive functions.

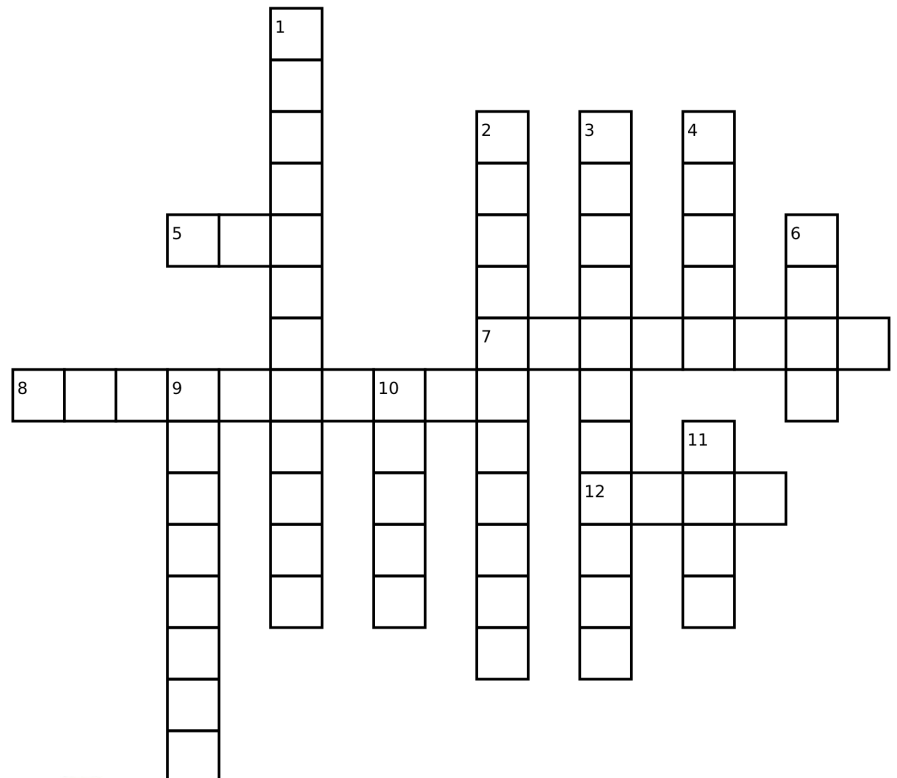
Crossword puzzle: Sun + Vision

Down:

1. worsened state
2. waxy, fat-like substance
3. arrangement of a meeting
4. sharply reflected
6. high value or quality
9. disease of the eye
10. sweet crystallizable material
11. hard parts of the skeleton

Across:

5. luminous celestial body
10. furnishes proof
11. lenses for coverage
12. state of mind



July Word Search: Staying safe in the summer sun

BIKING
BLAZING
COOL
DAYS
DRINK
FACE
HABITS

HAT
HEAT
HYDRATE
LOTION
OUTDOOR
PROTECTION
RAYS

RELAX
SAFETY
SHADE
SUMMER
SUNBLOCK
SUNGLASSES
SUNSHINE

SWIMMING
TIPS
TREE
UMBRELLA
WARM
WATER

R F A C E E N C C B B A H Q C R K W T J Z D L B P A
Z V X S W I M M I N G E W Q T Q E A T H S Q L L T B
V K E A M S U N G L A S S E S T L L S A L P N A R O
C L P D K V A E O W H J H F L I O H A L A N I Z E K
T L R O O Y K D I O Z J E I R P T I O X I A X I E J
L S U N S H I N E S U M A W E S I O B Z O E H N G A
Y G S D V R T B O L K T T H X W O P N Y R X A G X Z
L C U D W R G C O M Z N D Z Y V N Y B Z K B T O B N
X P N Y I Y B O V Q G R P O J D C R E U X U J L I O
C G B C A L P O S Y U Q C X O D R J A K N U F V K W
Q I L U W K E L D A X E U G B R H A S Q R C Z W I V
I W O H A M M W S R F V Q P S F A R T U S R U A N H
D O C N T P X U H L I E S W O K B E A E M O O R G L
F B K K E F B Q A M T N T J Z V I R F Y R M Y M F M
Z Y Y B R E N B D A W E K Y L X T B S G S C E E N E
H M S Q Q V E P E C C G D A Y S S A Y J X E P R P K
B O J E F M B V U M B R E L L A I H O P B E T X A G
H H F Z X Y Y P D M O D N P R O T E C T I O N Q M T

Holiday Spotlight

Celebrate the summer with National Picnic Month this July

July is the perfect month to find a shady spot in the park and enjoy a picnic. Did you know that in addition to the change of environment they provide, picnics have many health benefits? According to Health Fitness Revolution, going on a picnic can relieve stress and encourage healthy eating. Additionally, the sun's vitamin D can help strengthen your bones. What are you waiting for? Grab your sunscreen, a blanket, and some fresh food, and head outdoors for a picnic lunch.



Outpatient Therapy Grand Re-Opening/Open House



We are excited to invite you all to our Outpatient Open House/Grand Re-opening of our clinic. Join us August 5th from 4pm-6pm for wine, cheese and a good time. You will also leave with a bag of candy from the candy bar. See you there. 130 Waterman Ave Suite B

Upcoming Events...

Parkinson's Support Group

July 15th at 2:30pm Lakeside
Grand Card Room

Heart Disease Support Group

July 8th at 10:30am Lakeside
Multi-purpose room

Diabetes Support Group

July 11th at 11am Lakeside
Multi-purpose Room

Java Talk - July 10th 9:30a

Neuropathy with Dr. Ashley

Come to Lakeside to find out all about neuropathy and how to live with it.

Sumer Bingo and Margaritas (virgin)

July 17th at 2pm in the sports bar

UF Health Events:

See back page for UF calendar and new memo boards at both reception desks.

Java Talk - July 31st 9:30am

Rick Wiggins

Vascular Vein Centers

"Healthy Legs, Healthy Life"

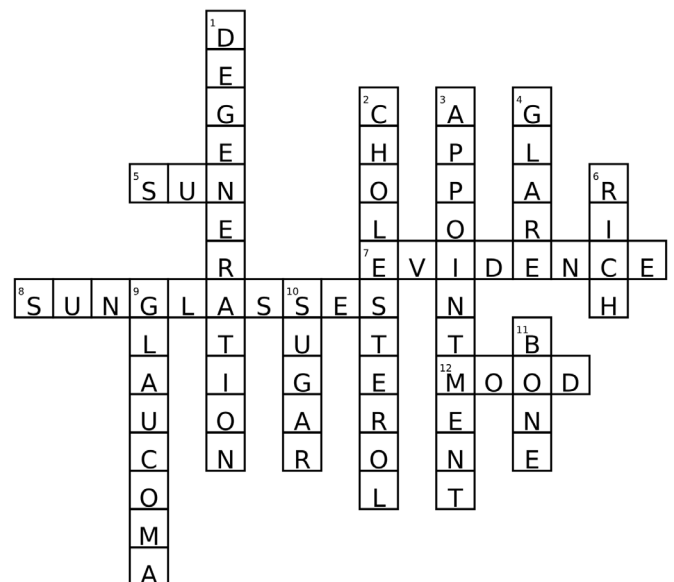
Wellness resources

- [American Academy of Ophthalmology - The Sun, UV Light and Your Eyes](#)
- [American Optometric Association - Ultraviolet \(UV\) Protection](#)
- [National Eye Institute - Protecting Your Eyes from the Sun's UV Light](#)

Word search key

R F A C E E N C C B B A H Q C R K W T J Z D L B P A
Z V X S W I M M I N G E W Q T Q E A T H S Q L L T B
V K E A M S U N G L A S S E S T L L S A L P N A R O
C L P D K V A E O W H J H F L I O H A L A N I Z E K
T L R O O Y K D I O Z J E I R P T I O X I A X I E J
L S U N S H I N E S U M A W E S I O B Z O E H N G A
Y G S D V R T B O L K T T H X W O P N Y R X A G X Z
L C U D W R G C O M Z N D Z Y V N Y B Z K B T O B N
X P N Y I Y B O V Q G R P O J D C R E U X U J L I O
C G B C A L P O S Y U Q C X O D R J A K N U F V K W
Q I L U W K E L D A X E U G B R H A S Q R C Z W I V
I W O H A M M W S R F V Q P S F A R T U S R U A N H
D O C N T P X U H L I E S W O K B E A E M O O R G L
F B K K E F B Q A M T N T J Z V I R F Y R M Y M F M
Z Y B R E N B D A W E K Y L X T B S G S C E E N E
H M S Q Q V E P E C C G O A Y S S A Y J X E P R P K
B O J E F M B V U M B R E L L A I H O P B E T X A G
H H F Z X Y Y P D M O D N P R O T E C T I O N Q M T

Crossword puzzle key



Waterman Village

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OUTPATIENT THERAPY



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Thursday
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445 Waterman Avenue,
Mount Dora, FL 32757

Call **352.720.7980**
to schedule an
appointment.

JULY health + wellness activities



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
6	7	8	9 Wellness Wednesday Free Blood Pressure Check 10 AM – 12 PM	10 Top Hats & Trivia 2:30 PM	11	12
13	14	15	16 Wellness Wednesday Free Breast Screenings 1 PM – 4 PM	17	UF Health Emergency & Urgent Care Tour 2 PM	19
20	21	22	23 Wellness Wednesday Free Blood Pressure Check 10 AM – 12 PM	24 Gator Bingo 2 PM	25	26
27	28	29	30 Wellness Wednesday Free Stroke Education Seminar 12 PM	31	WANT TO STAY IN THE KNOW? Bulletin boards are now located on Lake and Oaks side with upcoming events flyers and additional details	



AUGUST EVENT HIGHLIGHT

SIPS + SUN SCREENINGS

- AUGUST 7**
4 PM
- ✓ **FREE SCREENINGS**
- ✓ **COMPLIMENTARY BEVERAGES**
- ✓ **SUNSCREEN GIFT**

