

Alliance

Handshake

July 2016

Welcome summer! As we approach the summer months we want to focus this newsletter on keeping your skin healthy.

During the summer your skin can be easily damaged. Injuries, insect bites, and the sun can all cause damage to skin.

Because your skin protects your body in many ways, it is important to take care of it. Skin is your first layer of defense against the outside world. Skin protects the body from invasion by bacteria and other environmental hazards that can be dangerous to your health.

Skin plays other important roles as well. It contains nerve endings that let you feel when an object is too hot or sharp, so you can quickly pull away. Sweat glands and tiny blood vessels in your skin help to control your body temperature. And cells in your skin turn sunlight into vitamin D which is important for healthy bones.

Your skin changes with age. It becomes thinner, loses fat, and no longer looks as plump and smooth as it once did. Years of being out in the sun may lead to wrinkles, dryness, age spots and even cancer. We want you to know how to take good care of your skin so your skin can keep taking good care of you!

-William Van Ry, Owner & CEO

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It is very important to exercise the mind as well as the body. With each edition of our newsletter, we will include a memory word game for you to complete.

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Last issues word: **HORNETS**

hero	other	tenor	torn
heron	rent	tensor	senor
hers	rest	tern	sent
hoer	rose	then	shoe
hone	rote	thorn	shone
horn	nest	those	shore
horse	noes	throes	shorn
horst	north	throne	short
hose	note	tone	shorten
host	noter	toner	shot
onset	ethos	tore	snore
snort	sone	sore	sort
steno	stern	stone	store

The average is 36 words. Did you meet or beat this average?

Can you find 36 words within this issues word **EQUATING**?

TIPS FOR HEALTHY SKIN

Good skin care - including sun protection and gentle cleansing – can keep your skin healthy and glowing for years to come.

Protect yourself from the sun

One of the most important ways to take care of your skin is to protect it from the sun. Most people enjoy the sun. Some have even worshipped it. Sunlight is essential to many living things but also has a dangerous side. A lifetime of sun exposure can cause wrinkles, age spots and other skin problems – as well as increase your risk of skin cancer. The good news is you can take some simple steps to protect your skin from sun damage and still enjoy the sun's healthful effects.

- Limit time in the sun. Try to stay out of the sun between 10 a.m. and 4 p.m. when the sun's rays are strongest. Don't be fooled by cloudy skies. Sun rays can go through clouds.
- Use sunscreen with an SPF of at least 15. Apply generously and reapply every two hours – or more often if you are swimming or perspiring.
- Wear protective clothing. Cover your skin with tightly-woven long-sleeved shirts, long pants and wide-brimmed hats.
- Don't use sun lamps or tanning beds.

Don't Smoke

Smoking makes your skin look older and contributes to wrinkles. It damages the fibers that give your skin elasticity. In addition, the repetitive facial expressions you make while smoking – such as pursing your lips and squinting your eyes to keep smoke out - can contribute to wrinkles.

Treat your skin gently

Daily cleansing and shaving can take a toll on your skin. To treat skin gently:

- Limit bath time and use warm, not hot, water. Hot water and long showers or baths remove oils from your skin.
- Avoid strong soaps that can strip oil from your skin. Choose mild cleansers.
- Shave carefully. To protect and lubricate your skin apply shaving cream, lotion or gel before shaving. Use a clean, sharp razor and shave in the direction the hair grows, not against it.
- After bathing pat or blot your skin dry. Allow some moisture to remain on the skin.
- Use a moisturizer if your skin is dry.

Eat a Healthy Diet

Eat plenty of fruits, vegetables, whole grains, and lean proteins. Some research suggests that a diet rich in vitamin C and low in unhealthy fats and processed or refined carbohydrates might promote younger looking skin.

Manage Stress

To encourage healthy skin – and a healthy mind – take steps to manage your stress. Set reasonable limits, scale back your to-do list and make time to do the things you enjoy.

DRY SKIN & ITCHING

Many older people suffer from dry skin, often on their lower legs, elbows, and lower arms. Some reasons for dry skin include:

- Not drinking enough liquids
- Staying out in the sun
- Being in very dry air
- Smoking
- Feeling stress

Health problems like diabetes or kidney

disease may also cause dry skin. Some medicines make the skin itch more. Using too much soap, antiperspirant, or perfume and taking hot baths will make dry skin worse.

Help dry skin by using moisturizing lotions, creams, or ointments daily. Try taking fewer baths and using milder soap if you have dry, itchy skin. Avoid hot water. Instead use warm water as it is less drying. If your skin is very dry and itchy see your doctor.

WRINKLES, AGE SPOTS, & SKIN TAGS

Over time, skin begins to wrinkle. Things in the environment, like ultraviolet (UV) light from the sun, make the skin less elastic. Certain habits can wrinkle the skin – facial expressions, and smoking for example. Even gravity can cause the skin to sag and wrinkle.

There are many claims about how to make wrinkles go away. Some can be painful and dangerous. Talk with a doctor specifically trained in skin problems (a dermatologist) or your regular doctor if you are worried about wrinkles.

Flat, brown spots on the face, hands, arms, back, and feet are called “age spots”. These spots, usually bigger than freckles, are caused by years in the sun. Age spots are harmless but if they bother you talk to a dermatologist about removing them. Use sunscreen to prevent more sun damage leading to more age spots.

Skin tags are small, usually flesh-colored growths of skin that have a raised surface. They commonly occur as we age. They are most often found on the eyelids, neck, and body folds such as the arm pit, chest, and

groin. Skin tags are harmless, but they can become irritated. A doctor can remove them.

SKIN DISEASES

There are many diseases that can affect the skin. Some like vitiligo (vit-ill-eye-go) cause the skin to lose its natural color and some like alopecia (al-oh-pee-shah) can make the hair fall out. Psoriasis (suh-rye-un-sis) can cause itchy, scaly, red patches. Go see your doctor if you think you may have a skin disease.

INSECT BITES

Watch out for insect bites too. If you are bitten try not to scratch them because they could get infected. Cover up your skin as much as possible when you will be in the woods, tall grass, or other areas where there may be ticks or mosquitoes. It helps to wear light-colored clothing so you can see ticks before they bite. Ticks and mosquitoes carry germs that make you sick. If you find a tick attached to your skin, get help to remove it.

SKIN INJURIES

Cuts, bumps, and scrapes are a normal part of life. It is smart to wear the right protective gear, like gloves, long sleeves, knee and elbow pads, or helmets when doing anything that could cause injury to your skin. Be careful around anything hot that can burn your skin. Burns, including sunburn, can be very painful and can take a long time to heal. Burned skin can easily become infected.

If you get a cut or scratch, clean it right away with soap and warm water and put on a bandage to protect it while it heals. This will keep dirt from getting in the wound and causing an infection. If you come into

contact with a plant like poison ivy, wash your skin and clothing right away. If you develop a rash, ask your pharmacist about over-the-counter medicines. For a severe rash see your doctor.

SKIN CANCER

Skin cancer is a very common type of cancer in the United States. The main cause of skin cancer is the sun. Sunlamps and tanning booths can also cause skin cancer.

There are three types of skin cancer. Two types, basal cell and squamous cell, grow slowly and rarely spread to other parts of the body. These types of cancer are found mostly on parts of the skin exposed to the sun, like the head, face, neck, arms, and legs. But they can happen anywhere on the body. The third and most dangerous type of skin cancer is melanoma. It is more rare than the other types, but it can spread

to other organs and be deadly. Skin cancer is rarely painful.

Check your skin once a month for things that may be cancer. Look for changes such as a new growth, a sore that doesn't heal, or a bleeding mole. Check moles, birthmarks, or other parts of the skin for the "ABCDE's"

A=Asymmetry (one half of the growth looks different from the other half)

B=Borders that are irregular

C=Color changes or more than one color

D=Diameter greater than the size of a pencil eraser

E=Evolving; meaning the growth changes in size, shape, symptoms (itching or tenderness), surface (especially bleeding), or shades of color.

See your doctor right away if you have any of these signs to make sure it is not skin cancer.

The logo features the word "Alliance" in a large, bold, serif font. The letter "i" in "Alliance" is replaced by a silhouette of two people shaking hands. To the right of "Alliance", the word "Handshake" is written in a smaller, white, sans-serif font. The entire logo is set against a background of vertical grey lines of varying thicknesses, creating a textured effect.

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