



STAYING COOL AND HEALTHY

During the extreme heat days of summer, we are at risk of heat-related illnesses, such as heat stroke and heat exhaustion. Those at highest risk are infants and young children, people aged 65 and older, and those who are overweight or have certain medical conditions.

Signs of Heat Stroke: High body temperature (103°F or higher); hot, red, dry, or damp skin; fast, strong pulse; headache; dizziness; nausea; confusion; losing consciousness (passing out). If you or someone else has signs of heat stroke, call 911 for medical attention.

Signs of 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). If there are signs of heat exhaustion, move to a cool place; sip water; loosen clothing; use cool, wet cloths or take a cool bath. Get medical help right away if you are throwing up or your symptoms get worse or last longer than 1 hour.

Tips to Prevent Heat-Related Illness:

- Wear lightweight, light-colored, loose-fitting clothing.
- Limit outdoor activity to when it's coolest (in the morning and evening hours) and cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually.
- Drink more water and healthy fluids and don't wait until you're thirsty to drink. Avoid very sugary or alcoholic drinks and very cold beverages.

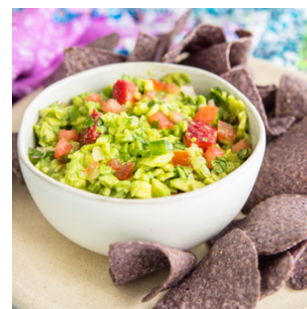
Source: CDC.gov

HAPI meals

Fruity Guacamole

Ingredients

2 avocados, cubed
 ½ cup seasonal fruit, diced (strawberry, mango, peach, apricot, fig, grape)
 ¼ cup finely chopped onion
 1 plum tomato, seeds removed, finely diced (optional)



Rebecca Clyde, MS, RDN, CD

1 small jalapeño pepper (with seeds), minced
 3 tablespoons chopped fresh cilantro
 Juice of 1 lime (about 2 tablespoons)
 1 small clove garlic, minced
 ⅛ teaspoon ground cumin
 ½ teaspoon sea salt, or to taste

Instructions

- Wash your hands.
- In medium bowl, combine avocado, seasonal fruit of your choice, onion, tomato (if using), jalapeño pepper, cilantro, lime juice, garlic and cumin.
- Stir until just combined.
- Add salt to taste.
- Serve with blue corn tortilla chips or as a side dish or topping to a protein like chicken or fish.

Recipe: Adapted from www.eatright.org

wise words

"No act of kindness, no matter how small, is ever wasted."

—AESOP

The activity center will reopen in July! We look forward to welcoming kids for trivia, painting, outdoor play, making board games, and more. Adults can join yoga and meditation sessions, a resume workshop, or simply drop by to say hello and share ideas for additional activities we can offer.

¡El centro de actividades reabrirá en julio! Esperamos que los niños regresen para actividades como trivia, pintura, juegos al aire libre e incluso hacer su propio juego de mesa! Invitamos a los adultos a unirse a las sesiones de yoga y meditación, a un taller de currículum o simplemente a saludarnos para que puedan brindar su opinión sobre las actividades que les gustaría que se ofrecieran en su comunidad.

We recently had an event in collaboration with H.O.P.E. Culture and Young Visionaries for families to come together to share tacos, snow cones and games. and everyone took home free goodies.

We're excited to share an ongoing partnership with both H.O.P.E. Culture and Young Visionaries, who will work alongside PRS onsite. We will continue to be available to help you navigate community resources along with group and one-on-one classes, social events, and activities for all residents.

H.O.P.E. Culture is an organization with a mission to create a culture of hope, opportunity and purpose within the minds and hearts of the people they service. They do this by empowering individuals spiritually, relationally, economically and educationally. H.O.P.E. Culture works with the most at-risk and underserved members of our community through strong intervention/prevention strategies, tangible resources, community-building and intentional collaborations. Learn more: www.hopecultureinc.org

Young Visionaries Youth Leadership Academy is a nonprofit organization serving the youth of San Bernardino County since 2001. They work to help enrich the lives of young people through life-building activities and instruction, and have provided services and resources to more than 35,000 community youth, with training in a number of subjects such as academic development, violence prevention, employment development, leadership and life skills development, and teen pregnancy prevention. Learn more: www.yvyla-ie.org

El pasado 9 de junio, Village Green trajo a los residentes a un evento especial en colaboración con H.O.P.E. Culture y Young Visionaries. Los residentes se reunieron para compartir comida, conos de nieve y juegos, ¡y las familias se llevaron a casa golosinas gratis!

Nos emociona compartir una asociación continua con H.O.P.E. Culture y Young Visionaries, quienes trabajarán junto a PRS en el Centro de Actividades para servir mejor a nuestros residentes. Continuaremos estando disponibles para ayudarles a navegar recursos comunitarios junto con clases, eventos sociales y actividades.

H.O.P.E. Culture es una organización con la misión de crear una cultura de esperanza, oportunidad y propósito dentro de la mente y el corazón de las personas a las que servimos. Hacemos esto empoderando a las personas de cuatro maneras: espiritual, relacional, económica y educativamente. H.O.P.E. Culture trabaja con los miembros más vulnerables y desatendidos de nuestra comunidad a través de sólidas estrategias de intervención/prevenición, recursos tangibles, desarrollo comunitario y colaboraciones intencionales. Para obtener más información, visite <https://www.hopecultureinc.org>

Young Visionaries Youth Leadership Academy es una organización sin fines de lucro que se enorgullece de servir a la juventud del condado de San Bernardino desde 2001. El propósito de la organización es ayudar a enriquecer las vidas de los jóvenes a través de actividades de construcción. YVYLA ha brindado servicios y recursos a más de 35,000 jóvenes de la comunidad con capacitación en varios temas, como desarrollo académico, prevención de la violencia, desarrollo laboral, liderazgo y desarrollo de habilidades para la vida, y prevención del embarazo adolescente. Para obtener más información, visite <https://yvyla-ie.org>



Fun at our June community event!