

# Nurses Notes

By Jean Kapolnek, RN



I think we are getting closer to the summer season, but some days I'm not so sure.....I have already had some family visit, but July and August are my biggest months of family and friends visiting from out of town. Just some reminders as we gather with family and friends.

It is important to be good stewards of the bodies God has given us. Summer brings great joy, but it also demands extra care. Let us take time this month to "refresh" and "protect". Our bodies are made up of about 60% water, making proper hydration essential. Dehydration can lead to fatigue, dizziness, and confusion.

- **The Rule of Thumb:** Aim to drink at least 8 to 10 glasses of water daily. Increase your intake if you are working in the garden or enjoying the outdoors.

- **Make it a Habit:** Keep a reusable water bottle with you wherever you go.

- **Protect Your Skin** While the sun provides vital Vitamin D and a feeling of warmth, too much UV exposure can cause skin damage, premature aging, and increase the risk of skin cancer.

- **Sunscreen:** Apply a broad-spectrum sunscreen with an SPF of at least 30, even on cloudy days.

- **Timing:** The sun's rays are strongest between 10:00 AM and 4:00 PM. Plan your out-door fellowship, yard work, or walks for the cooler morning or evening hours.

- **Nourish Mind and Spirit:** Rest is a holy rhythm. Just as Jesus encouraged His disciples to "come away with me to a quiet place and rest awhile" (Mark 6:31), use these summer months to pause, breathe, and appreciate the beauty of God's creation.

Enjoy your family and friends, and be patient with all of our visitors from so many other places.