

July is:

- ◆ Disability Pride Month
- ◆ Family Fun Month
- ◆ Juvenile Arthritis Month
- ◆ National Fireworks Safety Month

### Program News & Highlights:

- ◇ Exercise in Summertime
- ◇ Hydration during High Temps
- ◇ EMO Fall Eye Clinic
- ◇ Unity Garden Update
- ◇ Cancer Screening Reminder

EMO appreciates your donations. If you would like to discuss donating today, call us at 304-529-0753. You can donate at [emohealth.org](http://emohealth.org) by clicking the donate button!

## Summertime Exercise

Movement is year round dedication. However, during the summer months movement should be monitored to avoid over heating. There are several ways to adjust your workout routine to accommodate the higher temperatures.

Paralympian Allysa Seely describes training in excessive heat conditions for Self Magazine stating, "You get more bang for your buck training in a hotter temperature than you do in a cooler temperature. You have to be able to then cool down and recover and adapt to that training."

Before beginning a summer workout, check the temperatures to see where the heat index and humidity may reach during your planned time. This may suggest that a workout be shortened, or moved to another location to accommodate weather conditions.

The website *Active*, a leader for organizing marathon registrations, offers these suggestions for participants training in hot weather:

- Wear loose, light-colored. The lighter color will help reflect heat, and cotton material will help the evaporation of sweat. You may also want to try specially designed, "hi-tech" running shirts and shorts. They are often made from material meant to keep you cool.
- Sunscreen is a must. I use SPF 45 just to be safe. It's important to protect your skin. You can get burned and suffer sun damage to your skin even on cloudy days.
- Stay hydrated. Before you go out, drink a glass or two of water. Carry a bottle of water or even a hydration pack such as the CamelBak. Take a drink every 15 minutes, even when you're not thirsty. When you're done with your workout, have a few more glasses of water.
- If you can, choose shaded trails or pathways that keep you out of the sun.

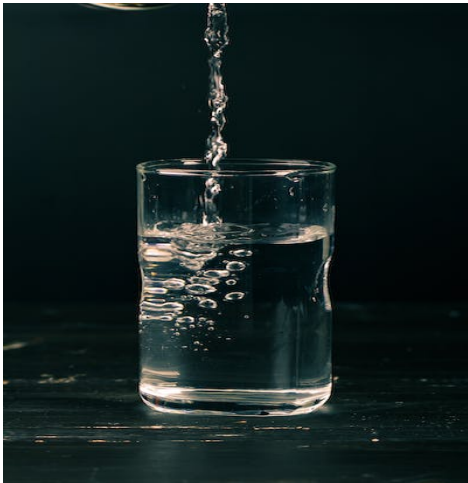


## Hydration Importance: What to Know

The Mayo Health Clinic states water is essential to human function. They detail why our bodies need hydration for several reasons.

Essential hydration is key because:

- Regulates the body's temperature
  - Moistens tissues in the eyes, nose and mouth
  - Protects body organs and tissues
  - Carries nutrients and oxygen to cells
  - Lubricates joints
  - Lessens burden on the kidneys and liver by flushing out waste products
  - Dissolves minerals and nutrients to make them accessible to your body
- It is recommended for 8 to 12 glasses of water should be consumed daily.

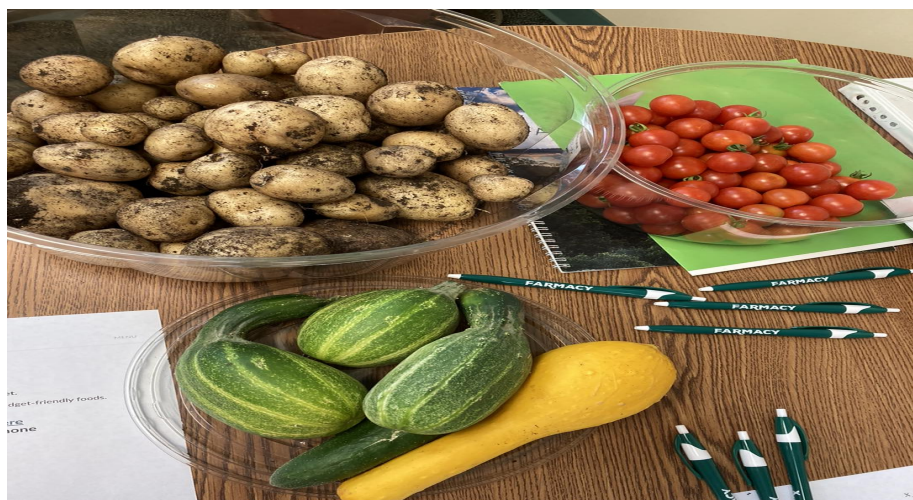


## PROGRAM NEWS AND HIGHLIGHTS:

**EMO'S FALL EYE CLINIC:** EMO is scheduled to have their Fall 2023 Thursday, November 30. The annual eye clinic happens twice a year and is open to public. As part of EMO's partnership with the WVU Eye Institute, this collaboration offers a free eye exam. Glasses can be ordered and picked up for nominal charge. Every year, the eye clinics serve over 250 people. The eye clinics assist to ensure everyone has access to eye health.



**UNITY GARDEN:** The Unity Garden is growing for its second year! This year is the first year the garden has contributed to EMO's Farmacy program. To date, the garden has provided potatoes, cucumbers, beans, and herbs all given to our Farmacy patients. More seeds are being planted to harvest throughout the early fall season. The Unity Community Garden is created as part of the eco-system to serve the Fairfield community through a partnership with Unlimited Future Inc. The gardens contribute in providing residents access to fresh foods grown locally.



## EARLY DETECTION SAVES LIVES:

Part of EMO's commitment to their patients is practicing preventative medicine. To help their patients, they offer free colon cancer screening through their FIT and Cologuard testing. These tests assist in providing early detection to undiagnosed colon cancer. The tests only take a few minutes, and are non-invasive. They can be conducted within the patient's convenience, with results back in a quick reliable manner.



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