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# HealthyLiving

## Get Ready for Summer Camp



Summer camp is a place for kids to explore fun summer activities such as swimming, music, arts and crafts, archery, sports, fishing, talent shows, horseback riding, and camp fires. It's also a time to make new friends, learn teamwork, and gain self-confidence and independence. But the first time sleeping away at camp may cause feelings of anxiety or nervousness in children – and in their parents.

We asked American Cancer Society Camp Director Stephanie Weiter what parents can do to prepare their family for camp. Weiter has directed Camp Hope near Claflin, Kansas, for 19 years. Camp Hope is for children with cancer, but these tips apply to any kind of summer camp.

- Mark on the calendar how long your child will be gone.
- Review the camp clothing and supply list in advance, and let your child help pack and make choices.
- Go over the camp activity schedule with your child and talk about what to expect.
- Arrange a 2- to 3-day trial run at a friend or relative's house without calling home.
- Encourage your child to discuss any feelings of anxiety, and talk about coping skills.
- Ask the camp director to put you in touch with another camper, so your child will have the chance to make a friend before camp even starts.
- Send mail or a care package in advance, so it will be waiting for your child on the first day of camp.
- Ask about communication rules. Some camps have strict rules about how parents may communicate with their child during camp.
- Find out whether the camp posts photos or videos to a Web site for families to view. If so, encourage your child to get in front of the camera.
- Ask the director how camp staffers handle homesickness.

Don't forget about preparing younger siblings who will be staying at home. Before the camper leaves, take a picture of your children together that brothers and sisters can keep in their room or carry around. Help your children send each other letters and postcards. And be sure to give the address to Grandma and Grandpa.

Camp Hope, now in its 30th year, is one of 45 American Cancer Society camps for children with cancer in the United States.



To find an American Cancer Society summer camp near you, **CLICK HERE** and choose "camps" in the search box, or call 1-800-227-2345.

## Happy, Healthy Father's Day

Today, more and more people are surviving cancer, thanks to advances in treatment and to screening tests that can find cancer early, when it's more treatable. In honor of Father's Day, help the men in your life stay healthy by encouraging them to follow the American Cancer Society's screening guidelines for these cancers:

### Colon Cancer

Many colon cancers begin as growths called polyps. If these polyps are found through screening and removed before they turn into cancer, the disease can be stopped before it starts. Start testing at age 50, or younger if people in your family had colon cancer, or if you have a history of certain colon problems. Talk to your doctor about your history and which test is right for you.

### Prostate Cancer

Starting at age 50, men should talk to their doctor about the pros and cons of prostate cancer testing, then decide if they want to be tested. Men at high risk (African American men and those with a family history of the disease) should have this talk at age 45 or 40.

### Skin Cancer

During your regular checkups, have your doctor check your skin for signs of skin cancer. If you notice any skin changes or new skin problems, tell your doctor right away.



[CLICK HERE](#) to find the latest screening guidelines from the American Cancer Society.

## Keep Foods Safe at Summer Picnics

Fresh air and exercise, friends and family, and coolers of favorite homemade dishes are the ingredients for a happy summer picnic. Keep your food from spoiling in the warmer temperatures by following these safety tips from the US Department of Agriculture:

- Wash hands, utensils, containers, and work surfaces before handling food to prevent harmful bacteria from spreading.
- Cook food the same day as the picnic, not in advance, to give bacteria less time to grow. Cool food quickly by spreading it out in shallow containers and refrigerating.
- Keep mayonnaise-based foods cold.
- Wash melons and tomatoes before cutting, in case bacteria are present on the rind or peel. Refrigerate the cut pieces immediately.
- Keep cold food in an insulated cooler with plenty of ice or frozen gel packs. Transport the cooler in the passenger area of your car, not in the hot trunk. At the picnic site, cover the cooler with a blanket and place it in the shade.
- Wrap hot dishes in towels or newspaper and place in boxes or sturdy paper bags. At the picnic site, keep hot food warm on the grill or eat within 1 hour.
- Bring a food thermometer to be sure grilled foods are cooked enough. Bring hand sanitizer if your picnic site doesn't have hand-washing facilities.
- Throw out leftovers that have been sitting out for more than 1 hour. Store the rest in a cooler that still has ice. If all the ice has melted, throw away the food.



## Tee Up

The modern game of golf, generally believed to be invented in Scotland in the 15th century, is popular, challenging, and picturesque. It's also a great way to get some exercise, especially if you skip the cart and walk the greens while carrying a golf bag full of equipment. It's been estimated that 4 hours of playing golf while walking is like going to a 45-minute exercise class. A golfer who weighs 150 pounds can burn about 240 calories an hour.

With nearly 20,000 golf courses in the United States alone, you don't have to look far to find a place to play. And with nearly 30 million golfers in this country, you can find a friend or 3 to accompany you. Golf course fees vary widely, and golf clubs and other equipment can be purchased online, in specialty stores, or for bargain prices at second-hand sports shops.

Playing golf well takes skill and practice. Both the short-distance game of putting and chipping and the long game of driving (hitting the ball far through the air) require you to know the greens, be able to read wind speed and other weather conditions, and understand how to control the clubs and your own strength, aim, and limitations.

## What to Say When Someone Has Cancer



Even with cancer as an all-too-common household word, we often don't know what to say – or, equally important, what *not* to say – when someone we know is diagnosed or is in treatment.

So what to do? Here are some tips from American Cancer Society Director of Survivor Programs Greta Greer, MSW, LCSW:

- If the information isn't confidential, let them know you've learned about their diagnosis and have been thinking of them.
- If you sincerely wish to help, let them know that, too. Offer to prepare a meal, take them to appointments, pick up the kids, etc. Sending cards, flowers, or small gifts also can show support.
- Keep communication simple: Just let the person know you care about them.
- Be a good listener. Watch for cues that they want to talk about their cancer. If they don't want to talk, respect that choice.
- Do the same things together you used to before the cancer diagnosis.

- Communicate with touches, smiles, and warm looks.

Meanwhile, it's better if you don't:

- Tell someone they look sick
- Tell them about people you know who died or have terrible side effects from cancer.
- Say, "I know how you feel." If you have not been in the same situation, you really don't.
- Become overprotective. Whenever possible, encourage normal activities.
- Fail to show concern and offer support.
- Dismiss fears and concerns. ("Don't talk like that! You're going to be just fine.")

If your friend or loved one asks your opinion about their illness, treatment, or treatment outlook, be open and honest, but don't try to answer questions if you don't know the answers. Be yourself and be sincere. That's all anyone can ask.



[CLICK HERE](#) to read more about talking to someone with cancer on the American Cancer Society's Expert Voices blog.



[CLICK HERE](#) to calculate how many calories your favorite activity burns in an hour.

## Store Medicines Safely

Prescription and over-the-counter medicines are designed to help you and your family. But if you're not careful, they can do more harm than good. According to the US Food and Drug Administration, thousands of children are hospitalized every year after taking drugs not meant for them. Follow these tips to keep your children safe:

- **Lock it up.** Store medicines and vitamins in a locked cabinet or box. Just keeping them out of reach isn't good enough, because children can climb onto the toilet and countertops to get to them.
- **Put it away every time.** Never leave medicines or vitamins on kitchen tables, countertops, bedside tables, dresser tops, or at a sick child's bedside. Don't leave them in your purse, bag, or coat. Children may decide to copy adults and help themselves.
- **Teach your child about medicine safety.** Tell your child what medicine is and explain why you must be the one to administer it. Don't tell your child that medicine is candy or tastes like candy. Don't let your child play doctor with empty medicine bottles.
- **Remember that "child-resistant" doesn't mean "child-proof."** Always use the safety caps that are supplied with medicine bottles and relock the safety caps after using them. But remember that children may still be able to open the bottles, so keep them locked up.
- **Be prepared for emergency.** Call your poison control center at 1-800-222-1222 right away if you think your child might have gotten into a medicine or vitamin bottle. Program the number into your home or cell phone and post it where you or a babysitter can find it.

## Sweet, Hot, Spicy Peppers



Sweet peppers, especially bell peppers, have traditionally been the most popular varieties in the United States. They are used for salads, stuffing, soup, stews, relishes, pickling, and grilling. But hot peppers are gaining popularity, mainly due to international cuisines that incorporate their unique flavors and heat.

Peppers, especially the red ones, are a good source of vitamins A and C. They also add lots of color to this recipe for grilled vegetables from the American Cancer Society cookbook *Celebrate! Healthy Entertaining for Any Occasion*.

## Grilled Vegetables

- 1 cup fat-free Italian dressing
- 1 small eggplant, sliced lengthwise into 1/2-inch slices
- 2 medium zucchini, sliced lengthwise into 1/2-inch slices
- 2 medium summer squash, sliced lengthwise into 1/2-inch slices
- 2 red peppers, cored, seeded, and sliced into 1/2-inch rings
- 2 green peppers, cored, seeded, and sliced into 1/2-inch rings
- 2 yellow peppers, cored, seeded, and sliced into 1/2-inch rings
- 1/2 head fennel, leaves removed, cut into 4-inch pieces
- 1 tablespoon garlic salt

Toss vegetables with Italian dressing to coat, keeping each type of vegetable separate. Heat grill to medium-high heat.

Skewer vegetables (or cook in grilling basket to prevent small items from falling onto coals or heating element).

Grill until tender and lightly browned:

- 1 to 2 minutes per side for peppers
- 2 to 3 minutes per side for eggplant and squashes
- 3 to 4 minutes per side for fennel

Sprinkle with garlic salt while cooking.

Remove from grill and place on a large platter, separating each type of vegetable. Serves 8.

Approximate per serving: 80 calories, 0 grams of fat



[CLICK HERE](#) to order this and other great books from the American Cancer Society bookstore.

**In the Next Issue:** • Tips for Living Longer • How to Treat a Sunburn • Pineapple, Peach, and Jalapeño Salsa

Articles contributed by Stacy Simon and Becky Slemons.

To sign up for this e-newsletter, please [CLICK HERE](#). To learn more about American Cancer Society programs, services, and upcoming events, please call 1-800-227-2345 or visit [cancer.org](http://cancer.org).



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