

Updates. . .

A Healthcare Reminder

If you're planning to be on the Accelerate option for Ascend to Wholeness healthcare in 2019, a reminder that the date to complete your necessary **80 activity points** is at the end of this month (Friday, August 31). If you plan to be on the Access option, no activity points are required.

Hopefully you've found it super-easy to earn activity points, but if you haven't quite reached your goal yet, you still have some time. Here are some ways you can still earn those points:

- Preventive service with a physician or dentist for up to **20 points (max 40 points)**
- Sync a device to record your cardio activities **30 minutes of cardio for 2 points (max 10 points daily)**
- Log your weight for **2 points weekly (max 40 points)**
- Watch wellness webinars for **4 points each (max 20 points)**
- Log your water intake and earn **1 point daily** for 40 ounces
- Log your steps for **2 points** for every 5000 steps logged (max 10 points daily)

For more information, check out the Ascend to Wholeness website at AscendToWholeness.org.

Safety First: Summer Heat



The weather has been pretty "toasty" lately, so we thought it might be a good time to review the subject of safety in the summer heat. Most of us like to plan summertime activities and fun in the sun, however it's important to know how to avoid the "danger zone" of getting overheated or even suffering heat stroke when the temperatures rise.

The body has a built-in cooling system, assisted by perspiration. When your skin is damp, the perspiration evaporates, causing your skin to cool. Most of us don't realize just how hard our bodies

work to maintain the right temperature. During hot weather, especially with high humidity, perspiration isn't enough. Body temperature can rise to dangerous levels if you don't drink enough water and cool off (even simply resting in the shade).



There are several heat-related illnesses, including heatstroke (the most severe), heat exhaustion and heat cramps. Each can escalate rapidly, leading to delirium, organ damage and even death.

Those most at risk include:

- Infants and young children
- Elderly people
- Pets
- Individuals with heart or circulatory problems or other long-term illness
- People who work outdoors
- Athletes
- Individuals just starting an exercise routine (beginners)

If you, or someone you know, experiences symptoms indicating a heat-related illness, it's important to know what to do. The following information is from the National Safety Council:

Heat cramps

Heat cramps are muscle spasms that usually affect the legs or abdominal muscles, often after physical activity. Excessive sweating reduces salt levels in the body, which can result in heat cramps.

Workers or athletes with pain or spasms in the abdomen, arms or legs should not return to work for a few hours. Instead:

- Sit or lie down in the shade
- Drink cool water or a sports drink
- Stretch affected muscles
- Seek medical attention if you have heart problems or if the cramps don't get better in an hour

Heat Exhaustion

When the body loses an excessive amount of salt and water, heat exhaustion can set in. People who work outdoors and athletes are particularly susceptible.

Symptoms are similar to those of the flu and can include severe thirst, fatigue, headache, nausea, vomiting and, sometimes, diarrhea. Other symptoms include profuse sweating, clammy or pale skin, dizziness, rapid pulse and normal or slightly elevated body temperature.

Uncontrolled heat exhaustion can evolve into heatstroke, so make sure to treat the victim quickly.

- Move them to a shaded or air-conditioned area
- Give them water or other cool, nonalcoholic beverages
- Apply wet towels or have them take a cool shower

Heatstroke

Heatstroke can occur when the ability to sweat fails and body temperature rises quickly. The brain and vital organs are effectively "cooked" as body temperature rises to a dangerous level in a matter of minutes. Heatstroke is often fatal, and those who do survive may have permanent organ damage.

Someone experiencing heatstroke will have extremely hot, dry skin, and an altered mental state, ranging from slight confusion to coma. Seizures also can result. Ridding the body of excess heat is crucial for survival.

- Move the person into a half-sitting position in the shade
- **Call for emergency medical help immediately**
- If humidity is below 75%, spray the victim with water and fan them vigorously; if humidity is above 75%, apply ice to neck, armpits or groin
- Do not give aspirin or acetaminophen
- Do not give the victim anything to drink

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. Air conditioning is the best way to cool off, according to the CDC, but also:

- Drink plenty of liquid, usually more than you think you need
- Wear loose, lightweight clothing and a hat

- Replace salt lost from sweating by drinking fruit juice or sports drinks
- Avoid spending time outdoors during the hottest part of the day, from 11 am to 3 pm
- Wear sunscreen; sunburn affects the body's ability to cool itself
- Pace yourself when you run or otherwise exert your body

-Michael Fifer, Safety Director

Employee Update. . .

Since July was right in the middle of summer vacation season, we didn't get the chance to tell you about our new student workers. Let's fix that right now! The first student we'd like to introduce to you is **Jenae Rogers**.

Jenae is working in Marketing this summer. Her parents are Tonya and John Rogers, and her two younger brothers are Sean and Ian. Her family is completed by Otis, her dog, and three cats—Blaze, Tiger and Coco.



Jenae was born in Portland, and lived in Sandy, Oregon until moving to Idaho when she was 8.

Jenae now attends Gem State Academy, where she loves "all the wonderful teachers" and enjoys math the most. She's also on the GSAA varsity volleyball team, which she loves. Other things that make her happy are working out, reading, and shopping or just hanging out with her mom.

Jenae's had the good fortune to go on a mission trip to the Philippines, and more recently, to travel to Italy and Greece. Both trips were great adventures!

What she really likes about being at Pacific Press is meeting new people, all the variety in her day, and just the whole experience.

Welcome Jenae!

Great Blue Heron

Whether you're out walking around the lake for the walking competition, or to earn some healthcare points, or just for the enjoyment of it, it pays to be on the lookout for wildlife. **Gil Bohannon** (I.T.) caught a picture of a Great Blue Heron visiting our waters. Thanks, Gil, for sharing!



Dateline . . .

August

- 1 PAYDAY
- 6 Chapel—Pastor Steve DeLong, Eagle Church
- 13 Chapel—NO CHAPEL; Special Board Chapel Thursday, August 16
- 16 Special Board Chapel, Elder William Winston, Speaker
- 20 Chapel—Safety; Mike Fifer, Chairperson
- 15 PAYDAY
- 27 Chapel—Wellness Contest Winners Announced/ Product Dedication, Robert Congleton, Chairperson
- 29 PAYDAY

September

- 3 **LABOR DAY, PPPA Holiday**
- 10 Chapel—Jonathan Zita, publishing director for Canada; Dan Wegh, Chairperson
- 12 PAYDAY
- 17 Chapel—Chapel Music/Media; Don Laing, Chairperson
- 24 Chapel—Signs Newsbox; Dave Sturm
- 26 PAYDAY