



June is Men's Health Month. The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

Men's health awareness can mean many different things. It could mean raising awareness of making healthy lifestyle choices, making regular annual visits to the doctor, getting educated on heart disease or diabetes, starting general health conversations with their male friends, and much more.

Friday June 15th is Wear Blue Day, Wear BLUE was created by Men's Health Network to raise awareness about the importance of male health and to encourage men to live longer and healthier lives.

### Employee Spotlight

#### Jessica Cameron

Jessica Cameron is the Cities Readiness Initiative (CRI) Coordinator in Emergency Preparedness with Franklin County Public Health. She began her career with FCPH in October, 2016 when she relocated from Florida to Ohio to be with her fiancé (now husband!). She received her Bachelor of Arts degree from the University of North Florida and hopes to continue her education in the future.



When not at work, Jessica and her husband spend their weekends competing around the nation in numerous drag racing events and doing maintenance on the race cars. She's also a Certified Personal Trainer and has a huge passion for health and fitness. They live with their rescue blue heeler/beagle puppy (with the teeth of a shark) named "G" who keeps them very active and loves trips to the racetrack.

Overall, Jessica enjoys traveling, being active and going on as many adventures as possible! She is excited to grow within the Emergency Preparedness department and see

## Grilled Chicken Breast with Jalapeño Peach Salsa



**TOTAL TIME:** 30 minutes

**INGREDIENTS:**

- 4 boneless chicken breasts
- 2/3 cup diced peaches
- 2/3 cup diced tomatoes
- 3 tbsp finely diced jalapeño
- 1 1/2 tbsp chopped red onion
- 2 tbsp chopped cilantro
- 1/2 tsp lime juice
- 1/2 tsp ground cumin
- 1 tsp chili powder

**DIRECTIONS:**

1. Preheat grill to medium/high heat or preheat oven to 400.
2. If grilling, place breasts on oiled grates and flip at the 6-8 minute mark. If cooking in the oven, do so for about 20-25 minutes.
3. To make the salsa, combined the diced peaches, tomatoes, jalapeño, onion, lime juice and cilantro into a bowl. Mix together then add the cumin and chili powder, mixing again to combine.
4. Serve salsa over chicken.

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## Get out and visit your local park this summer!

This July, explore everything your local parks and recreation has to offer! playgrounds, rec centers, sports leagues, summer camps are just a few of the things that come to mind when we think of parks and rec. But, parks and recreation is so much more than that. During Park and Recreation Month, discover all the ways parks and recreation can improve quality of life!

### Metro Parks Spotlight

**High Banks** - Lewis Center, Ohio.

Highbanks is named for its massive 100-foot-high shale bluff towering over the Olentangy State Scenic River. Tributary streams cutting across the bluff have created a number of deep ravines in the eastern part of the 1,160-acre park. Ohio and Olentangy shales, often containing outstanding large concretions, are exposed on the bluff face and sides of the ravines.



## Upcoming Activities

## #SummerSelfie



Show us how you choose to get active this summer with a **#SummerSelfie**

The wellness committee would like to highlight staff and the fun ways you get your physical activity in. Snap a selfie and share with the wellness committee.

We will feature staff on the portal!

## Healthy Snack Break

Join us outside at the picnic tables on **June 27th between 2 and 4 pm** for an afternoon snack break.

The wellness committee will provide popsicles with a \$1 donation!

More details to come!

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## Summer Safety Tips

**Seek shade.** You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

**Cover up.** When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors.

**Get a hat.** Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using a broad spectrum sunscreen with at least SPF 15, or by staying in the shade.

**Wear sunglasses.** Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

**Apply sunscreen.** Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. And remember, sunscreen works best when combined with other options to prevent UV damage. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips, and the tops of feet.

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