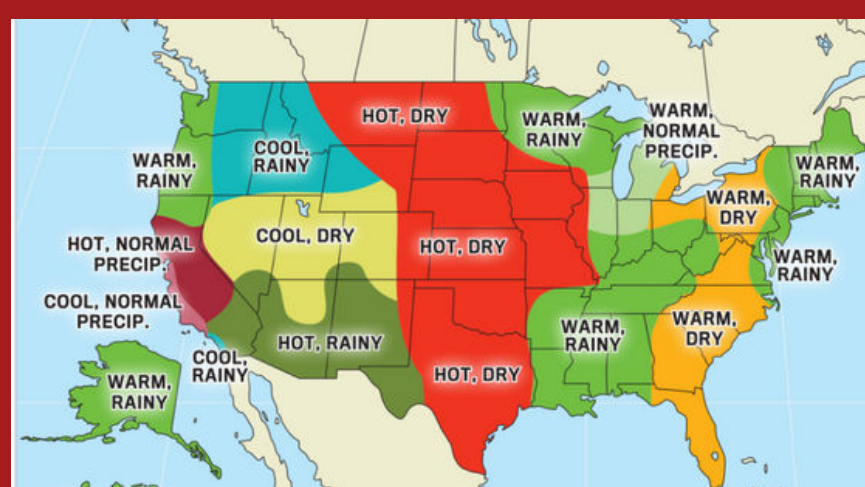


BRADFIELD BRIEF

Welcome to the start of summer! Now slow down.

You don't want to miss anything by hurrying past it. And there is no need to sweat even more, unless you're also having fun while doing it. That's the wisdom of summer. It teaches us to be fully awake, engaged and open to everything around us. It's about being outside, whether on populated streets or deep in nature.

It's the season for relaxing and the pursuit of happiness. So get out! Go camping, or at least spend the day in the woods. Savor cherries, peaches, watermelon, funnel cake and ice cream. Gulp lemonade. Get wet, see an outdoor performance or two, watch movies and thunderstorms, enjoy books with scant literary merit just for the guilty pleasure of it.



The Old Farmer's Almanac Summer Forecast 2023

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Staying Healthy During This Hot Summer

Karen M. Mathews, MD, MHA, FAAFP

Northern Region, Lambda Chapter

Recently, record numbers of Americans have been under heat advisories as heat waves spread across the US in record numbers. According to data from the Centers for Disease Control and Prevention, around 700 people die from heat-related deaths each year. 2023 could be different as last month was the hottest June recorded since 1850 according to the National Oceanic and Atmospheric Administration. This means we need to be especially prepared to take care of ourselves during the rest of the summer.

There are several tips you can follow to stay cool and healthy in the summer:

1. Avoid high heat and humidity. Stay in air-conditioned environments as much as possible. This is the #1 way to protect yourself from heat-related illnesses and death. Also, remember that sweat does not evaporate as quickly when ambient humidity is high because your body does not cool as efficiently.
2. Stay well hydrated. You should not wait until you feel thirsty before you start drinking water, the best liquid for hydration. Most adults require at least six to eight 8 ounce glasses of water daily and need more during increased activities and temperatures. A diet including lots of fruits and vegetables has the added benefit of providing good nutrients and an additional source of water. Fruit pieces in water create a flavored, low calorie, healthy beverage.
3. Stay informed and plan accordingly. Check out weather forecasts and plan your outdoor activities around the coolest part of the day. Avoid prolonged outside exposure during the hottest part of the day, typically between 1 pm and 4 pm. Wear loose, light-colored, lightweight clothing.
4. Protect your skin from sun damage. Utilize hats, shade, and at least 15-20 SPF sunscreen when outdoors in the sun. Even people of color need to wear sunscreen. Very dark skin only provides an SPF of about 13. Dark skin can still get sun damage – hyperpigmentation, age spots, wrinkles, sunburn – and skin cancer. Individuals with darker skin are actually at higher risk of being diagnosed with late-stage melanoma, a skin cancer which can become fatal if not treated promptly (BU, 2022).

5. Understand your risks for heat illness.

Examples are age (especially over age 65), obesity, heart disease, poor circulation, mental illness and alcohol use. These underlying medical conditions and personal factors can affect your individual risk for heat illnesses (heat cramps, heat exhaustion, and heat stroke). Heat cramps involve severe sweating and muscle cramps. Heat exhaustion involve sweating, elevated temperature, and weakness. Heat stroke is the most severe heat illness with body temperatures that can rise as high as 106 degrees F. This is a true medical emergency where the body cannot control its temperature because the sweating mechanism fails. It involves altered mental status and can result in death if not treated immediately.

You are equipped with knowledge and empowered to make important decisions that matter. Enjoy the rest of your summer!

For more detailed information, please visit the following references:

1. Centers for Disease Control and Prevention (July 2022). Tips for a Healthy Summer. <https://www.cdc.gov/chronicdisease/resources/infographic/healthy-summer.htm>
2. Centers for Disease Control and Prevention (May 2022). Heat Stress – Heat Related Illnesses. <https://www.cdc.gov/niosh/topics/heatstress/heatrelillness.html>
3. National Oceanic and Atmospheric Administration (July 2023). Earth Just Had Its Hottest June on Record. <https://www.noaa.gov/news/earth-just-had-its-hottest-june-on-record>

Get Ready

36th BIENNIAL GRAND BOULÉ PLAN TO ARRIVE EARLY!

Join us for a Pre-Boulé Event
Saturday, July 20th

Atlanta Airport Marriott Gateway
2020 Convention Center Concourse
Atlanta, Georgia 30337
July 21, 2024 - July 26, 2024
Host: Southeastern Region



Each Soror is required to pay a registration fee. The pre-registration fee for the 36" Biennial Grand Boule is \$432.00 for active members. The deadline for pre-registration is April 30, 2024. The Late and On-Site Registration fee after April 30, 2024 is \$500.00 and the cost of registration for inactive Sorors is \$600.00.



GOOD HEALTH WINS

NATIONAL COUNCIL OF NEGRO WOMEN, INC. & VACCINATE YOUR FAMILY



We are the "Trusted Messengers"

Get the word out, don't get left behind!



Go to our Eta Phi Beta Sorority, Incorporated National Website

- Log in to Member only access
- Good Health WINS Member Information

Click below

Good Health WINS Event Request Forms

- Good Health WINS Post-Event Reporting Form
- Good Health WINS Reimbursement Checklist
- Good Health WINS Reimbursement Invoice Request Form
- Good Health WINS Branded Event Flyers
- Good Health WINS Branded Logo

We'e not taking summer off!

"NOT FOR OURSELVES, BUT FOR OTHERS"

Refreshing Cucumber Lemonade

Directions



INGREDIENTS

- 1 cup water
- ½ cup white sugar
- 1 cucumber, sliced
- 6 lemons, juiced

Step 1 Gather all ingredients.

Step 2 Make the simple syrup: Combine water and sugar together in a saucepan over medium heat; heat until just about to boil and sugar has dissolved. Place in refrigerator until cool, about 30 minutes.

Step 3 Blend cucumber in a blender or food processor until mashed into a pulp. Pour cucumber pulp into a fine mesh strainer placed over a bowl; allow to sit until you have about 2/3 cup of cucumber juice in the bowl, about 15 minutes.

Step 4 Stir simple syrup, cucumber juice, and lemon juice together in a pitcher. Serve cold. Enjoy!

Upcoming in the August Bradfield Brief

- Chapter Scholarship Recipient Reports
- Regional Conference Highlights
- Good Health WINS Update
- More

Upcoming Conferences

- July 20-23, 2023; Southeastern Regional Conference - \$90.00 Registration Fee; Hilton Palm Beach Airport, 150 Australian Avenue; West Palm Beach, FL 33406; Southeastern Regional Director - Soror Esmeralda Knowles
- October 5-7, 2023; Northern Region Conference
- October 19-21, 2023; Eastern Region Conference - \$150 Registration Fee; Seneca Niagara Resort and Casino; 310 4th Street, Niagara Falls, NY 14303; Maude Holt, Interim Eastern Region Director
- November 10-11, 2023*; Western Region Conference * This is a change in date
- November 24-25, 2023; Southern Region Conference



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*Need help designing
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