



934TH AIRLIFT WING

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Prevention Connection: Building a Healthy Community

July is Social Wellness Month, UV Safety Month, and National Parks and Recreation Month

According to the University of Minnesota, social wellness is important for several reasons. First, people who have a strong social network tend to have a longer life expectancy. Second, one's heart and blood pressure responds better to stress. Those with a strong social wellness have less stress, and therefore, lower blood pressure. Third, strong social networks are associated with a healthier endocrine system and healthier cardiovascular functioning. Lastly, those who have healthy relationships have an improved immune system to help fight off infectious diseases.

So how do you improve or grow your social network? There are several ways to develop relationships. One, go to the gym and workout, or join a workout class. You might find connections of people with similar interests. Second, take your pet on a walk. If that is not possible, start walking. You will encounter others that could be a potential social connection. Third, volunteer. Studies show those who volunteer tend to be happier and have a positive outlook on life. You could develop connections while there. And lastly, find others who share a hobby, such as hiking, painting, running, etc. The point is, you can find connections in just about anything you do.

Special points of interest:

**For more info on Social Wellness Month go to:
[https://
www.takingcharge.csh.umn.edu/july-social-wellness-month](https://www.takingcharge.csh.umn.edu/july-social-wellness-month)**

“Communication is merely an exchange of information, but connection is an exchange of our humanity.”

~ Sean Stephenson

Remembering Our Fathers by Ch. Jeff Cooper

During the month in which we celebrate our independence it is only fitting we recall some of the words of our founders. They were of a generation of men and women who risked all they had and through their sacrifices bequeathed to us a nation of unparalleled liberty and prosperity. The quotes which follow are a mixture of inspirations, warnings and good sense spanning the days from our Declaration of Independence to our Constitution.

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.” The Declaration of Independence

“Posterity, you will never know how much it cost the present generation to preserve your freedom. I hope you will make good use of it. If you do not, I shall repent in heaven that ever I took half the pains to preserve it.” John Adams

“The happy Union of these States is a wonder; their Constitution a miracle; their example the hope of Liberty throughout the world.” James Madison

“The greatest part of our happiness depends on our dispositions, not our circumstances.” Martha Washington

“I never considered a difference of opinion in politics, in religion, in philosophy, as cause for withdrawing from a friend.” Thomas Jefferson

“A general Dissolution of Principles & Manners will more surely overthrow the Liberties of America than the whole Force of the Common Enemy.” Samuel Adams

“They who would give up an essential liberty for temporary security, deserve neither liberty or security.” Benjamin Franklin

“Freedom is not a gift bestowed upon us by other men, but a right that belongs to us by the laws of God and nature.” Benjamin Franklin

“I only regret that I have but one life to lose for my country.” Nathan Hale

“There is a certain enthusiasm in liberty that makes human nature rise above itself, in acts of bravery and heroism.” Alexander Hamilton

“A sacred respect for the constitutional law is the vital principle, the sustaining energy of a free government.” Thomas Jefferson

“Those people who will not be ruled by God will be ruled by tyrants.” William Penn

“The price of freedom is eternal vigilance.” Thomas Jefferson

“We have no government armed with power capable of contending with human passions unbridled by morality and religion... Our Constitution was made only for a moral and religious people. It is wholly inadequate to the government of any other.” John Adams

And for the support of this Declaration, with a firm reliance on the protection of divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor.

The Declaration of Independence

UV Safety Awareness Month

July is UV Safety Awareness Month. We all should be conscious to the damage the sun plays on us. Yes, there are many good things about the sun, such as the warmth it gives us, the energy it provides, and the overall joy of a sunny day. However, there are some things the sun can do that can be damaging to our bodies.

According to the Department of Veteran Affairs, we can learn the risks associated with too much sun exposure. If we take the right precautions, we can limit those risks. Unprotected sun exposure can cause the following: 1) vision problems and damage to your eyes, 2) suppression of the immune system, 3) premature aging of the skin, and 4) skin cancer.

Fortunately, there are things you can do to minimize the risk.

1. **Cover Up:** Wearing a hat or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and Sunglasses - for eye protection.
2. **Stay in the Shade:** The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.
3. **Choose the Right Sunscreen:** This is extremely important. The U.S. Food and Drug Administration's recommends your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both UV-A and UV-B rays.
4. **Use the Right Amount of Sunscreen:** According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you apply at least one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

It is important during this time of the year to get out and enjoy the summer sun and activities. Just be mindful of the damage the sun can play on our bodies and take the necessary precautions to prevent damage to your body.

Source: https://www.va.gov/QUALITYOFCARE/education/UV_Safety_Awareness_Month.asp



National Parks and Recreation Month

Do you ever take a walk through the park? Or watch the kids play at a playground? How about taking part in local park events? Most people have used the park system at some point, whether it be taking a walk, riding a bike, or simply having a picnic. If you have enjoyed the parks in your neighborhood, then you are probably thankful for those who work them.

The month of July is National Parks and Recreation Month. There are over 60 national parks and hundreds of state and local parks. From Abraham Lincoln's Birthplace to Zion National Park, there are national parks or historical sites in just about every state. In addition, the state of Minnesota has 74 state parks, which does not include local community parks. There are scenic parks, dog parks, memorial parks, and historical parks. There are parks for just about anyone and anything. The reason why we have so many parks is because they benefit us in many ways. Here are the top five benefits of having parks:

1. Parks are a place to get an effective workout. Arnold Schwarzenegger once said that if you tell a kid to exercise, it's a turn-off. But if you say let's go to the park and have some fun, then they will workout disguised as play.
2. Parks have social benefits for both adults and kids.
3. Parks strengthen the community. They help bring the neighborhood together, which leads to a more unified community.
4. Parks enhance property values and improve the appearance of the community. Crime rates decrease, which in turn improves property values.
5. Parks promote child development. Outdoor play is important for both social and cognitive child development.

Whatever the reason, parks are an important part of our communities. Enjoy them!

"There is nothing so American as our national parks. The scenery and the wildlife are native. The fundamental idea behind the parks is native. It is, in brief, that the country belongs to the people, that is in the process of making for the enrichment of the lives of all of us. The parks stand as the outward symbol of the great human principle."

~ Franklin D. Roosevelt





Resource Spotlight

Employer Support of the Guard Reserve 1-800-336-4590

ESGR is a Department of Defense program that develops and promotes supportive work environments for Service members in the Reserve Components through outreach, recognition, and educational opportunities that increase awareness of applicable laws. It also provides assistance in resolving conflicts between the Service members and their employers. If you feel you have a conflict or potential conflict issue, or if you would like to recognize your employer, visit <https://esgr.mil> or call 1-800-336-4590.

Prevention Partners/Response:

Violence Prevention: 713-1159

Sexual Assault Response Coordinator:
713-1315

Director of Psychological Health:
713-1224

Airman & Family Readiness: 713-1516

Personal Financial Counselor:
612-297-2826

Chaplain Corp: 713-1226

Equal Opportunity: 713-1221

Exercise Physiologist: 713-1472

Security Forces (BDOC): 713-1101/1102

Military One Source: 1-800-342-9647

DoD Safe Helpline: 1-877-995-5247

Suicide Prevention Lifeline:
1-800-273-8255

National Domestic Violence Hotline:
1-800-799-7233

National Human Trafficking Resource
Center: 1-888-373-7888

APP* Spotlight and Self Care Strategy—Add this to your Tool Box!



The Mindfulness Coach© app was created by the VA's National Center for PTSD. Mindfulness means noticing and paying attention to what is going on in the present moment. The Mindfulness Coach© app was developed to help Veterans, Service members, and others learn how to practice mindfulness. The app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice. It also has a library of information about mindfulness. There is no cost to download and it doesn't take any personal information or require any add-on purchases.

*The DOD and Air Force does not endorse any organization or product listed.