

TIP OF THE MONTH

Pool Safety Tips

Swimming can be a great way to cool off in the summer heat! When you and your family go spend a day at the pool, make sure you stay safe with these swimming pool safety tips.



STAY HYDRATED: You may not notice that you're sweating, but your body is losing fluids. Keep a water bottle close by for each member of your family.

STAY CLEAN: If you have an infant or child still in diapers, make sure you put them in a water diaper. Chlorine does not kill all forms of bacteria that may come from little swimmers.

WEAR SUNBLOCK: Pools reflect the sun's rays back at you making you more susceptible to burns. Even on an overcast day the sun can reflect off of the water and onto your skin. So, lather up!

DON'T RELY SOLELY ON FLOTATION DEVICES: Even if your child has a flotation device keeping them above the water, you need to keep a close eye on them. Arm floaties may easily come off and children often slip through bottomless inner tubes. The lifeguard is watching the entire pool, but may not see your child in stress as quickly as you can.

A RECIPE FOR YOU

Italian Style Green Bean Casserole

If you're looking for a new twist on a vegetable dish, this is it. It's easy to make, easy to double, and it's a great summer dish!



Ingredients:

- 1 can French cut green beans – drained and chopped into a bite-size length
- 2 tablespoons olive oil
- ¼ cup of diced onions (yellow or white)
- 1 clove of garlic - minced
- ¾ cups of italian seasoned breadcrumbs (Progresso preferred)
- 1 capful of lemon juice
- 1.5 tablespoons of red wine vinegar
- Parmesan or Romano cheese to taste

Directions:

1. Pour the olive oil and chopped onions into a sauté pan. Turn onto medium heat and cook until the onions are soft but not burning
2. Add the garlic, stir and cook for 30 seconds to a minute – until you can smell the garlic
3. Add the green beans; stir together and reduce heat to low
4. Add the lemon juice, and red wine vinegar and stir until mixed
5. Add the Italian seasoned breadcrumbs and cheese - continue to stir until the green beans are coated evenly with the breadcrumbs
6. Scoop it into a serving dish and serve warm

Call today to ask us how we can help you get back to enjoying the activities that are important to you!

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“Decide that you want it more than you are afraid of it.”

— Bill Cosby

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!