The sun’s ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these recommendations to help protect yourself and your family.

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.

Clothing: 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. If wearing this type of clothing isn’t practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

Hat: For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck.

Sunscreen: Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don’t forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.

SPF: Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15.

Reapplication: Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

Expiration date: Check the sunscreen’s expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Cosmetics: Some makeup and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don’t use them by themselves.

For more information: [https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)
Activities of Daily Living

- Plan ahead to avoid rushing
- Sit down to bathe & dry off
- Wear a Terry robe instead of a night gown
- Use a shower/bath organizer to decrease leaning & reaching
- Use extension handles on sponges & brushes
- Install grab rails in the bathroom or use an elevated toilet seat
- Lay out clothes & toiletries before dressing
- Minimize leaning over to put on clothes & shoes. Bring your foot to your knee to apply socks and shoes
- Use small appliances that take less energy (e.g., potatoes)
- Buy clothes that don’t require ironing
- Fasten bra in front then turn to back
- Delegation of heavy housework, shopping, dusting, etc. Use a wheeled cart of commonly used equipment & supplies

Housekeeping

- Schedule household tasks throughout the week
- Do housework sitting down when possible. Use long-handled dusters, dust mops, etc.
- Delegate heavy housework, shopping, laundry & child care when possible
- Drag or slide objects rather than lifting. If you do not need to lift an object, use your leg muscles rather than your back muscles
- Stop working before becoming overly tired

Child Care

- Plan activities that can be done sitting down, such as drawing pictures, playing games, reading, & computer games
- Encourage children to climb up onto your lap or into the highchair rather than being lifted
- Make a game of the house hold chores so that children will want to help
- Delegate child care when possible

Workplace

- Plan workload to take advantage of peak energy times. Alternate physically demanding tasks with less demanding tasks
- Arrange work environment for easy access to commonly used equipment & supplies

Leisure

- Do activities with a companion
- Select activities that match your energy level
- Balance activity & rest. Don’t get over-tired

Shopping

- Organize a list by aisle
- Use a grocery cart for support
- Shop at less busy times
- Ask for help in getting to the car
- Buy clothes that don’t require ironing

Meal Prep

- Use convenience & easy-to-prepare foods
- Use small appliances that take less energy
- Arrange the preparation environment for easy access to frequently used items
- Plan activities that can be done sitting down
- Seak dishes instead of scrubbing & let dishes air dry
- Prepare double portions & freeze half

Energy Conservation and Chemotherapy Treatment

By April Alexander, MSW, ASW

INSTRUCTIONS:

1. In a bowl, combine both flours, sugar, baking powder, and salt. Add the blueberries and stir to coat with flour. Set aside.
2. In a separate bowl, beat the eggs. Add the milk, oil and vanilla – stir to combine. Add the cottage cheese and mix well.
3. Add egg mixture to the dry ingredients and gently stir until just combined.
4. Coat a griddle or skillet with nonstick cooking spray and preheat over medium heat. Spoon ¼ cup of batter onto griddle or skillet and cook for 1 minute or until the pancakes are golden brown on the bottom and bubbly on top.
5. Carefully flip the pancake and cook for another 1-2 minutes or until cooked through.
6. Repeat with remaining batter.

Nutrition Facts per Serving

Calories 110, Fat 4g, Saturated fat 1g, Cholesterol 50 mg, Sodium 190 mg, Carbohydrate 13g, Dietary fiber 1g, Sugars 5g, Protein 5g