

# 2024 SUMMER FUN GUIDE



## Safety Tips

Safety should always be a priority throughout the year. But, with more time spent around water, out in the sun and in the summer heat, we're including summer safety tips as a reminder to help keep you and your loved ones safe!



## Summer Activities

With the warmer months, summer is a great time to get outdoors and be active! Inside you will find various activity and resource recommendations to keep you busy all summer long!



## Healthy Recipes

This year's healthy recipes are so good that you'll want to try every one! Whether you're looking for refreshing beverage ideas, a great summer side dish, main course, or a healthy dessert, we have you covered!

# Cool Beverages



*Is there anything more refreshing than a cool beverage on a hot summer day? We didn't think so! Below are several recipes from GPBCH members that you HAVE to try if you're looking to stay cool this summer!*

## Blueberry Lemonade Slushies

- 1 cup unsweetened frozen blueberries, thawed slightly
  - 1 cup ice cubes, thawed slightly
  - 2 cups lemonade
- Place blueberries in a blender and blend until pureed. Add ice cubes and crush until pulverized.
  - Place 1/2 cup blueberry mixture in a glass along with 1/2 cup lemonade.
  - Repeat with the remaining blueberry mixture and lemonade.



## Carrot Smoothie

- 1 cup sliced carrots
  - 1/2 tsp. finely shredded orange peel
  - 1 cup orange juice
  - 1 1/2 cups ice cubes
  - 3 (1 inch) pieces Orange peel curls
- In a covered small saucepan, cook carrots in a small amount of boiling water about 15 minutes or until very tender. Drain well. Cool. Place drained carrots in a blender. Add finely shredded orange peel and orange juice.
  - Cover and blend until smooth. Add ice cubes; cover and blend until smooth. Pour into glasses. Garnish with orange peel curls.



## Green Smoothie

- 1 1/2 cups unsweetened almond milk
  - 2 cups spinach (frozen)
  - 1 banana (frozen)
  - 1 cup of fruit of choice (April recommends pineapple or mango)
- Put ingredients into the blender in the order listed. Start blending on low speed and increase to high. Blend on high speed for 50-60 seconds until mixture is smooth. Pour into glasses and enjoy!



Recipe submitted by April Reilly, Health Care Improvement Foundation

## Honeydew Ginger Smoothie

- 1 1/2 cubed honeydew melon
  - 1/2 cup banana slices
  - 1/2 cup vanilla nonfat yogurt
  - 1/2 cup ice cubes
  - 1/4 tsp. grated fresh ginger
- Instructions are simple, throw everything in a blender, blend & enjoy!



Recipe submitted by Andrea Bagnell, PAISBOA Health Benefit Trust

## **Bonus Beverage Recipe!**

Fruit-Infused water is a simple, yet very effective way to be healthy and enjoy it! Chop up your favorite fruits (lemons, limes, mango, pineapple, etc.), throw them into your water, & let them infuse. Then, enjoy the taste and [health benefits!](#)



# Sides & Entrees



Try out the recipes below for your next BBQ or get-together; you'll be glad when you do!

## Curried Plantains Quesadilla

- 1 cup cilantro
- 1/4 tsp cumin
- 1/2 tsp. curry powder
- 2 Tbsp. ghee
- 1 Inch ginger (fresh)
- 2 cups green plantain
- 2 whole limes
- 1 cup masa
- 1 pinch red pepper flakes (chili)
- 1/3 lbs spinach
- 1/4 tsp. turmeric

Recipe submitted by Kim Gillenwater, Wellworks For You

**Note:** Use pre-made burrito / tortilla wrap for shorter preparation time.

- Ensure plantains are ripe for a sweeter effect, or unripe for less sweet and more savory effect. Peel, then chop into bite sized chunks. Make a paste of the spices by mixing spices with a few drops of water.
- Heat ghee and fry plantain on medium heat until golden brown. Add a little dab of ghee at end, add spices, and fry for a few seconds only. Then mix spices with the plantain.
- Remove the plantain and wilt spinach leaves in the same pan.
- Blend juice of lime, cilantro and fresh ginger into a light sauce.
- Take a tortilla wrap and place it in a clean, non stick frying pan.
- Over one half, spread a layer of curried plantain, wilted spinach and a drizzle of the lime sauce. Mash the plantains slightly.
- Fold the tortilla in half and heat on medium for 1-2 minutes on each side until lightly golden and crispy. Cut into wedges.



## Cucumber & Onion Salad

- 6 Persian cucumbers, thinly sliced
- 1/2 small red onion, thinly sliced
- 1 tsp kosher salt, plus more
- 1/4 cup unseasoned rice vinegar
- 2 tsp sugar
- Freshly ground black pepper
- Fresh mint leaves (for serving)

- Toss cucumbers, onion, and 1 tsp salt in a medium bowl. Let sit until cucumbers begin to release liquid.
- Gently press down on cucumbers to force out more liquid, being careful not to break apart. Remove from bowl, shaking off liquid, and place vegetables in a clean bowl. Toss with vinegar and sugar; season with salt and pepper. Top with mint.



## Grilled Fruit Skewers

- Ripe strawberries
- Fresh pineapple, cut into large cubes
- Cantaloupe and/or honeydew, cut into large chunks
- Ripe peaches, if available, cut into thick pieces
- Balsamic vinegar or Raspberry vinegar, maple syrup, or honey (optional)

- Use metal skewers, or wooden skewers soaked in water for 30 minutes. Thread assorted fruits onto skewers. Be creative. Brush lightly with vinegar of your choice, maple syrup, or honey, if you'd like. Grill on a clean grate, over low to medium heat, until grill marks start to appear. Serve with vanilla yogurt or a dipping sauce of your choice.



Recipe submitted by Neil Goldfarb, GPBCH

# Sides & Entrees



## Lemon Garlic Salmon and Veggie Sheet Pan

- (4) 6oz salmon fillets, with or without skin (Note 1)

### Marinade:

- 1 tsp. lemon zest (1 lemon)
- 1 Tbsp. lemon juice
- 2 Tbsp. extra virgin olive oil
- 1 tsp. Dijon mustard (Note 2)
- 2 garlic cloves, grated using microplane (Note 3)
- 1/2 tsp cooking salt / kosher salt
- 1/4 tsp black pepper

### Vegetables:

- 3 bunches asparagus, woody ends snapped or trimmed off (Note 4)
- 7 oz cherry tomatoes
- 2 tsp extra virgin olive oil
- 1/4 tsp each salt and pepper

### Cooking & serving:

- Olive oil spray
- Parmesan cheese, finely grated
- Lemon wedges
- Parsley, finely chopped
- Crusty bread for serving

Recipe submitted by Andrea Bagnell, PAISBOA Health Benefit Trust

## Thai Coconut Ginger Shrimp Soup

- 1 Tbsp. extra virgin olive oil
- 2 Tbsp. grated fresh ginger
- 2 tsp. red curry paste
- 2 Tbsp. freshly squeezed lemon juice (if preferred, 1 stalk lemon grass, minced)
- 4 cups organic chicken broth
- 3 Tbsp. fish sauce (optional)
- 1 Tbsp. brown sugar
- 1 (13.5 ounce) can coconut milk
- 1/2 pound fresh shiitake mushrooms, sliced
- 1 lb. medium shrimp - peeled & deveined
- 2 Tbsp. fresh lime juice
- Salt to taste
- 1/4 cup chopped fresh cilantro

Recipe submitted by Elzbieta Dziekonski, GPBCH

- **Lemon garlic paste** - Mix the marinade ingredients in a small bowl. Slather onto the top and sides of the salmon. If time permits, marinate for 1 hour. Otherwise, proceed with recipe.
- Preheat oven grill / broiler to 525°F or as high as yours goes. Place the oven shelf approximately 8" from the heat source.
- Prepare - Toss the asparagus and cherry tomatoes with the olive oil, salt and pepper. Spread out on a large sheet pan then clear space for the salmon. Place salmon on the pan leaving a bit of space between each. Spray surface of salmon with oil.
- Cook - Grill/broil for 11 minutes or until the salmon is done - the flesh should flake and the internal temperature should be 122°F (Note 5).
- Serve - Transfer salmon and vegetables to plate. Grate parmesan over the vegetables. Squeeze lemon juice over the salmon, sprinkle with parsley.

### Notes

1. Salmon - the skin won't go crisp so if this bothers you, just eat the flesh off the skin.
2. Dijon - This thickens the rub into a paste that sticks to the salmon.
3. Garlic - Grating finely makes it mix into the paste better than finely chopping so you don't get little burnt lumps.
4. Asparagus - Ends will naturally break at the point where the woody end is. Try it, it totally works! (But not with limp old ones)
5. Internal cooked temperature for salmon: Medium rare - pull out at 122°F which will rise to 127.4°F after resting. This is the optimum point of juiciness and the level that chefs/restaurants will cook to by default. Medium - pull at 140°F, will rise to 145.4°F after resting. A little more done and slightly less juicy.
6. Freezing tip - Slather salmon then freeze in a container with space around each piece, or freeze unwrapped until the surface is hard, then wrap. Then reverse for thaw - unwrap and thaw uncovered. That way you won't lose any precious paste off the salmon skin. No need to marinate before freezing - that will happen as the salmon thaws.



# Desserts



*It's okay to "treat" yourself to a dessert now and then. The recipes below are just a few healthier dessert options for you to choose from.*

## Lemon Frozen Yogurt Ripieno

- 6 medium lemons for serving
- 3/4 cup sugar (or do without!)
- 1/4 cup water
- 1 1/2 cups whole-milk plain Greek yogurt
- 1 cup buttermilk
- 6 Tbsp. lemon juice

- If desired, prepare frozen lemon cups for serving: Cut off lemon tops and a thin slice from the bottoms (so the "cup" sits flat). Squeeze the juice out of the lemons (use 6 tablespoons of the juice to make the frozen yogurt or freeze for another use). Using a paring knife, remove the flesh and seeds from each lemon, leaving a thin cup. Freeze the cups for at least 1 hour or until ready to use.
- Warm sugar and water in a small saucepan over medium heat until the sugar dissolves. Transfer to a medium bowl and let cool, stirring, for 5 minutes. Add yogurt, buttermilk and lemon juice; whisk until smooth. Cover and refrigerate until very cold, at least 3 hours or overnight.
- Pour the mixture into the canister of an ice cream maker and process according to manufacturer's instructions. Pipe into the frozen lemon cups, if using, or leave in the canister; freeze for 1 hour to firm up before serving. Transfer to an airtight container to freeze for up to 1 week.



## Nutrient Packed Popsicles

- 1 cup 2% plain or vanilla yogurt (Greek for more protein)
- 1 banana, sliced
- 2/3 cup strawberries or raspberries
- 2/3 cup blueberries
- Honey or Agave Nectar to taste
- 4 oz. paper cups or popsicle molds
- 4-8 popsicle sticks

- In a blender or food processor, add strawberries or raspberries & honey or agave nectar to taste. Puree to smoothie-like consistency. Wipe out blender or food processor & repeat step one with the blueberries.
- Place 1 piece of sliced banana into the center of each dixie cup. Push popsicle stick into banana so the stick stands up.
- Pour pureed raspberries or strawberries, yogurt & pureed blueberries into molds to create red, white, & blue layers. Freeze for 1-3 hours.



## Watermelon Sherbet

- 6 1/4 cups cubed seedless watermelon
- 1 (14 ounce) can sweetened condensed milk
- 1/3 cup lime juice
- 1/4 tsp. salt

- Place watermelon on a large rimmed baking sheet. Freeze until frozen, about 4 hours or overnight.
- Puree the frozen watermelon, condensed milk, lime juice and salt in a food processor, in batches if necessary, until smooth, 2 to 3 minutes. Transfer the mixture to a large sealable container. Cover and freeze until firm, about 4 hours.





# Summer Activities

## Attend a Concert!



Listening to music can be entertaining, and some research suggests that it might even make you healthier. Music can be a source of pleasure and contentment, but there are many other psychological

benefits as well. Music can relax the mind, energize the body, and help people manage pain better. Concerts are a great way to get together with other people and enjoy your favorite tunes! [Click here](#) to check-out who's in town.

Submitted by Andrea Bagnell, PAISBOA Health Benefit Trust

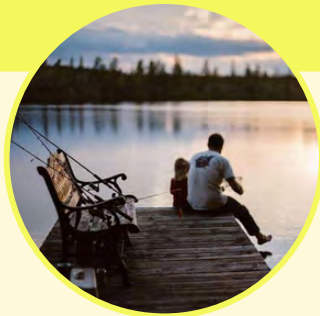
## Try a Paddlesport!



Paddle sports (kayaking, canoeing, paddle boarding, etc.) are a great form of aerobic and cardiovascular exercise that also help build strength in the upper body. Paddle sports are also beneficial to your overall

mental health. If you are not sure where to go, [Paddling.com](#) provides local spots, including parking information and possible fees. Before you go, be sure to brush up on canoe and kayak safety!

## Go Fishing!



Fishing can be a great way to spend time outside with family and friends. Whether you're revisiting something you haven't done in years or you're wanting to try it for the first time, don't feel overwhelmed! There are a

few basic items you should have before your first cast: state fishing license, a fishing rod & reel, fishing line, fishing weights, and fishing lures/bait. Once you have the basic items, [click here](#) to find your local fishing spot!

## Get Active!



The benefits of regular physical activity are undeniable. Something is better than nothing, and we all have to start somewhere. Even if you've been sedentary for years, today is the day you can begin to make healthy changes in your life. The American Heart Association has the tools and resources to get you on the right path to a healthier lifestyle. Other resources include [Active.com](#) and [Alltrails.com](#)

## Start a Garden!



At-home gardening is a great activity for the summer! You can try anything from herb gardening to creating your own vegetable garden. It's a great way to engage the family & remind everyone where food

comes from. Whether you live in the suburbs, city, or anywhere in between, gardening is an activity that is available to everyone! Learn more here: [Almanac.com](#), [Garden.org](#), & [Gardeningknowhow.com](#).

## Volunteer!



Looking to lend a hand to organizations in your community or contribute to a good cause? Consider taking time this summer to volunteer! So many organizations are searching for individuals who are wanting to make a difference in their community. As you'll see on [VolunteerMatch.com](#), there are plenty of opportunities to volunteer and help others looking for assistance!

# Safety Tips

## Stay Hydrated

When the temperatures rise, getting enough water is important whether you're playing sports, traveling, or just sitting in the sun. **It's critical for**

**your heart health** - drinking enough water keeps the body hydrated, which helps the heart more easily pump blood through the body. It also helps muscles work efficiently. If you're well hydrated, your heart doesn't have to work as hard. Dehydration means your body doesn't have enough water, which can make you feel really thirsty and cause other problems such as dizziness, feeling tired, swollen feet, a headache or even life-threatening illnesses, such as heat stroke. To learn more about how to keep yourself hydrated through the summer months, visit [Heart.org](http://Heart.org).



## Avoid Heat Stress

Workers who are exposed to extreme heat or work in hot environments may be at risk of heat stress. Exposure to extreme heat can result in

occupational illnesses and injuries. Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses, and dizziness. Burns may also occur as a result of accidental contact with hot surfaces or steam. Prevention of heat stress in workers is important. Employers should provide training to workers so they understand what heat stress is, how it affects their health and safety, and how it can be prevented. For more information, visit the [CDC website](http://CDC website).



Submitted by Jeff Salvatore, American Heart Association

Submitted by Neil Goldfarb, GPBCH

## Swimming Safety

Splashing around in the water is just plain fun. However, not taking the proper safety precautions can lead to tragedy. From 2005 to 2014,

there were about 10 non-boat-related drownings a day in the United States, according to the CDC. According to the American Heart Association, giving rescue breaths in addition to chest compressions is especially important during CPR in cases of drowning. About 20% of people who die from drowning are children under 15. For every child who dies from drowning, another five are treated in the emergency room for nonfatal underwater injuries. Making sure that pools are not accessible to young children is **crucial** in preventing drownings and severe water accidents.



## Practice Sun Safety

Sunburn is a common summertime injury.

Unprotected skin can be burned by the sun's UV rays in as little as 15 minutes, but can

take up to 12 hours for the skin to show the damage. CDC recommends staying out of the sun between 10 a.m. and 4 p.m., when its UV rays are at their highest level. Sunscreen is recommended for anyone working and playing outside in the summer, even on cloudy days. Hats, sunglasses, and long sleeves are also recommended for outdoors activities. Overexposure to the sun increases the risk of skin cancer, which is the most common types of all cancer types. However, there are many things that you can do to protect yourself and loved ones, click here for more information.



Submitted by Jeff Salvatore, American Heart Association

Submitted by Dorothy Rothman, American Cancer Society

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