



# Christian Neighbors

Serving Martin, Otsego and Plainwell

## In the Neighborhood!

Volume 5, Issue 6

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### Schools Out For Summer!

-Look at some of these Great Opportunities.

Learn about:

**Food Safety with MSU here. June 19th @ 11-11:30am**

OR

**Understanding Food Labels with MSU here. June 19th @ 1-1:30pm**

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**SUMMER KID'S  
PROGRAM!  
Ages 7 & up**

The Pillowcase Project.

Kids will receive workbooks, and can make their very own Emergency Supplies Pillowcase to take home.

**FREE EVENT.**

Come join us but you have to enroll either for Thursday June 21st or June 28th 2-3pm class.

**To Register:**

Contact Shannon @ 685-4166 ext 103 or email [fuller@christianneighbors.org](mailto:fuller@christianneighbors.org)

## June is Sun Safety Month!

### Sun Safety Tips

Insect Repellants reduce sunscreen's SPF by up to 1/3. When using a combination, use a sunscreen with a higher SPF!

Over exposure to the sun's harmful rays can result in sunburns which increase your risk of developing skin cancer. Therefore, check your local UV Index which provides important information to help you plan your outdoor activities in ways that prevent overexposure to the sun. The UV Index forecast is issued each afternoon by the National Weather Service and EPA.

Seek the shade whenever possible! The sun's UV rays are strongest between 10 a.m. and 4 p.m. so remember the shadow rule when in the sun: If your shadow is short it's time to abort and seek the shade!.

Don't be deceived by color or cost of Sunglasses! The ability to block UV light is not dependent on the darkness of the lens or the price tag. While both plastic and glass lenses absorb some UV light, UV absorption is improved by adding certain chemicals to the lens material during manufacturing or by applying special lens coatings. Always choose sunglasses that are labeled as blocking 99-100% of UV rays.

[www.sunsafetyalliance.org](http://www.sunsafetyalliance.org)



**PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER**

### WATCH OUT for Air Conditioning Cost!

Set your thermostat to 78 degrees when you are home and 85 degrees or off when you are away. Use fans to increase air movement which will help cool the room. You will save: 1-3 % for each degree above 72. This could save you \$100-300.00 depending on how cool you keep your house. Replace your air filters this will save money too and will run more efficient.



## Summer Survival Tips

1. Team up with other adults
2. Get to know your child's friends
3. Keep snacks at home
4. Check-in...but don't be overbearing!
5. Provide activity ideas (map out the week)
6. Maintain some responsibilities (daily chore list)
7. Keep an eye out on others and always educate your child about strangers

Help your kids enjoy a safe summer!

**NOTICE: CHRISTIAN NEIGHBORS WILL BE CLOSED ON THURSDAY, JULY 5TH!**

## School's Out For Summer!

Here are some fun-time activities for the family.

Visit the library each week for a steady supply of reading materials and educational media. Remember, the library is often cool on extremely hot days.

Library websites:

[www.ransomlibrary.org](http://www.ransomlibrary.org)

[www.otsegolibrary.org](http://www.otsegolibrary.org)

Take a look at the many activities for kids and adults they have at the library.

Teach kids what fun treasure hunting can be (and how to save money) by going to garage sales and flea markets.

Have a movie night with popcorn popped the old-fashioned way at pennies per serving. Check out films at the library or rent them at your local Red Box.



## Low-Cost Recipe of the Month

### Peanut Butter Banana Pockets

- 3 ripe bananas
- 3 Tablespoons creamy peanut butter
- 1½ teaspoons honey
- ¼ teaspoon ground cinnamon
- 4 (8-inch) whole wheat flour tortillas
- Non-stick cooking spray



1. Peel and slice bananas about ¼-inch thick.
2. In a small bowl, stir together peanut butter, honey, and cinnamon.
3. Lay tortillas flat. Spread about 1 Tablespoon of the peanut butter mixture on one half of each tortilla.
4. Divide banana slices evenly among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.
5. Coat a large skillet with non-stick cooking spray. Heat over medium-high heat.
6. Place folded tortillas in the skillet. Cook for 1-2 minutes on each side, or until golden brown. [www.cookingmatters.org](http://www.cookingmatters.org)



Communication is more important now than ever. One way to advocate for yourself in today's very fast-paced world is to be a good communicator.

\*personal phone calls are still the way to go

\*when leaving a phone message make sure to speak up, speak slowly, clearly, and always leave a phone #

\*speaking with one another begins the relationship

**Congratulations to all of our Graduates!**