

Summer Health Tips

Extreme Heat Safety

- Stay out of the direct sun. Seek shaded or air conditioned areas such as libraries or malls. Whenever possible, schedule outdoor events (public gatherings, sporting events) early in the morning when it's cooler and the air quality is better.
- Drink plenty of fluids. (Avoid alcohol and caffeine.)
- Wear light-colored, light-weight clothing. Use hats with brims and sunscreen for more protection.
- The elderly, small children, and people with chronic health conditions are more vulnerable to the heat. Call and check on friends, family, and neighbors.

Anyone showing signs of heat stroke (altered mental state, not sweating, nausea) should seek medical attention immediately.

Swim Safely

Swimming is a great way to beat the summer heat and it is a fun way to get exercise. Whether you are swimming in your own backyard pool, in your family or neighbor's pool, or in a natural body of water, follow these tips to keep this popular summer pastime safe:

- Never swim alone! Even experienced or strong swimmers might need help.
- Do not leave young children or non-swimmers unattended.
- Encourage children and other non-swimmers to use life jackets or other approved flotation devices.
- Sign up for swimming lessons—you are never too old or too young to learn how to swim!
- Do not jump or dive into the shallow end of a pool.
- Keep away from pool drains, pipes, or other openings to avoid entrapments.
- Always keep a phone nearby.
- Learn CPR. It's a lifesaving skill, literally.
- Install a fence, with self-closing and self-latching gates, around backyard swimming pools. Check local ordinances or laws to make sure you are in compliance.

Avoid drinking alcohol before or during swimming and while supervising children.

Sun Safety

Protect yourself from exposure to the sun's rays and reduce your risk of sunburn, skin cancer, and heat stress:

- Apply sunscreen with SPF 30 or higher and both UVA and UVB protection before you go outside, even on cloudy days.
- Reapply sunscreen after swimming or sweating or after staying outside for more than two hours.
- Wear clothing, sunglasses, and a hat with a wide brim to protect exposed skin.
- Seek shade, especially during midday hours.

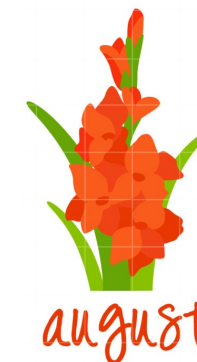


Happy Birthday

1 st	Marylu Tyger
2 nd	Jean Rast Patricia Allison
4 th	Jackie Priester
5 th	Carolyn Moyer
8 th	Bev Maharg
10 th	Marjorie Worley
11 th	Richard Allison Paul Baranek Kelli Morant
13 th	Judy Hansalik Tom Andersen
14 th	Chris Ries Keith Miller
15 th	Tom Schaum
16 th	Joan Wissler
17 th	Jean Hammer Jack Hershey
19 th	Erik Loughner
20 th	Anita Mattern Amy Heidel
21 st	Samuel Mumma Sue Hurlburt Carson Maharg
23 rd	Matthew Lisse Gretchen Lindeman Richard Miller
24 th	Michael Kimmich Ray Dennis
25 th	Drew Scheffey
26 th	Alyssa Koser
29 th	Eva Drummond Vicki Mumma Jim Neumar
30 th	Glenn Weidman Jody Weaver
31 st	Erica Banzhof Scott Ulrich

Happy Anniversary:

5 th	Lou & Cindy Garcia (43)
7 th	Ray & Memory D'Agostino (32)
10 th	Bill & Bonnie Salzman (51)
12 th	Jim & Kim Neumar (36)
20 th	Murray Foreman & Pamela Joy (20)
21 st	George & Bonnie Ries (60)
22 nd	Brenda & Don Kuhns (35)
25 th	John & Kristin Douglas (30) Kay & Rev. Bill Sherman (57)
29 th	Gregory & Catherine Freiberg (16)



Happy Birthday:

August

1 st	Julie McCoy
2 nd	Keith Ober
4 th	Angie Geary
6 th	Jan Mandros
7 th	Linda Fackler

Happy Anniversary:

August

1 st	Bryan & Kristin Fink (13)
4 th	Erika & John Banzhof (9)

*** Designates shut-in—these people would especially enjoy hearing from you.**

WORSHIP PARTICIPANTS FOR JULY

	July 3	July 10	July 17	July 24	July 30/31	August 7
ASSISTANTS	8:00 V. Mumma 10:30 P. & D. Drenner	8:00 M. Worley 10:30 S. Will / P. Supeck	8:00 B. Hayasaka 10:30 L. & K. Strause	8:00 J. Grove 10:30 H. Butterworth / D. Sensenig	6:00 C. Way 8:00 J. Labezius 10:30 J. Young / B. Steinmetz	8:00 R. Grove 10:30 V. Mumma / K. Miller
SOUND	8:00 L. Labezius 10:30 W. Heidel	8:00 L. Labezius 10:30 J. Neumar	8:00 L. Labezius 10:30 W. Heidel	8:00 L. Labezius 10:30 J. Neumar	8:00 L. Labezius 10:30 W. Heidel	8:00 L. Labezius 10:30 J. Neumar
READERS	8:00 B. Hayasaka 10:30 C. Hartman	8:00 L. Strause 10:30 J. Young	8:00 V. Mumma 10:30 S. Mull	8:00 R. Grove 10:30 C. Main	6:00 C. Dennis 8:00 M. Worley 10:30 C. LaMaster	8:00 J. Grove 10:30 H. Butterworth
USHERS	8:00 J. Labezius 10:30 B. Linton	8:00 J. Pacelli 10:30 B. Linton	8:00 Z. Volker 10:30 B. Linton	8:00 D. Maharg 10:30 B. Linton	8:00 K. Payonk 10:30 B. Linton	8:00 J. Pacelli 10:30 B. Linton
CHIMERS	10:30 M. Kelly 6:00 J. Fritsch	10:30 M. Bertrand 6:00 D. Linton	10:30 M. Foreman 6:00 M. Foreman	10:30 N. Main 6:00 K. Moyer	10:30 J. Fritsch 6:00 S. Mull	10:30 M. Kelly 6:00 K. Moyer
COMMUNION CARE V. Mumma, 397-2748	8:00 V. Mumma 10:30 T. Horn	8:00 S. Pacelli 10:30 L. & L. Bisignani	8:00 K. Douglas 10:30 needed	8:00 B. Hayasaka 10:30 T. Horn	8:00 Nagley / Wissler 10:30 L. & L. Bisignani	8:00 S. Pacelli 10:30 V. Mumma

If you are unable to serve on your assigned Sunday—please make every effort to find your own substitute.
If you would like to become a worship participant —please call the coordinator listed above or the church office at 397-2748



Worship Volunteers

As we begin the journey back to a “normal” worship schedule, we need volunteers to: read the lessons, assist Pastor with communion, set up and clean up communion, sound and camera operators, ushers, and greeters.

Have helped in the past—would like to begin? All are welcome!
Please call the office at 717-397-2748 to volunteer!

