



## **HEALTH & WELLNESS COMMITTEE**

Mission Statement: "Building a community network of wellness through education and shared resources for body, mind and spirit."









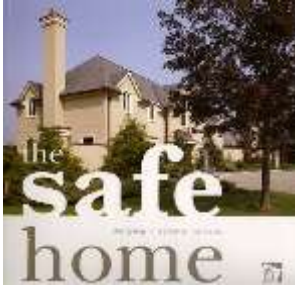
**IN JULY 2021 WE FOCUS ON**

## **SAFETY**

Has there ever been a summer so anticipated as 2021? As we emerge from our pandemic cocoons fully vaccinated ready to take advantage of all that Cape Ann has to offer it's important to keep safety top of mind to be sure we can enjoy ourselves all season long. From beaches, trails, parks, pools, or even your own backyard there are endless opportunities for us to get outside, have fun and get active. What are you most looking forward to?

June kicked off "National Safety Month" and our Health & Wellness committee here at the Chamber felt it was only fitting to share some important safety reminders as we head out to enjoy the season.

		
<p align="center"><b>Water Safety for Children</b></p> <p>71% of the World is Water and Children Are 100% Curious. Teaching children how to be safe around water is not a luxury; it is a necessity. <b>HELP KEEP YOUR CHILDREN SAFE.</b> Drowning can happen nearly anywhere with standing water. But, as a parent or caregiver, you can't keep your children sidelined. You need to equip them with the tools they need to be confident in and around water so they don't lose out on the health benefits of exercise, the opportunities to bond with family and friends and the sense of accomplishment when they learn new skills. <b>SAFE &amp; CONFIDENT SWIMMERS START AT THE Y: SWIM LESSONS, COMPETITIVE SWIM TEAM AND MORE!</b></p> <p align="center"><a href="#">Click here to explore Swimming programs at the Northshore YMCA</a></p>	<p align="center"><b>Safety When Returning to Exercise (Alternate = Injury Prevention)</b></p> <p>With the reopening of fitness centers and the warm weather many folks are trying to take off the pandemic pounds. Spaulding Cape Ann recommends starting your workout with a 5 min brisk walk or lite jog to increase your heart rate followed by this full body stretching program. <a href="#">Click here to Learn More</a></p>	<p align="center"><b>Hearing Matters to Your Safety</b></p> <p>Taking care of your hearing could prevent accidents and even save your life! Moreover, treating hearing loss early is very important to defend against cognitive decline and memory loss. In addition, hearing aids are now able to monitor health measures and immediately send automatic notification when there is a fall. This means seniors can live independently at home for longer. Finally, protection that prevents hearing loss is the best strategy! <a href="#">Click here to Learn More</a></p>
		
<p align="center"><b>Food Safety</b></p> <p>Safe food handling, preparation and storage are important year-round, including summer! The CDC (Centers for Disease Control and Prevention) estimates 1 in 6 Americans get sick each year from foodborne illness. To learn more about how to keep your family, friends and yourself safe, <a href="#">please click here</a></p>	<p align="center"><b>Safety in the Home</b></p> <p>According to the U.S. Department of Health and Human Services, the fifth leading cause of death in the United States is by unintentional injury. Three of the top five causes of injury occur in the home: poisoning, falls and fire. <a href="#">Click here to learn more</a></p>	<p align="center"><b>Safety in the Workplace</b></p> <p>Nearly 13,000 American workers suffer an injury every day; each is preventable. Injury should never be a cost of doing business. Here are some of the workplace safety topics NSC is focusing on. <a href="#">Click here to learn more</a></p>



### Planning Safe Living Environments

When we think about planning a house, office or room, we naturally think of the finished outcome; how aesthetically pleasing the environment will be, how efficient or convenient and maintenance-free the space planning will be, what the furnishings and finishes will be, and how they will stand up over time. But how much thought do we give to how safe the space will be? We rely on product manufacturers, contractors, installers, building inspectors, etc. to keep us safe. Yet each person has a role in preserving their own safety.

*The Safe Home, Designing for Safety in the Home*, by Lisa Bonneville, Bonneville Design, Published by the American Society of Interior Designers.



### Fire Safety Tips for Business

A fire can be a catastrophic event, leading to destruction of property or loss of life. To ensure that your staff and employees are protected in the event that a fire breaks out, it is essential that every business have a fire safety plan in place. This fire safety plan should include a detailed evacuation plan that all employees are made aware of so they can exit the building quickly in the event of a fire. [Click here to learn more](#)



### Tick Safety

One of the joys of this time of year is being outdoors but it's important to protect ourselves from ticks and mosquitoes. When heading out to commune with nature make sure to wear lightweight and light in color clothing and long sleeve tops and pants tucked into socks. Make sure to apply an EPA-approved repellent. When returning home do a tick check from head to toe of all family members - pets included! Think you found a tick? Not sure how to remove it? All those answers and more information on tick safety can be [found here](#)



### Boating Safety

*Official Massachusetts boater safety courses. Massachusetts safety education card Lifetime.* Massachusetts law requires all motorboat operators who are 12 through 15 years of age to complete an approved boating course in order to operate a motorboat without adult supervision. Also, all PWC operators who are 16 or 17 years of age or older must complete an approved boating course. At any age in any watercraft, GET CERTIFIED. [Click here to learn more](#)

***The Health & Wellness Committee meets the 3<sup>rd</sup> Wednesday of each month at 8am.***  
***Members represent various sections of the health and wellness industry and share***  
***in the common goal of improving the lives of the individuals and families of Cape Ann.***  
**Contact [Olivia@capeannchamber.com](mailto:Olivia@capeannchamber.com) to join!**

**Health & Wellness Committee Members:**

City of Gloucester Board of Health  
Cape Ann Mass in Motion  
Backyard Growers  
Senior Care, Inc.  
Cape Ann Botanicals  
Cape Ann Cannabis  
Spaulding Outpatient Care  
Bonneville Design  
Emily DeBenedictis, Art Therapy  
Children's Friend & Family Services  
The Open Door  
Cape Ann YMCA  
Needy Meds  
Beauport Hearing Care  
Dependable Benefits Advising  
Sound Living Therapy Services