



## SUMMER SAFETY 101

- **Sun Safety:** Sun safety is the most important thing to consider during the summer. It is important to keep your skin safe to avoid sun damage. Sun damage is caused by UV rays (UV) and can cause serious damage to your skin. Too much sun exposure without sunscreen can cause sunburn, wrinkles, eye damage, aging and even skin cancer. There are simple steps you can take to keep yourself safe from the sun. The first easy step is to wear sun screen. The FDA recommends sunscreen with a SPF of 15 or higher even on cloudy days. Make sure you apply sunscreen on uncovered skin and reapply sunscreen every two hours.
- **Sunglasses:** While the sun can affect our skin, it can also damage our eyes. Wearing sunglasses is a perfect way to avoid damage to the eyes. According to the FDA, it is important to choose sunglasses with a UV rating of 400 or 100%. Not all sunglasses protect against strong UV rays so make sure you check the rating of the glasses. To add extra protection, wear a baseball cap or a wide brimmed hat to keep the sun out of your eyes.
- **Exercise:** Exercise is important all year round but the summer opens up more opportunity to get out and enjoy different activities. According to the Mayo Clinic, 30 minutes a day of exercise is recommended. Activities such as swimming, running, biking, or dancing can help keep you healthy. However, if the weather is too hot, avoid too much vigorous exercise.
- **Stay in the shade:** It is important to give yourself and your body a break by sitting in the shade. Keeping out of the sun allows your body temperature to regulate and shields you from the harsh UV rays. Staying in the shade can help you avoid chapped lips, allows your skin to have a rest, and helps reduce the chance of heat stroke.
- **Keep Hydrated:** Water makes up 50% to 70% of our body weight which emphasizes the importance of our water intake. According to the Mayo Clinic, it is recommended for men to drink 15.5 cups (3.7 liters) and for women to drink 11.5 cups (2.7 liters) per day. Without keeping hydrated, dehydration can occur which means you are losing more liquid than you are taking in. This can lead to serious issues such as headaches, fatigue, dizziness, and more.

# 100 <sup>more</sup> THINGS TO DO THIS SUMMER

- DIG FOR FOSSILS
- PUPPET SHOW
- I SPY
- LEMONADE STAND
- S'MORES
- RIDE A TRAIN
- PING PONG
- RIDE SCOOTERS
- BOTANICAL GARDEN
- SCAVENGER HUNT
- MAKE A VOLCANO
- AMUSEMENT PARK
- MAKE COLLAGE
- DANCE PARTY
- BASKETBALL
- MAKE MOON SAND
- VISIT COUSINS
- ROAD TRIP
- BATTLESHIP
- BANANA SPLIT
- PEN PAL
- SNOW GLOBES
- LEARN MAGIC TRICK
- GO FISH
- MAKE ROOTBEER
- CLOUD WATCHING
- PROGRESSIVE DINNER
- EXPLORE NEW CITY
- ICE SKATING
- SLIP N' SLIDE
- TRY A NEW FOOD
- BREAKFAST PICNIC
- BATHTUB PAINTS
- GIANT BUBBLES
- RACQUETBALL
- RODEO
- AIR HOCKEY
- GARAGE SALE
- ROLLER BLADING
- PUZZLES
- ARCADE TRIP
- MILKSHAKE
- RESEARCH A COUNTRY
- ICE CUBE PAINTING
- WAFFLES
- WORD SEARCH
- SALT CRYSTALS
- EGG DROP
- FAMILY PICTURES
- TIC TAC TOE
- VOLLEYBALL
- DOLLAR STORE
- MEMORY GAME
- PAINT ON CANVAS
- BUILD TEEPEE
- WATERBALLOON ART
- SMOOTHIES
- BACKWARDS DINNER
- FLASHLIGHT TAG
- POPCORN BALLS
- FAMILY TREE
- PLAY POOL
- FILE FOLDER GAMES
- BINGO
- BROOM HOCKEY
- HULA HOOP
- TRACE BODIES
- MAKE SOAP
- PLANT FLOWERS
- TRAMPOLINE
- RECYCLED ART
- OLD MAID
- FACE PAINT
- PLANT A TREE
- ICE MELTING
- YOGA
- KARAOKE
- MUSIC VIDEO
- PLAY SCHOOL
- STAR GAZING
- TIE DYE SHIRTS
- BOARD GAMES
- VISIT MUSEUM
- SOCK PUPPETS
- LASER TAG
- PLAY DARTS
- LEAF RUBBINGS
- BOB FOR APPLES
- CLAY "FOSSILS"
- BOOMERANG
- STORY TIME
- PICK WILDFLOWERS
- NO BAKE COOKIES
- MAKE A HAT
- PLAY HOT POTATO
- LICENSE PLATE GAME
- MAKE A MASK
- MAKE STILTS
- TERRARIUM
- PLAY OLYMPICS



## Adoptee Spotlight

### Steve Jobs

Steve Jobs is a common household name, but did you know this famous iPhone founder was adopted? Steve Paul Jobs was born on February 24th, 1955, in San Francisco, California. Jobs was raised by his adoptive parents in a city now located in Silicon Valley. Growing up, Jobs always had an interest in technology and engineering. After dropping out of college, he began working for the video game company Atari Corporations. Shortly after leaving the company, Jobs reconnected with his old high school friend, Steven Wozniak. They decided to work together in the field of computers. In 1976, they created a logic board in their garage called Apple I. After completing the logic board, they created Apply II which included a keyboard and a different design than the previous model. Apple II became a hit and revolutionized personal computers. After completing this model, Jobs and Wozniak created Apple Corporations. The Apple II is what started the beginning of the company's success which now has grown into a billion-dollar company. Jobs also used his skills for technology in investing and working closely together with the animation studio Pixar, which released the first ever computer animated film in 1995, Toy Story. Jobs sold Pixar to the Disney Company which still makes many Pixar films today. In 2007, the first iPhone was introduced. Unfortunately, Steve Jobs died of cancer in 2011 at the age of 56. Since then, iPhones have now been through multiple versions and the company still creates computers, phones, tablets, smartwatches, and even streaming services. Today, Apple computers and iPhones are used by millions all over the world and the popularity will only increase over the years.

# PARC Events

Build connections with and get support from others who truly understand!

## Monthly Online Support Groups:

Fabulous Foster and Adoptive Parents

First Monday of Each Month  
6:30 - 8:30 p.m.

Adoptive Family Connections

First Thursday of Each Month  
7:30 - 8:30 p.m.

## What are people saying about PARC?

“It [the Dads group] was a great way for dads to connect and see they are not the only dads out there.”

“Love the people and the help I receive here!”

“These people are my tribe. This [support] group has helped me get through so many things.”

“[PARC Worker] helped to keep me from jumping off the ledge many times. I never felt judged, only supported.”

“My experience was wonderful, [worker] was a huge help to us. We truly appreciate all of the support!”

“[Worker] has been a true blessing to our family. Their kindred spirit helped me through a difficult time.”

## Mailing Address

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[www.parc-judson.org](http://www.parc-judson.org)



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**Judson Center**

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For a complete list of events, visit the calendar page on our website. Additional activities and resources are listed there as well!

[www.parc-judson.org/calendar](http://www.parc-judson.org/calendar)

For questions or to register for support groups or events, contact [parc\\_5@judsoncenter.org](mailto:parc_5@judsoncenter.org) or 734-794-2988.