HR CONNECT NEWSLETTER

JULY 2025



July is the heart of summer, providing many sunny days to enjoy with family and friends. Here are some fun activities to do with them:

July is National Picnic Month. **Visit one of our beautiful parks or beaches, bring everyone's favorite finger foods and snacks and enjoy some quality time together outside. Sandwiches, salads, fresh fruits, and pastries are great options. Bring a refreshing drink such as strawberry lemonade or iced tea.**

Enjoy a game night. **Bring out the board games, play dominoes or cards, or create your own fun competitions. Have great prizes ready for the winners.**

Volunteer for a great cause. **Come together to meet a need in the community. Local non-profit organizations could benefit from some of your time. You can read to children, care for pets at an animal shelter or visit an elderly home.**

Make a new dish together. **Have a dish you've always wanted to try? Find a recipe, gather all the ingredients and make it with your family and friends.**

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Healthy Vision Tips



Your eyes are an important part of your health. There are many things you can do to keep them healthy and make sure you are seeing your best.

Here are 9 tips for maintaining healthy eyes:

Do regular eye exams. You may think your vision is fine or that your eyes are healthy, but visiting your eye care professional for a comprehensive eye exam is the only way to really be sure. Many eye diseases have no warning signs.

Know your family's eye health history. Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with a condition as many are hereditary. This information will help you determine if you are at risk.

Eat right to protect your sight. Eating a diet rich in fruits and vegetables, particularly citrus fruits, carrots, sweet potatoes, cantaloupes, peaches, almonds, avocadoes and sunflower seeds, dark leafy greens such as spinach, kale, or collard greens, is important for keeping your eyes healthy. Additionally, there are many eye health benefits from eating eggs and fish high in omega-3 fatty acids, such as salmon, tuna, sardines, trout and halibut.

Maintain a healthy weight. Being overweight or obese increases your risk of developing conditions that affect vision, such as diabetic eye disease or glaucoma.

Wear protective eyewear. Use protective eyewear when doing activities such as playing sports, swimming or using cleaning chemicals. Protective eyewear includes safety glasses and goggles, safety shields, and eye guards specially designed to provide protection.

Avoid smoking. Research has linked smoking to an increased risk of developing age-related eye diseases, cataracts, and optic nerve damage, all of which can lead to blindness.

Wear sunglasses. Sunglasses protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for ones that block out 99 to 100 percent of both UV-A and UV-B radiation.

Give your eyes a rest. If you spend a lot of time viewing electronic devices, you may forget to blink and your eyes can become tired and strained. Try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds.

Clean your hands and your contact lenses properly. To avoid the risk of infection, always wash your hands thoroughly before touching your eyes or putting in or taking out your contact lenses. Make sure to disinfect contact lenses as instructed and replace them as appropriate.

Caribbean Heritage Month Recap



Ms. Eartha Gray representing Antigua and Barbuda



Ms. Silvia Ramirez Lora representing Dominican Republic



Ladies of St. Croix's Human Resources Office representing the USVI, Antigua, St. Kitts-Nevis and St.Lucia

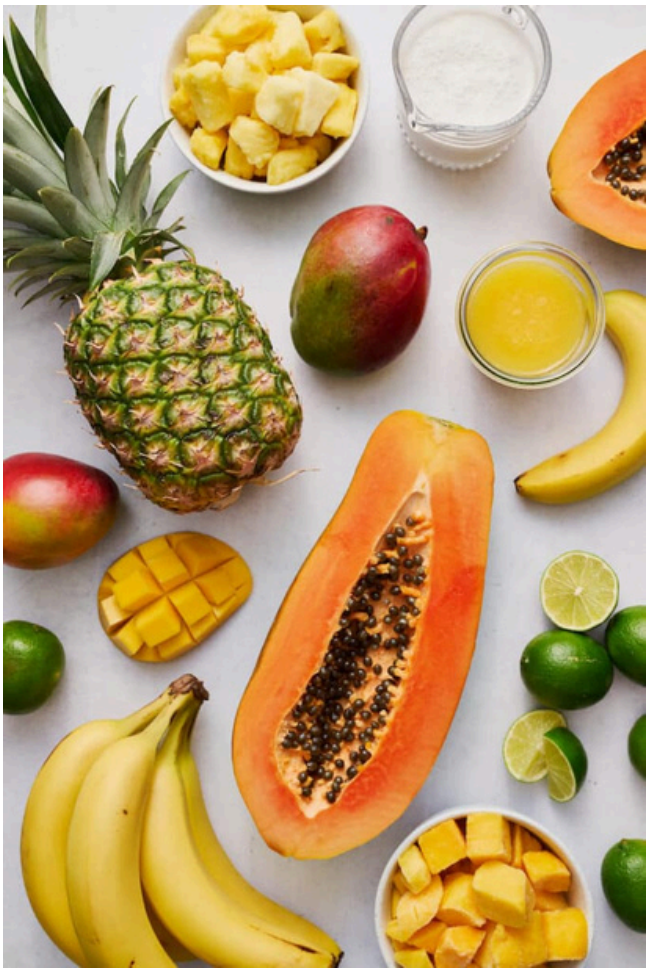
Students and staff of the ***Jane E. Tuitt Elementary School's Summer Enrichment Camp*** representing the US Virgin Islands, Jamaica, Guyana, Dominican Republic, Haiti, Antigua and St. Kitts-Nevis.







National Tropical Fruit Day



July 18 is National Tropical Fruit Day. This national day was created to raise awareness of the various exotic tropical fruit available and highlight their many health benefits. Tropical fruits are packed with vitamins A and C, beta-carotene, potassium, antioxidants, fiber and many have high water content. They are great for immunity, digestion, eye and skin health.

They include avocado, banana, citrus fruits, coconut, dragon fruit, guava, kiwi, lychee, mango, mangosteen, papaya, passion fruit, pineapple, and many more. A great way to enjoy them and reap their benefits is to blend up a smoothie. See below for a recipe:

Tropical Fruit Smoothies

Makes 2 smoothies.

Ingredients

1 cup frozen mango
1 cup frozen pineapple
1/2 cup papaya fresh or frozen
2 large bananas cut into pieces
3/4 cup pineapple or orange juice
3/4 cup coconut milk
1 tablespoon lime juice

1. Place the juices, coconut milk, banana, papaya, mango and pineapple in a blender; blend until completely smooth.

2. Pour smoothie into 2 glasses and add garnishes of fruit slices if desired.



International Self-Care Day : July 24th

International Self-Care Day was established to emphasize the advantages of self-care as a crucial component of health and wellness. July 24th was chosen as a reminder that self-care can be practiced 24/7 and a form of self-care should be practiced daily. A wide range of health areas, from mental health to care for chronic diseases can be helped by self-care. Practicing self-care results in increased self-confidence and clarity, less stress and anxiety, and helps you enjoy a higher quality of life. **The International Self-Care Foundation established the 7 Pillars of Self-Care.** Here's how to practice them:

Knowledge and Health Literacy

Knowing and understanding information about your health can help you make the best decisions for your health and wellness. Talk to your healthcare providers and ask any questions you need to understand your health.

Mental Well-Being

Finding healthy ways to manage stress and emotions such as journaling, meditating and using aromatherapy. Any healthy activities that make you feel better should be done.

Physical Activity

Engaging in regular exercise by doing activities such as taking walks, running, swimming or doing strength training.

Healthy Eating

Consuming a balanced diet of fresh fruits and vegetables, healthy fats, proteins, grains and dairy provides essential nutrients for your body to function at its best.

Avoiding Risks

Identifying and minimizing unhealthy behaviors such as smoking, excessive drinking and high speed driving.

Good Hygiene

Practicing cleanliness to prevent illness includes your own personal hygiene, skincare and keeping your home environment clean and sanitized.

Rational Use of Products and Services

Using health and wellness products appropriately includes taking medications as directed, using wellness devices for health monitoring, and practicing preventative care.



Summer Word Search

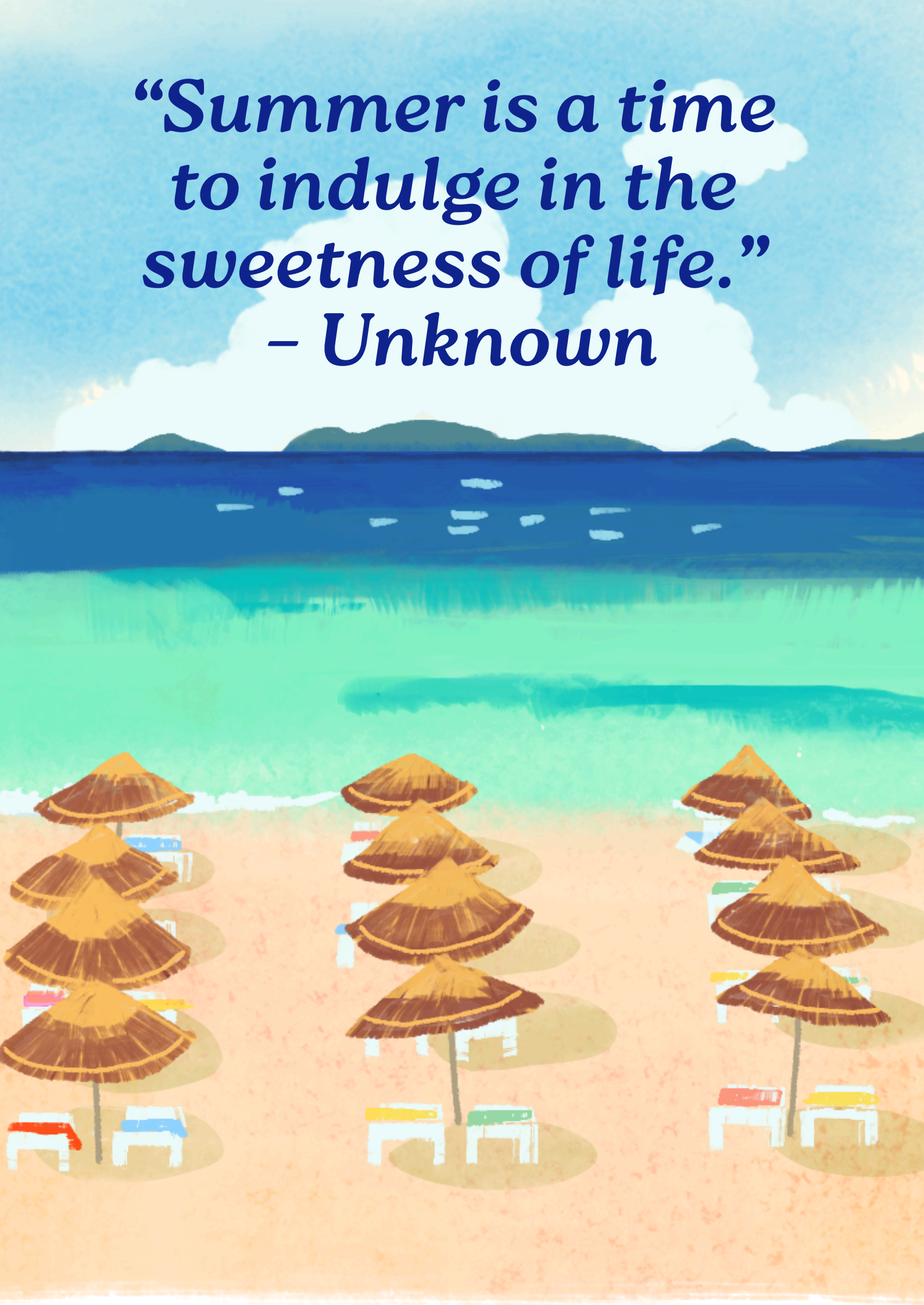


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WORDS

ice pops
barbeque
grill
fireworks
ocean
goggles
swimsuit
sandcastle
seashell
sunglasses
ice cream
vacation
beach
pool
sunshine
sunscreen
lemonade
picnic
flip flops
beach chair




“Summer is a time
to indulge in the
sweetness of life.”
– Unknown