

# PECAN BAYOU

## NATIONAL MEN'S HEALTH WEEK: JUNE 15-21



**National Men's Health Week is an important time to focus on men's well-being, raising awareness and encouraging early detection for better health outcomes.** Studies show that men are less likely than women to visit the doctor for annual check-ups, which makes it even more important to highlight the value of regular health screenings.

This week serves as a reminder to prioritize men's health, seek routine medical advice, and catch

potential issues early. Many common health problems, such as prostate and colon cancers, can be treated effectively when detected early. Prostate cancer is the most common cancer in American men (excluding skin cancers), but it can often be treated successfully with early detection.

In addition to routine exams for prostate and colon screenings, men should also keep up with regular check-ups from other health professionals, including dentists, dermatologists, and eye doctors. Annual

dental visits can help prevent tooth decay and gum disease, while eye exams can catch issues like glaucoma or early signs of vision loss. Regular skin checks with a dermatologist can detect skin cancers early, when they are most treatable.

**Taking small steps today, like making an appointment or talking to a healthcare provider, can make a big difference. Use this week as a starting point to take charge of your health and support the men in your life in doing the same.**

## June 23 is Hydration Day!

On June 23 each year we celebrate National Hydration Day! Proper hydration is vital to living a long healthy life, but it's often overlooked due to the regular hustle and bustle of the day. Carrying a water bottle can make a huge difference in your summer health, and may also help protect from dehydration, heat stroke, and other dangerous issues. It is never too late to start taking better care of your hydration!

Unsure how to go about drinking more water? Be sure to speak with your physician to know how much is right for you. Then treat yourself to a new refillable water bottle. They come in all different styles and colors with the ounces labeled.

There are free apps for your phone or tablet that can keep track and send reminders about your water intake. Find a method that works for you and make a commitment to stay hydrated all year long!



## National Great Outdoors Month

Great Outdoors Month is the perfect time to enjoy the outdoors, whether it's a short stroll or a bit of quiet time in the sun. You don't have to travel far to embrace the wonders of nature. Here are some simple ways to get started:

- Relax in the courtyard, porch, or on the patio
- Have a picnic lunch outside, or enjoy a meal in the fresh air
- Take a leisurely walk with a friend or caregiver
- Visit a local park and watch the birds
- Tend to plants, flowers, or a small garden
- Try easy lawn games like ring toss or bean bag toss
- Enjoy the peace of a nearby pond, beach, or waterway

Even small moments spent outdoors can lift your spirits, spark connection, and bring peace. Fresh air, sunshine, and a little nature can go a long way!



## A Taste of Summer, Indoors or Out: Picnic Day is June 18

Nothing says summer quite like a picnic! Whether it's a sunny day in the courtyard or a shady spot on the patio, a picnic can brighten any afternoon.

Picnic-style meals don't need to be fancy to be fun. A colorful spread of finger foods like fruit, cheese and crackers, veggie sticks, or mini sandwiches can feel just as special as a traditional cookout.

Too hot or rainy outside? No problem. Bring the picnic indoors with bright paper napkins, music, and a few friendly faces. Make it your own with a cozy blanket, a favorite drink, and a small group of friends or neighbors. It's the feeling that makes it festive, not the location.





## SAVORING SWEET MEMORIES: JUNE IS NATIONAL CANDY MONTH

It may come as a surprise that National Candy Month is in **June and not October when trick-or-treating takes center stage. June offers a sweet chance to revisit old favorites—like butterscotch discs, peppermints, or a classic chocolate bar—and savor the memories they bring.**

Candy has a long and fascinating history. Lollipops, for example, date back thousands of years, starting with dried fruit dipped in honey and placed on sticks. The modern lollipop was introduced in 1908 by George Smith, who named it after his horse, Lolly Pop, and patented the name in 1931.

**For many, candy brings back fond memories of visiting the corner store and picking out “penny candy.” Classics like NECCO wafers, Bit-O-Honey, Dots, Good N’ Plenty, and Tootsie Rolls still hold a special place in the heart. Today’s favorites might include Sour Patch gummies, Reese’s, Nerds, and more.**

Whether it’s an old-fashioned treat, a favorite, or a bold new flavor, take a moment to celebrate National Candy Month with a little something sweet.

Be sure to check with your physician to ensure your treats fit into your health plan.

## JUNETEENTH INDEPENDENCE DAY

Did you know that Juneteenth became a federal US holiday in 2021, even though Texas has recognized it as a state holiday since 1980? On June 19, 1865, Army Major General Gordon Granger rode on horseback into Galveston, Texas and announced the end of the Civil War and the emancipation of over three million slaves.

**Celebrate with your friends and family this year by participating in prayer and religious services, speeches, educational events, or family picnics.**



## Happy Father’s Day

Be sure to take a moment on Sunday, June 21 to honor dads, foster fathers, surrogate dads, grandfathers, uncles, brothers and the other important male role models in your life. Let him know how much he means to you by calling, texting, visiting or sharing photos on social media. Take him to dinner, nine holes of golf, fishing, or to the movies and spend the day together. Send a card or small gift to show your love and appreciation. It is sure to brighten his day!



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## Stay Cool & Refreshed with a Healthy Twist on Iced Tea Day!

On a hot summer day, there's nothing quite like a chilled glass of iced tea!

**National Iced Tea Day on June 10** is the perfect reason to enjoy this classic, refreshing drink. Whether you prefer it sweet or unsweetened, iced tea is a classic summer beverage!

Green and black tea offer some great health benefits, including:

- Natural antioxidants for wellness
- Support for a healthy metabolism
- Keeps breath feeling fresh

Add a twist by infusing your iced tea with lemon, mint, lime, or even cherry for a fun, customizable treat.

**It's a simple way to stay refreshed all summer long!**



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Choose Well**

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**WORD SEARCH** Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

C	X	E	Q	Q	P	X	M	F	A	T	H	E	R	O
E	C	H	D	T	E	A	U	J	W	A	T	E	R	Y
L	S	W	E	E	T	W	S	F	K	A	L	X	T	B
E	R	O	B	A	V	C	E	K	O	C	O	W	G	K
B	F	G	E	F	L	J	U	P	E	D	G	O	R	M
R	P	X	H	L	U	T	M	I	M	L	O	Q	R	C
A	S	K	P	E	P	U	H	C	X	Q	Z	Z	O	A
T	O	I	D	N	G	R	I	N	K	U	L	Z	Q	N
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N	Z	O	P	M	W	Z	R	T	O	V	C	H	U	U
C	S	S	O	S	Y	U	Q	G	Z	M	E	Q	N	I
C	N	D	E	S	O	I	O	Z	I	Y	M	Y	E	C
J	M	E	N	K	Z	L	D	V	A	R	Z	I	N	S
H	Y	D	R	A	T	E	C	D	B	W	J	V	T	Y

### WORD LIST

CANDY  
CELEBRATE  
DAD  
FATHER  
HEALTH  
HYDRATE  
JUNE  
MEN  
MUSEUM  
PICNIC  
RECOMMIT  
SWEET  
TEA  
WATER  
ZOO