



# Member Pulse Digest



## In Our June Issue:

If exploring the Great Outdoors is limited to your backyard this year, now is the perfect time to get into gardening. This month's *Member Pulse* offers up the pastime as not only a way to get close to nature, but as a way to create some calm for your environment, enjoy some blooms, and reap the benefits for your table, too!

We'll remind you that **June is Cataract Awareness Month**, so help prevent them by wearing good sunglasses with 100 percent UVA and UVB protection when you're out there digging and planting, (besides also getting some FDA-recommended amounts of vitamin C, E, plus zinc, limiting alcohol, and *not* smoking). **June is also National Safety Month**. According to the U.S. Consumer Product Safety Commission, more than 80,000 people in the U.S. go to emergency rooms annually because of lawn mower injuries. Another 230,000 receive treatment there each year due to garden tool mishaps. From high-velocity blades to over-heated motors, read manuals, wear protective gear, and operate wisely to keep you and your family (including pets!) safe.

**June is Men's Health Month**, too, so guys, take action! Prostate and testicular health must be monitored, because of cancer risk, sexual function, fertility, and urinary health. Get yourselves checked.

Finally, we help you make the most of your "staycation" this year, with lots of ideas while families stay together *and* play together.

Be sure to continue to protect yourself and your family. **Stay updated on the COVID-19 virus:** Visit the CDC's [COVID-19](#) page.

Click on our June features and healthy recipes:



### Dig it: Gardening Zen *and* Safety

If you enjoy the outdoors, gardening can be one-stop shopping for gently increasing activity, getting some vitamin D (with sunscreen), and watching the nature show, as well as adding to your table. Turns out, gardening is not only a sensory experience; it's very therapeutic, too.

[A Nod to Nature](#)



### Man Up: Focus on Men's Health

When it comes to men being mindful of their own health, guys are often guilty of avoidance because they may feel embarrassed or less "manly" if something isn't feeling or functioning quite right. That's even more reason for men to see their doctor for regular checkups and routine screenings. That includes prostate and testicular health.

[Get Checked](#)



### Make the Most of Your Staycation

Not travelling somewhere (or too far afield) could be a choice, or a decision born out of necessity. The challenge, in any case, no matter how long your "staycation" lasts, is: if it's true that the family who *plays* together, stays together, how do you make staying home fun (without killing each other due to too much togetherness)?

[Holiday at Home](#)

## Healthy Recipes of the Month:



**Summer Stuffed Squash**

[View Recipe](#)



**No-bake Chocolate  
Cherry Oat Bars**

[View Recipe](#)

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