

June Newsletter

2023



June 14th World Blood Donor Day



www.redcrossblood.org

- Each year, an estimated 6.8 million people in the U.S. donate blood.
- Approximately 29,000 units of red blood cells are needed every day in the U. S.
- Type O negative red cells can be given to patients of all blood types.

Types of Donations:

1. Whole Blood
2. Power Red
3. Platelet
4. AB Elite Plasma

Summer is here! Protect your skin from the Sun

SPF SELECTION GUIDE

HOURS OUTDOORS	SKIN TONE				
	VERY FAIR Never tans, always burns	FAIR Tans slowly, burns easily	LIGHT Usually burns first	MEDIUM Burns minimally	DARK Rarely burns
1	SPF 30	SPF 15	SPF 15	SPF 8-14	SPF 8-14
2	SPF 30	SPF 30	SPF 30	SPF 15	SPF 8-14
3	SPF 50+	SPF 50+	SPF 30	SPF 15	SPF 15
4	SPF 50+	SPF 50+	SPF 30	SPF 30	SPF 15
5	SPF 50-100	SPF 50-100	SPF 50-100	SPF 50+	SPF 30

- Limit time in the sun, especially between the hours of 10 a.m. and 2 p.m., when the sun's rays are most intense.
- Wear clothing to cover skin exposed to the sun, such as long-sleeved shirts, pants, sunglasses, and broad-brimmed hats.
- Use broad spectrum sunscreens with SPF values of 15 or higher regularly and as directed.
- Reapply sunscreen at least every two hours, and more often if you're sweating or jumping in and out of the water.

Summer Chickpea Salad

Ingredients

- 15 ounce can chickpeas, rinsed and drained
- 1 1/2 cups chopped Persian or English cucumbers
- 1 cup cherry tomatoes, halved
- 1 cup fresh or frozen (defrosted) corn (if using fresh, grilled is best)
- 1 peach, diced
- 1 jalapeño, seeded and minced
- 1 tablespoon finely chopped chives
- 1/4 cup basil leaves, chopped
- 1/2 cup cubed or crumbled feta cheese
- 1/4 cup fresh lemon juice
- 1 1/2 tablespoons olive oil
- 1 tablespoon dijon mustard
- 1 tablespoon honey
- Kosher salt and fresh ground black pepper to taste



Directions

1. In a large serving bowl combine the chickpeas, cucumber, tomatoes, peach, corn, jalapeño, basil, chives and feta.
2. In a small bowl whisk together the lemon juice, dijon, honey, olive oil salt and pepper. Pour the vinaigrette over the salad and stir together until combined. Taste for seasoning and serve or cover and refrigerate until ready to serve.

Advantus Spotlight...

PBG celebrating dedicated employees



New Floating Luxuries fabric
“La Jolla Stripe,” fresh off the
production line.