



YEAR OF THE HEALTHY NURSE

P3 HEALTH GROUP // MAY 2017



AMERICAN NURSES ASSOCIATION

Nursing: The Balance of Mind, Body, and Spirit

This month we celebrated National Nurses Week! It begins each year on May 6th and ends on May 12th, Florence Nightingale's birthday. This year's theme, "Nursing: The Balance of Mind, Body, and Spirit" is all about celebrating nurses who lead the charge for health and wellness.

In celebration of National Nurses Week, the Elsevier Nursing Journals team has compiled a special article collection. These articles echo the theme of this year's Nurses Week and is separated into three sections, focusing on health in the workplace, emotional health, and physical health. To read the articles in the collection, visit <https://www.elsevier.com/health-sciences/national-nurses-week-2017>

Thank you to all the wonderful, hardworking nurses in our community!

MELANOMA/SKIN CANCER DETECTION AND PREVENTION MONTH

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV damage can also cause wrinkles and blotches or spots on your skin. The good news is that skin cancer can be prevented, and it can almost always be cured when it's found and treated early.

P3 is proud to participate in Melanoma/Skin Cancer Detection and Prevention Month. During the month of May, join us in taking action to prevent skin cancer and reduce the risk of UV damage.

Remind your patient of the simple steps they can take today to protect their skin:

- Stay out of the sun as much as possible between 10 a.m. and 4 p.m.
- Use sunscreen with SPF 15 or higher. Put on sunscreen every 2 hours and after you swim or sweat.
- Cover up with long sleeves and a hat.
- Check your skin regularly for changes.
- Encourage families to adopt good habits together, like wearing sunscreen and limiting their time in the sun.

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NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

P3 Health Group is supporting the President's Council on Fitness, Sports & Nutrition in honor of National Physical Fitness and Sports Month. During the month of May, we challenge all adults to get 30 minutes of physical activity every day.

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer.

The Physical Activity Guidelines for Americans recommend that adults:

- Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves.
- Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week.

Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. Physical activity can benefit older adults through lower the risk of falls and improved cognitive functioning (like learning and judgment skills). Together, we can rise to the challenge and get more active during the month of May!

AGE OUT LOUD! OLDER AMERICANS MONTH 2017:

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month (OAM).

P3 Health Group will use OAM 2017 to focus on how older adults in our community are redefining aging—through work or family interests, by taking charge of their health and staying independent for as long as possible, and through their community and advocacy efforts. We can also use this opportunity to learn how we can best support and learn from our community's older members.

Let's amplify the many voices of older Americans and raise awareness of vital aging issues across the country. Join us as we speak up and out loud for OAM!



AGE OUT LOUD: MAY 2017

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