

**AUGUST
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You make choices everyday and each choice either moves you closer or further away from your goals. There may be times you have so many choices you become overwhelmed and are not sure which way to go. Remember, every choice you make will lead you down a path, so know where the path is going. Harry Emerson Fosdick wrote, "He who chooses the beginning of a road chooses the place it leads to. It is the means that determine the end." When you come to a fork in the road, you must look carefully and determine which way will take you closer to your goals and the feeling of fulfillment. It may not be the easy way but if you accept the responsibility, it will be the rewarding way. Brighton Bank is constantly looking down the roads available in the banking world. We have chosen the path of following sound practices and excellent customer service. We have worked to carry out our responsibility to our customers and the community. We didn't make these choices because we had to; we made them because we wanted to. We will continue to set worthwhile goals, establish priorities, look for the good and focus on important issues that pertain to our customers.

IMPORTANT THINGS TO HAVE IN YOUR LIFE

Health. Without good health, you can't live the life you want. Pay attention to both your physical and mental health.

Family. A family is a blessing. Just knowing that someone cares about you no matter what, is a great support in life.

Friends. If you have a best friend, you are truly a lucky individual.

Enjoy your friendship and be the best friend you can be.

Purpose. A fulfilling life comes when you have a purpose, a goal and a specific target.

Peace. Peace comes in finding a way to balance your emotions, your relationships and stressful situations effectively.

Self-Development. Life is a gift and it is your responsibility to get the most out of it. Cultivate your talents through learning. **Love.** Receiving and giving love is an enjoyable part of life.

Food, water, sleep and oxygen. These four elements are vital to your survival. Try to retain a balance in your life and give your body these essentials.

Faith. Faith is important as it is regarded as an expression of hope for something better and greater than yourself.

"7" IMPORTANT HEALTH EXAMS

Information from an article by Carol Kay

- 1. Cholesterol:** Millions of Americans have high cholesterol. According to the Centers for Disease Control and Prevention (CDC), lowering your cholesterol can reduce the risk of developing and dying from heart disease.
- 2. Blood Pressure:** High blood pressure can lead to a stroke, cause heart disease, and contribute to other underlying health problems and is known as the "silent killer."
- 3. Mammogram:** Health professionals vary on testing age so consult your doctor for individual advice.
- 4. Pap Test/Prostate Exam:** *Women:* Pap smears are crucial in the early detection of cervical cancer. *Men:* Starting at age fifty, men should have a prostate exam every year.
- 5. Skin Screening:** Check your skin for abnormalities and if you notice something strange consult a dermatologist. Be proactive and ask your physician to include a skin check at your check-up.
- 6. Dental Cleaning:** Bi-yearly exams and cleaning are vital in maintaining good oral hygiene and detecting dental diseases.
- 7. Eye Exam:** A vision exam tests for poor eye sight and can also reveal other health problems such as cataracts and glaucoma. **Remember:** Just because you're not sick, doesn't always mean you're healthy.

Tips for Preventing Heat-Related Illness During the Summer

Centers for Disease Control and Prevention (CDC)

- **Wear Appropriate Clothing.** Choose lightweight, light-colored, loose-fitting clothing.
- **Stay Indoors.** Stay in an air-conditioned place as much as possible.
- **Don't Depend on Fans.** Fans provide comfort, but with temperature in the high 90s, they do not prevent heat-related illness.
- **Take a cool shower or bath.** This will lower your body temperature.
- **Limit the use of your stove and oven.** This will help maintain a cooler temperature in your home.
- **Schedule Outdoor Activities.** Try to limit outdoor activity to the cooler hours. Rest in shady areas so that your body has a chance to recover.
- **Pace Yourself.** If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area and rest, especially if you are lightheaded, confused, weak, or faint.
- **Wear Sunscreen.** Sunburn affects your body's ability to cool down and can make you dehydrated. Use sunscreen of SPF 15 or higher 30 minutes prior to going out. Reapply according to directions.
- **Never leave children or pets in parked cars.** Cars can quickly heat up to dangerous temperatures even if the windows are cracked open.
- **Avoid Hot and Heavy Meals.** They add heat to your body.

My doctor told me to stop having intimate dinners for four.
Unless there are three other people.

Orson Welles

Bounce This Along.....

Many household products have multiple uses and Bounce dryer sheets are no exception. Try these tips:

- Tie a sheet of Bounce to your belt loop to repel mosquitoes.
- Put a sheet of Bounce in your pocket to keep yellow-jackets away.
- Eliminate static electricity from your television or computer screen by wiping them with a sheet of Bounce.
- Put a sheet of Bounce in old books and photo albums to remove odor.
- Place a sheet of Bounce next to ants to chase them away.
- Place sheets of Bounce around trailers and foundation areas to keep mice from entering.
- Collect cat hairs by rubbing the area with a sheet of Bounce.
- Deodorize shoes, sneakers, and laundry hampers by placing a sheet of Bounce in them.
- Wipe up sawdust from drilling or sanding. A sheet of Bounce will collect sawdust like a tack cloth.
- Clean shower doors with a sheet of Bounce to dissolve soap scum.