



## The IntegrITS Weekly Digest



## 5th Thursday Check-in

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### Welcome to this week's edition of *The IntegrITS Weekly Digest*.

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Grab your sunscreen, your favorite people, and your sense of adventure—summertime is here! Depending on one's experiences, the start of summer may bring up feelings of nostalgia for what used to be: Beach days. Family vacations. Summer camp. Exploring the neighborhood with friends. Unlimited tv time. And so much more.



A quintessential representation of summer is the acclaimed movie classic, *The Sandlot*. It's a beautiful picture of childhood naivety, joy, adventure, and friendship. Who else learned how to properly eat a s'more from Ham?



In one of the more emotional moments in the movie, Benny (the leader of the Sandlot crew) is visited by a fictionalized Babe Ruth in a dream. Even as a child, Benny desires to accomplish something great in his lifetime.

"Everybody gets one chance to do something great. Most people never take that chance...Follow your heart, kid, and you'll never go wrong."  
-*The Sandlot*

Just like Benny, so many of us have had a desire to do something great, to have an impact. For Benny, that was braving the fence and facing a menacing dog to rescue a beloved baseball. And that is the beauty of this movie. This "something great" was about a baseball...but it also wasn't about the baseball at all. It was about facing fears and accomplishing something meaningful for a friend. The scale of his impact was tiny in the grand scheme of things, but as you see in the movie, it played a role in the positive trajectory of Benny's life.

As we enter the summer season, it might be one that is busier than ever. For others it might be a time when you're able to slow down your pace. Whichever is your story, we encourage you to take time over the next few months to embrace family and friends, seek out adventure (big or small), and leave room for nostalgia.

Remember that feeling of wanting to do “something great,” and think about how you might be able to go outside of your comfort zone for someone in your circle of friends/family.

***Enjoy your summer, enjoy your people...and maybe enjoy a s’more or two!***

## Summer Foods

Here is a list of fruit and veggies that are especially yummy this time of year because they are in-season:

|        |              |                |               |
|--------|--------------|----------------|---------------|
| Summer | Apples       | Cherries       | Mangos        |
|        | Apricots     | Corn           | Okra          |
|        | Avocados     | Cucumbers      | Peaches       |
|        | Bananas      | Eggplant       | Plums         |
|        | Beets        | Garlic         | Raspberries   |
|        | Bell Peppers | Green Beans    | Strawberries  |
|        | Blackberries | Herbs          | Summer Squash |
|        | Blueberries  | Honeydew Melon | Tomatillos    |
|        | Cantaloupe   | Lemons         | Tomatoes      |
|        | Carrots      | Lima Beans     | Watermelon    |
|        | Celery       | Limes          | Zucchini      |
|        |              |                |               |
|        |              |                |               |
|        |              |                |               |
|        |              |                |               |
|        |              |                |               |

Source: [USDA](#)

Here are a couple recipes to try that incorporate in-season produce:

## **Watermelon Popsicles**



Source: [NYT Cooking](#)

### **Ingredients**

1 pound watermelon  
2 tablespoons sugar  
2 tablespoons lime juice

### **Step 1**

Cut the watermelon into small chunks (discarding the rind), and put them in a blender with the sugar and lime juice. Process until smooth, adding enough water (or fruit juice) so that the mixture liquefies. Pour into popsicle molds, and freeze.

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## **Basil Lime Fruit Salad**





Source: [Wholesomelicious](https://www.wholesomelicious.com)

## Ingredients

### For the fruit salad:

6 medium sized peaches

6 kiwi

2 large mangoes

1.5 lbs strawberries

### For the syrup:

1/4 cup finely chopped basil

1 tbsp honey

Juice of 1 lime

1 tbsp freshly grated lime zest / zest of 1 lime

## Step 1

To begin, prepare your fruit. Peel the skin of both the kiwi and mango. A potato peeler works well for this. Chop the fruit into small pieces, around 1/2 inch in diameter.

## Step 2

Layer your fruit in the bowl, and then toss to combine altogether.

### Step 3

Prepare the syrup: Chop the basil into small, fine pieces. Squeeze the juice of 1 lime and grate the lime peel. Add honey and whisk together to combine.

### Step 4

Pour syrup over fruit, and stir to coat. Serve immediately, or chill for up to 8 hours before serving. This salad tastes best served within the 8 hour window, but can still hold up for a few extra days in the fridge

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## Happy 4th of July!!!

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Don't forget that Monday, July 4th is an IntegrITS-observed holiday!

A resource for our pet parents: you can find tips for keeping your pet calm and safe during fireworks [here](#).

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## Summer Safety Tips

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As we enjoy travel and the outdoors this summer, it's always helpful to keep the following safety tips in mind (courtesy of Neighbors Public Safety Service):

## Beat the heat.

|   |  |   |   |
|---|--|---|---|
|  | <b>Stay cool.</b><br>Stay in an air conditioned place or go to a pool. |  | <b>Seek shade.</b><br>Bring a hat or umbrella.                                |
|  | <b>Stay hydrated.</b><br>Bring a reusable water bottle.                |  | <b>Never leave pets or children alone in cars.</b><br>Hot cars can be deadly. |
|  | <b>Summer clothes.</b><br>Wear lightweight, light colored clothes.     |  | <b>Help others.</b><br>Check in on those at risk.                             |

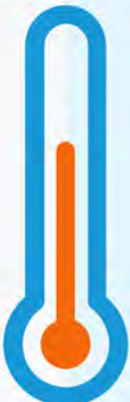
Source: [weather.gov/dlh/beattheheat](http://weather.gov/dlh/beattheheat)

A best practice for the hot, summer months is to make a habit of checking the backseat each time you exit your car. It sounds excessive, but it significantly decreases the probability of accidentally leaving a child or pet behind in the car.

## Heat exhaustion vs Heat stroke

- Faint or dizzy.
- Excessive sweating.
- Cool, pale, clammy skin.
- Nausea or vomiting.
- Rapid, weak pulse.
- Muscle cramps.

Get to a cooler, air conditioned place.  
Drink water if fully conscious.  
Take a cool shower or use cold compresses.



- Throbbing headache.
- No sweating.
- Body temperature above 103°.
- Red, hot, dry skin.
- Nausea or vomiting.
- Rapid, strong pulse.
- May lose consciousness.

**Call 9-1-1.**  
Take immediate action to cool the person until help arrives.

Source: [cdc.gov/disasters/extremeheat/warning.html](http://cdc.gov/disasters/extremeheat/warning.html)

## Keep home safe when away on vacation.

**Here are 4 easy ways to reduce risk when you head out:**

- Ask neighbors to watch your home.
- Lock your doors, including the garage door.
- Put lights on timers to give the impression that you are home.
- Don't post photos on social media until you return home.

Source: National Crime Prevention Council



## Did you know that vehicle theft is highest during the summer months?

**Here are 4 easy ways to reduce your risk:**

- Always take your keys with you.
- Close and lock all windows and doors.
- Never leave your car unattended if it's running.
- Park in well-lit areas.

Source: National Highway Traffic Safety Administration



## Tip of the Week

We know many of you are adjusting to the children in your lives being out of school for summer break. Don't forget about the resource we shared back in May called, ["Support for Surviving Summer Break."](#)



## Coming Soon: *The CEO's Corner*

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Join us next week as we hear from our CEO in his monthly update, The CEO's Corner.

## Comments/Questions?

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If you have any comments or questions about this week's newsletter, email us at [news@integrits.com](mailto:news@integrits.com).

We have also created a website where we are storing the archives of all our newsletters to date: <https://integrits.com/digest-archives/>.

Have an incredible week, and we'll see you next Thursday!

Warmest Regards,  
The IntegrITS Weekly Digest

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