

## SUMMER HEALTH TIPS:

### Seasonal allergies

#### How can seasonal allergies be treated?

Nasal saline spray used twice a day can be helpful. Antihistamines (e.g. Claritin, Clarinex, Zyrtec, Allegra, and Benadryl) can relieve itching, sneezing, and runny nose but do not relieve nasal congestion. Some of these are available over the counter; however, check with your primary care provider before taking any medications.

Depending on your symptoms, you may need a combination of treatments such as antihistamines (pills, nasal spray, or eye drops) and prescription nasal steroids or decongestants (like pseudoephedrine or phenylephrine) that shrink swollen nasal tissue to relieve nasal swelling, congestion, and mucus secretion.

People with hypertension and/or heart problems should avoid decongestants, as they elevate blood pressure. See an allergist for more severe cases, such as complications of asthma or chronic sinus infections.

#### How can I help to prevent seasonal allergies?

Increasing your intake of Vitamin C, by eating foods like oranges, grapefruit or broccoli, may help to stabilize the mast cells that react to an allergen by producing histamine.

You may also use an air filter at your home and begin allergy medication earlier before the onset of symptoms to help control them more quickly.

Of course, allergen avoidance is the most effective form of prevention. Often pollen is the trigger for seasonal allergies. Close windows at night to prevent pollens or molds from drifting into the house, minimize early morning activity when pollen is usually emitted (from 5-10 a.m.), keep car windows closed when traveling, or stay indoors when the pollen count or humidity is high.

#### I know you treat mild seasonal allergies and sinus infections at Community Express Care. Can you perform a camp physical for my child?

Yes, the nurse practitioners do camp and sports physicals. The cost is \$30.

Melissa Ann Nemeth MSN, CNP, is a family nurse practitioner at Community Express Care, Parma Hospital's walk-in clinic inside the Discount Drug Mart in Olmsted Falls, 8191 Columbia Road. Hours are 11 a.m.-7 p.m. Monday through Friday, 9 a.m.-3 p.m. on Saturday and Sunday. Call 440-235-1245 for more information.



## JUST FOR KIDS

# Summer bereavement camp provides a safe place to grieve

For one rewarding weekend, Camp Erin can ease the loneliness and pain for a grieving child.

This weekend bereavement camp for children ages 8 to 16 comes to Northeast Ohio for the first time this summer. Held August 14-16 at Camp Y-Noah, Camp Erin is an opportunity for a child who has lost a loved one to realize they are not alone.

While it resembles other traditional high-energy summer camps with horseback riding, swimming, campfires and team-building activities, Camp Erin will incorporate grief education and emotional support from specially trained adults.

Camp Erin is the brainchild of Major League pitcher Jamie Moyer and his wife, Karen, who befriended a teenage fan named Erin Metcalf during Spring Training in 1998. When Erin died two years later, at age 17, of liver cancer, the Moyers began these camps for bereaved children to honor Erin's caring spirit and desire to help other children. There is no cost to the families who participate.

The Moyer Foundation aims to put a bereavement camp in every major league baseball city within the next decade, and already they have 28 camps in 18 states. They chose Cornerstone of Hope, a grief center in Independence, to launch the local bereavement camp, and Parma Hospital's Seasons of Life Hospice was asked to participate.

"We wanted to work with agencies that are community focused, well known and respected," said Julia Ellifritt of Cornerstone of Hope, local coordinator for Camp Erin.

"There is definitely a need for a program like this one. You don't get over losing a loved one. You just learn to live without them."

Amy Quinlan, bereavement coordinator at Seasons of Life Hospice, will be among the experienced staff working at the camp in August. Children will stay

with other campers of the same gender and similar age and will be supervised by trained adults. All campers will have the opportunity to get acquainted at a pizza party prior to the weekend camp.

With one in 20 children experiencing the death of a parent by the time they graduate high school, according to U.S. census estimates, this camp fills a void for young people.

"This is such a great opportunity for us to provide a greatly needed service that most organizations would not have the resources to present on their own," said Quinlan.

"It's so powerful and healing to be with others who are grieving. Camp Erin is truly a gift to our community."

Applications will be taken on a first-come, first-served basis. Please contact Amy Quinlan at 440-743-4944. ●

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- AMY QUINLAN

