



1911

KAPPA PULSE

CHAPTER HEALTH INITIATIVE



HEART
HEALTH



MENTAL
WELLNESS



PHYSICAL
FITNESS



BROTHERHOOD
ACCOUNTABILITY

A STRONG BROTHERHOOD STARTS WITHIN.

JULY

NEWSLETTER

BISHOPVILLE-MANNING-SHAW AFB (SC) ALUMNI
KAPPA ALPHA PSI FRATERNITY, INC.

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THE OFFICIAL HEALTH & WELLNESS NEWSLETTER OF THE
BISHOPVILLE-MANNING-SHAW AFB (SC) ALUMNI CHAPTER
KAPPA ALPHA PSI FRATERNITY, INC.

MENTAL HEALTH AWARENESS

Strengthening the Mind. | Strengthening the Body. | Strengthening the Bond.

A CHAPTER HEALTH INITIATIVE

Promoting holistic wellness through:

Physical Health

Mental Wellness

Emotional Well-Being

Brotherhood Accountability

Preventative Care

Healthy Lifestyle Choices

Achievement in Every Field of Human Endeavor

BROTHERHOOD • WELLNESS • IMPACT

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Building Stronger Brothers, One Pulse at a Time

BISHOPVILLE-MANNING-SHAW AFB (SC) ALUMNI CHAPTER
KAPPA ALPHA PSI FRATERNITY, INC.

VOLUME 2 • ISSUE: UV & HEAT SAFETY AWARENESS • JULY 2026

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— CHAPTER HEALTH INITIATIVE —



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Stay Sharp Under the Sun - UV & Heat Safety

July is UV Safety Month, providing an important reminder for the Brothers of BMS Kappas to prioritize their health while serving our communities. Whether we're mentoring youth, participating in community service projects, attending chapter events, or enjoying time with family outdoors, protecting ourselves from the sun and extreme heat helps ensure we're able to continue leading with purpose.

Why UV Protection Matters

Ultraviolet (UV) radiation from the sun can damage the skin and eyes, increasing the risk of sunburn, premature skin aging, cataracts, and skin cancer. UV rays are present year-round—even on cloudy days—and they can reflect off water, pavement, sand, and other surfaces, increasing exposure.

Protecting yourself from UV radiation isn't just about avoiding a painful sunburn; it's about safeguarding your long-term health.



Five Ways to Protect Yourself from UV Exposure

1. Apply Sunscreen

Use a broad-spectrum sunscreen with SPF 30 or higher. Apply it 15–30 minutes before going outdoors and reapply every two hours, or more often if you're swimming or sweating.

2. Dress for Protection

Wear lightweight, long-sleeved clothing, a wide-brimmed hat, and UV-blocking sunglasses to help protect your skin and eyes.

3. Seek Shade

Limit direct sun exposure, especially between 10:00 a.m. and 4:00 p.m., when UV rays are typically the strongest.

4. Stay Hydrated

Drink plenty of water throughout the day. Proper hydration helps your body regulate its temperature and reduces the risk of heat-related illnesses.

5. Know Your Skin

Perform regular skin self-examinations and consult a healthcare professional if you notice any new or changing moles, spots, or skin lesions.



Heat Stroke: A Summer Emergency

As temperatures climb, so does the risk of heat stroke, a life-threatening medical emergency that occurs when the body's temperature rises to 104°F or higher.

Heat stroke can develop quickly, especially during outdoor activities, community service events, sporting events, or prolonged exposure to high temperatures.

Warning Signs of Heat Stroke

- High body temperature (104°F or higher)
- Hot, red, dry, or sometimes damp skin
- Confusion, disorientation, or slurred speech
- Severe headache
- Dizziness or fainting
- Nausea or vomiting
- Loss of consciousness

What to Do

- Call 911 immediately.
- Move the person to a cooler or shaded location.
- Remove unnecessary clothing.
- Cool the person using cool water, wet towels, ice packs placed on the neck, armpits, and groin, or fans if available.
- Do not force the person to drink fluids if they are confused, unconscious, or unable to swallow safely.

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July 2026

One of the greatest strengths of our Brotherhood is caring for each other. During the summer months, that means reminding a Brother to apply sunscreen, offering a bottle of water, encouraging breaks from the heat, and recognizing the warning signs of heat-related illness.

This UV Safety Month, make sun safety and heat safety part of your daily routine. Protect your skin. Stay hydrated. Know the signs of heat stroke. Most importantly, look out for one another.

By taking care of ourselves, we strengthen our ability to serve our families, our communities, and the mission of Achievement in Every Field of Human Endeavor. Stay safe, stay healthy, and have a great summer, Brothers!

Yours in the Bond,

A handwritten signature in black ink, which appears to read 'Teddius D. Williams'.

Teddius D. Williams
Kappa Pulse Chairman

BE THE PULSE.

MAKE AN *IMPACT.*

A STRONG BROTHERHOOD STARTS WITHIN.

ONE CHAPTER ONE VISION ONE BOND

STAY CONNECTED



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