Monthly WellTips

July
National Therapeutic Recreation Week

National Therapeutic Recreation Week is geared toward getting those with disabilities and other limitations out to local parks and other recreational landmarks. Whether you know a person that is elderly or that has a disability that limits their access to a number of places, take the time to help them get out and enjoy them. If you find an inaccessible park, write your local government and ask to help make them accessible for everyone. By 2020, The National Recreation and Park Association hopes to have affordable and safe public recreation opportunities. In the mean time remember that your area parks are wonderful resources for things like:

- Independence Day! Celebrate the nation's birthday with fireworks and a community celebration.
- Inspect Your Playground: Your kids are home playing - but is the playground safe? Visit http://www.nrpa.org/npsi for playground safety guidelines.
- Dog Days of Summer: Go to your local park to view Sirius, the dog star and brightest star in the sky.
- Fun Run/Walk: Organize an evening fun run or walk along a local greenway to get the community together.
- Arthur Ashe's Birthday: Celebrate this tennis legend's birthday by playing tennis at your local park or rec center.
- Road Trip! Plan your summer vacation, state to state, in your national parks. Go to http://www.nps.gov for more info.
- Hold a "Water Safety Day": Learn proper rescue techniques and water safety.
- National Therapeutic Recreation Week: Kickstart TR week by hosting an event to promote this important week. Visit http://www.nrpa.org/ntrs for more information and ideas.
- Bird Watching: Take groups to experience bird watching and/or encourage them to go on their own adventures.
- Park Vacation: Looking for a mini-vacation to save money and gas? Visit a park in your community or region that is new to you for an event, picnic, camping and more!
- Special Olympics Day: Support the Special Olympics and volunteer at a local Special Olympics event. Visit www.specialolympics.org
- Host a Mini X Games: Challenge riders, bladers and boarders at your local skate park in designed challenges.
- Park Clean Up Day: Help clean up your local parks.
- Take Me Fishing! Find a fishing location in your local park and recreation area. Go to http://www.nrpa.org/fishing for more information.
- ADA Independence Day: Celebrate the anniversary of the signing of the Americans with Disabilities Act (ADA) and visit a local park and playground with accessible facilities.
- Canine Catch: Host a frisbee contest in your local dog park for your four-legged friends!
- Crafty Nature Kids: Collect items from outside and press them between two sheets of clear contact paper for a quick nature craft. Use the finished product as or artwork.

Resources:
National Recreation and Park Association
www.nrpa.org

Additional Resource:
StayWell Online
https://uclivingwell.online.staywell.com
UV Safety Month

According to the American Academy of Ophthalmology, the UV radiation in sunlight can damage eye tissue. It may cause blindness, cataracts and macular degeneration. Sun exposure is greater when it’s reflected by water, snow or concrete, so use sunscreen and wear sunglasses even while sitting under an umbrella.

Sunglasses that provide 99 to 100 percent protection from UVA and UVB rays are recommended. Sunglasses with dark lenses are not always better. A special coating makes the difference.

Visit StayWell Online at https://uclivingwell.online.staywell.com and type "sun" in the Search box to find out more.

National Therapeutic Recreation Week

The purpose of National Therapeutic Recreation Week is to enhance public awareness of therapeutic recreation programs and services and expand recreation and leisure opportunities for individuals with disabilities.

Here are 5 ways to help utilize the parks in your area:

1. Volunteer at your local park – whether it’s for regular clean up days or as a sports coach, departments need volunteers year round so pitch in.

2. PLAN a vacation in your backyard - Save gas and money by USING your parks and local facilities. Park and recreation agencies have plenty to offer a community (pools, golf courses, rec centers, trails, etc.) so be sure to use them regularly.

3. RESPECT your parks by organizing a “Friend's of the Park” group or join one if it already exists.

4. FAMILIARIZE yourself with playground safety - check to see if your local park playground or even the one in your very own backyard is safe.

5. REVIVE Old Traditions - Help children discover nature and spend more time outside. Collect lightening bugs at dusk, make a leaf collection or keep a tree log.

Visit www.nrpa.org to see how you can get involved with activities in your community.