

July 2026

# Wellness NEWSLETTER

## HEALTH OBSERVANCE

# National Park and Recreation Month

**Katherine Kline**

July is National Park and Recreation Month, and it's the perfect time to think beyond your own backyard and invest in the green spaces that make your community thrive.

Your local parks and recreation centers are doing more than keeping the grass cut. Every day, park and recreation professionals are making communities better places to live, work, and play by running youth sports leagues, hosting fitness classes, maintaining trails, and creating spaces where neighbors actually connect.

The typical park and recreation agency offers 250 programs annually, and about 3 in 5 residents say proximity to park and recreation facilities is highly important when choosing where to live.

Here's how you can support your local parks this month:

- **Show up and use them** – Attendance matters. Higher usage signals value to local officials and funding bodies.
- **Volunteer** – Many agencies need hands for trail maintenance, event support, and program assistance.
- **Attend local events** – More than two in three U.S. adults highly value community activities like festivals, holiday events, fairs, and farmers markets – many of which are hosted right in your local parks.
- **Recognize the professionals** – Park and Recreation Professionals Day on July 17, 2026, is the perfect opportunity to thank the people keeping these spaces clean, safe, and welcoming.
- **Advocate** – Talk to your city council, support park funding measures, and share on social media what your local parks mean to you.

Your local park isn't just a patch of green space. It's a community asset, and it needs your support to stay one.

Source: <https://www.nrpa.org/>



## 2 HEALTH TIP CORNER

### Financial Wellness for All:

Smart budgeting tips for everyday life and quick wins to try this month.



## 3 MAKE A SPLASH

### Essential Pool Safety Tips Every Family Should Know

Tips to ensure you and your loved ones can safely enjoy some fun in the sun.



## 4 Featured Recipe

CONNECTEDNESS  
**HEALTH TIP  
CORNER**



## Financial Wellness for All: Smart Budgeting Tips for Everyday Life

*Wellworks For You*

Financial wellness isn't about how much you earn, it's about feeling in control of what you have. It's less about income and more about knowing where your money goes. The good news? A few simple habits, practiced consistently, can make a real difference.

### **Start with a budget that fits your life.**

Try the 50/30/20 rule as a starting point: 50% of your money toward needs, 30% toward wants, and 20% toward savings. It's simple, flexible, and easy to adjust as life changes. If that feels too rigid, experiment until you find what works. Budgeting is personal.

### **Track your spending.**

By looking at your spending in real time and comparing it month to month, you'll start to see where you can make adjustments and move money into savings. Even a quick weekly check-in can shift your awareness significantly.

**Build your safety net.** Even a few hundred dollars set aside can help you avoid relying on credit cards when life gets expensive. You don't need a fully-funded emergency fund overnight; just start somewhere and keep going.

### **Automate what you can.**

Set up automatic transfers to your savings account to make consistent saving effortless. What you don't see, you won't spend.

### **Trim the extras.**

Review subscriptions and recurring charges regularly. Small cuts add up faster than you think.

Financial wellness is a journey, not a destination. This July, pick one tip and start there.

### **Quick wins to try this month:**

- Set up automatic transfers to savings. What you don't see, you won't spend
- Cancel one unused subscription
- Build a starter emergency fund, even \$500 makes a cushion
- Do a "no spend" day once a week
- Meal plan before grocery shopping to cut impulse buys

Source: <https://www.consumerfinance.gov/about-us/blog/get-money-smart-25-tips-improve-your-financial-well-being/>

# MAKE A SPLASH - SAFELY

## Essential Pool Safety Tips Every Family Should Know

Caitlyn Keenen

As temperatures heat up and the summer sun kisses our skin, we seek ways to cool off. One of the most popular ways to enjoy the outdoors, without melting, is swimming. Whether in a pool, at the beach, or another body of water, swimming is a great way to connect with loved ones and be active, supporting both our mental and physical wellness. However, it's important to remember that while this token summer activity can be amusing, it can also be dangerous. Below are some tips to help you and your loved ones safely enjoy the fun in the sun.

- Swim only in areas supervised by lifeguards. Lifeguards are trained to recognize hazardous conditions, assist swimmers in staying safe, and provide medical care.
- Always swim with a buddy. Many fatal drownings occur when swimmers are in the water alone. Swimming with a buddy ensures one can signal for assistance if the other needs help.
- Closely supervise children and never leave young children alone near water. Even if lifeguards are present, children should be within arm's reach of a non-distracted adult.
- Use life jackets for young children or inexperienced swimmers. Water wings, swim rings, and inflatable toys will not save a struggling swimmer. Inexperienced swimmers should wear life jackets when in or around the water.
- For home pools, secure decks with a barrier. Most home drownings happen during non-swim times. Secure home pools with a barrier to prevent unsupervised access to the water.
- Know the hidden hazards of open water. Open water poses extra risks due to currents, rip tides, and wildlife. It can also be hard to see debris or uneven surfaces, so be sure to enter feet first.

Dive your way into a summer filled with fun and relaxation. Just be safe when you make a splash!

**Source:** <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/swim-safety.html>



## FEATURED RECIPE

# Watermelon Cake

*Dairy-free, vegan, gluten-free*

🍴 8 - 10 SERVINGS

🕒 20 MINUTES

## INGREDIENTS

**Cake**

- 1 large watermelon
- 1/2 cup dairy-free coconut yogurt, unsweetened
- 1/2 cup unsweetened finely shredded coconut

**Decorations**

- 1 small banana, very thinly sliced
- 6 strawberries halved
- 1/3 cup blueberries
- 1/2 cup raspberries
- 1/4 cup unsweetened finely shredded coconut
- 2 tbsp thinly sliced almonds

## DIRECTIONS

1. Cut off the ends of the watermelon and sit it up straight. Cut the watermelon edges off to yield a straight, up-and-down side all around. Then go around the sides you just removed and round off the edges to make it look a bit more circular.
2. Pat the watermelon a bit dry with a paper towel or a dish towel. Set onto a serving platter on top of a newspaper.
3. In a small bowl, mix together equal parts yogurt and coconut. Add a very thin layer on the top and sides of the watermelon. It may seem like more is better, but it will actually make it harder to decorate.
4. Decorate the top of the cake with the berries.
5. Lightly toss the coconut between any empty spaces on the top and along the sides of the "cake".
6. Add a row of alternating blueberries and raspberries along the bottom, then an overlapping ring of thin banana slices. Finish with thinly sliced almonds scattered throughout the sides of the cake.
7. Refrigerate until ready to serve and enjoy crisp and cold.

## NUTRITION

<b>Per Serving:</b>	<b>1 Cake</b>	<b>Per Serving:</b>	<b>1 Cake</b>
<b>Calories:</b>	273	<b>Protein:</b>	5g
<b>Carbohydrates:</b>	52g	<b>Dietary Fiber:</b>	5g
<b>Saturated Fat:</b>	5g	<b>Sodium:</b>	11mg
<b>Total Sugars:</b>	40g		

Source: <https://www.abbeyskitchen.com/red-white-and-blue-vegan-watermelon-cake-4th-of-july/>