

DID YOU KNOW

Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes. Yet it can take as long as 12 hours for skin to show the full effect of sun exposure.

SMALL STEP

Minimize exposure to the sun, especially during the peak sun hours from 10:00 am to 2:00 pm.



Licking County Wellness Coalition Newsletter

Volume 9, Issue 5

May 2016

Welcome!

As the weather begins to warm up we start to be outside more and that means more time in the sun. May is Skin Cancer Awareness Month. Skin cancer is the most common cancer in the United States. Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to ultraviolet (UV) light. To lower your skin cancer risk, protect your skin from the sun and avoid indoor tanning. Use these sun safety tips to protect your skin:

- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays.
- Remember to reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Use sunscreen with broad spectrum (UVA/UVB) protection and sun protective factor (SPF) 30 or higher.
- Seek shade, especially during midday hours.
- Cover up with clothing to protect exposed skin.

Sincerely,

Dani Gardner

Licking County Wellness Coalition



Protect yourself in five ways from skin cancer

NEXT WELLNESS COALITION MEETINGS

Healthy Eating Work Group Meeting:

May 18 @ 2:15 p.m. - Location TBD

Active Living Work Group Meeting:

May 25 @ 3 p.m. - Location TBD

Whole Group Meeting:

June 15 @ 3 p.m. - Licking Co. Health Dept.

Worksite Wellness Work Group Meeting:

TBD

RSVP to: wellness@lickingcohealth.org

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Like what you see?

If you are not already subscribed to our distribution list, please do so now. Click [here](#) to receive the monthly Licking County Wellness Coalition Newsletter.

Upcoming Events

May

- May 12: [Tai Chi \(Newark\)](#)
- May 12: [Where Does Our Food Come From? \(Newark\)](#)
- May 12: [WISE Program: Wellness Initiative for Senior Education \(Newark\)](#)
- May 13: [Ballroom Dance Class at the Buckeye Lake Library](#)
- May 14: [What's Your Color GLOW 5K Walk/Run](#)
- May 19: [LMH Community Education: Skin Cancer \(Newark\)](#)
- May 19: [2016 Senior Living Expo \(Newark\)](#)
- May 21: [MHA Short Stacks for a Tall Cause Fundraiser \(Heath\)](#)
- May 26: [Tai Chi \(Newark\)](#)
- May 26: [WISE Program: Wellness Initiative for Senior Education \(Newark\)](#)
- May 29: [45th Annual Ye Olde Mill Rod Run & Picnic \(Utica\)](#)
- May 30: [Memorial Day 5 Miler and 1 Mile Fun Run/Walk \(Columbus\)](#)

June

- June 3: [Canal Market District Opens \(Newark\)](#)
- June 3: [WISE Program: Wellness Initiative for Senior Education \(Newark\)](#)
- June 3: [LMH Camp Feelin' Fine \(Granville\)](#)
- June 4: [Hollander Pool Opening Day \(Heath\)](#)
- June 4: [National Trails Day - Hike, Paddle, Peddle, or Ride!](#)
- June 7: [Zumba @ Your Library \(Newark\)](#)
- June 8: [Senior Citizens' Fishing Derby \(Newark\)](#)
- June 10: [Mayor's Summer Concert Series Kick-Off \(Newark\)](#)
- June 10: [WISE Program: Wellness Initiative for Senior Education \(Newark\)](#)
- June 12: [Running Water 10K \(Columbus\)](#)
- June 16: [LMH Community Education: Asthma and Seasonal Allergies \(Newark\)](#)
- June 17: [WISE Program: Wellness Initiative for Senior Education \(Newark\)](#)
- June 18: [Women's Outdoor Skills Workshop](#)
- June 18: [Friends of Buckeye Lake Library 7th Annual 5K & 10K Run-Walk \(Buckeye Lake\)](#)
- June 24: [WISE Program: Wellness Initiative for Senior Education \(Newark\)](#)
- June 24: [Freedom Picnic \(Newark\)](#)
- June 25: [Try It! Canoe, Kayak and Paddleboard](#)

Conferences & Festivals

- June 3-5: ["Strawberries on the Square" \(Newark\)](#)

Upcoming Webinars

- May 18: [WELCOA: Creating Purpose in Life: A New Direction for Full Engagement in Life and Health](#)
- June 9: [APHA: Surgeon General's Call to Action: What's Next](#)

*Disclaimer: Inclusion of community events and resources does not imply endorsement by the Licking County Wellness Coalition or its affiliated agencies or partners. Some events require a fee and/or membership.

Together We Grow Gardens

Together We Grow (TWG) Community Gardens is so excited to share the many things that are happening within our organization and within the city of Newark in 2016-2017. We currently have two community gardens - Everett Park and Eastern Avenue. We are working with Newark City Schools at the Lincoln Land Lab, Heritage Middle School and will soon be putting in a reading garden at Carson Elementary School. We are also working on a new program called Children's Gardens for Change, which will serve to lessen food insecurity in our community. These children's gardens are going in at the YES Club (a program of Mental Health America) and at the Salvation Army. None of this can happen without the help of our community.

"We envision gardens across Licking County, which will not only feed the growers but provide enriching educational experiences, improved self-confidence and job training."

TWG is hosting a Kohl's National Go Green Event, May 14th from 9 - 12 p.m. Kohl's employees, along with community members and community gardens volunteers, will start at Everett Park and plant all of the seeds and seedlings that we have and then move to the other gardens and do the same until noon. If you would like to participate in this event, go to www.togetherwegrowgardens.org and contact us regarding your interest.

TWG will also be working with the Veterans Administration and other veteran service organizations to start a program at Everett Park in a soon-to-be purchased solar powered greenhouse. This will be a therapeutic resource for veterans in our community. In order to purchase the greenhouse, we are working with Woodmen Life on a crowd fundraising campaign called Red Basket. Our goal is \$20,000. Please read [our story](#) and decide how you can help. Every gift, no matter the size, is super important for us to reach this goal!

If YOU are interested in renting a garden plot this year at Everett Park or Lincoln Land Lab, contact TWG at www.togetherwegrowgardens.org. Spaces are 4'x8' and are \$10 for the season. You are responsible to supply your own seeds and plants and to maintain your garden space throughout the summer and fall.

Submitted by: Pam Roberts
Executive Director, Together We Grow Gardens



Global Employee Health & Fitness Month

Celebrate Global Employee Health and Fitness Month this May! Global Employee Health and Fitness Month (GEHFM) was created by the National Association of Health and Fitness and ACTIVE Life. Since adults spend more than one third of their day in the workplace, employers can play an important role in preventing obesity and other chronic diseases. Evidence-based policies and programs can not only directly improve an employee's health status, but can also have a positive impact on company morale and productivity.



Don't know where to start? Utilize the following LOCAL resources to improve the health of your employees:

- ◆ Join the Worksite Wellness Workgroup, a sub-committee of the Licking County Wellness Coalition. Representatives from local businesses meet to discuss strategies to promote and support employee health and wellness in Licking County. The workgroup meets monthly at different locations around the county.
- ◆ Check out the Licking County [Worksite Wellness Toolkit](#) for sample policies and resources to support active living, healthy eating, breastfeeding and tobacco-free living at your worksite.
- ◆ Contact the Licking County Health Department to find out how the Creating Healthy Communities program can help create a culture of health at your organization.
- ◆ Join the Licking County Safety Council, coordinated by the Licking County Chamber of Commerce, for all of your occupational safety and health needs. Find more information on the Licking County Chamber of Commerce [website](#).
- ◆ Share this newsletter with your co-workers, family and friends.

Contact Nicole Smith at nsmith@lickingcohealth.org or (740) 349-1663 to find out more about these local resources. To learn more about Global Employee Health and Fitness Month, [click here](#).

Women's Outdoor Skills Workshop

The Licking Park District will host its first Women's Outdoor Skills Workshop on Saturday, June 18th. This event is designed for women to experience nature and outdoor recreational activities in a fun and non-competitive environment. The workshop will feature multiple sessions from which participants can choose topics such as: archery, stand-up paddle boarding, kayaking, canoeing, fly fishing, nature photography, outdoor cooking, camping 101, beekeeping, birding, native plant gardening, wild edibles, nature photography, and more!

Come learn the outdoor skills that are necessary to enjoy these activities! Classes are taught by expert instructors, but designed for everyone! All equipment will be provided, with the exception of nature photography, where you are urged to bring your own camera.

The workshop will run from 8:30 a.m. - 6 p.m. at Infirmary Mound Park, just south of Granville on SR 37. The cost of the workshop is \$45. Lunch will be provided. Please sign up for the workshop through our website calendar at www.lickingparkdistrict.com or call (740) 587-2535. We will then email a registration form for you to select your session preferences. Sessions will be assigned on a first come, first serve basis so register early!

Breastfeeding & Women's Health Fair

The Licking County Health Department is hosting the Annual Breastfeeding & Women's Health Fair Thursday, May 12th from 3:00 to 6:00 p.m. at Northside Baptist Church, 595 Goosepond Rd., Newark, OH 43055. This event is for all women to promote women's and infant's health, as well as breastfeeding. Many local agencies will be present to provide information on community resources available. This event is open to the public at no cost and refreshments and door prizes will be provided. For additional information call Robin Hoops at (740) 349-6942.



Start Now for a Healthier 2016 - 2017 School Year



Another school year is almost over, but now is the perfect time to start preparing for a healthier 2016-2017 school year. With Action for Healthy Kids' (AFHK) modified online School Health Index, it is even easier for you to assess the factors that support students' success. With each online module you complete, you will discover how your school is doing in supporting a healthy learning environment and where to focus your wellness efforts in the 2016-2017 school year. After you complete all eight modules, you will have a full school health assessment, including our Healthier US School Challenge readiness score, and see how your school compares to others. The AFHK School Health Index includes resources, reporting options, and an online action planning tool. Gather your school health team and go to [Game On](#) to access our online School Portal, register your school and log in to set up your account. Your school can be healthier tomorrow when you start today

Couch to 5K Training

Licking Memorial Health Systems (LMHS) will present the annual For Your Health 5K Run/Walk & 1 Mile Fun Walk on Saturday, July 23, which will take place at The Dawes Arboretum, located at 7770 Jacksontown Road in Newark. In an effort to prepare individuals for the "For Your Health" 5K Run, LMHS is encouraging a Couch-to-5K training program. In previous years, this program has been known for turning "couch potatoes" into 5K runners and is designed for individuals of all experience levels. Training begins nine weeks prior to the "For Your Health" 5K. This running plan can be completed on your own or with a group (see following page). To register for the For Your Health 5K Run/Walk & 1 Mile Fun Walk event, please visit www.racepenguin.com. Registration for the 5K Run or Walk with timing chip is \$15 in advance, if received by July 15, or \$20 on the day of the race. The 1 Mile Fun Walk is free, along with the 5K Walk without timing chip, and the Active Fit 1K (ages 6 to 12).



Couch to 5K Training

Week	Workout 1	Workout 2	Workout 3
1	Brisk five minute warmup walk, then do eight (8) repetitions of the following: <ul style="list-style-type: none"> 60 seconds of jogging 90 seconds of walking 	Brisk five minute warmup walk, then do eight (8) repetitions of the following: <ul style="list-style-type: none"> 60 seconds of jogging 90 seconds of walking 	Brisk five minute warmup walk, then do eight (8) repetitions of the following: <ul style="list-style-type: none"> 60 seconds of jogging 90 seconds of walking
2	Brisk five-minute warmup walk, then do six (6) repetitions of the following: <ul style="list-style-type: none"> 90 seconds of jogging 2 minutes of walking 	Brisk five-minute warmup walk, then do six (6) repetitions of the following: <ul style="list-style-type: none"> 90 seconds of jogging 2 minutes of walking 	Brisk five-minute warmup walk, then do six (6) repetitions of the following: <ul style="list-style-type: none"> 90 seconds of jogging 2 minutes of walking
3	Brisk five-minute warmup walk, then do two (2) repetitions of the following: <ul style="list-style-type: none"> 90 seconds of jogging 90 seconds of walking 3 minutes of jogging 3 minutes of walking 	Brisk five-minute warmup walk, then do two (2) repetitions of the following: <ul style="list-style-type: none"> 90 seconds of jogging 90 seconds of walking 3 minutes of jogging 3 minutes of walking 	Brisk five-minute warmup walk, then do two (2) repetitions of the following: <ul style="list-style-type: none"> 90 seconds of jogging 90 seconds of walking 3 minutes of jogging 3 minutes of walking
4	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> 3 minutes of jogging 90 seconds of walking 5 minutes of jogging 2 1/2 minutes of walking 3 minutes of jogging 90 seconds of walking 5 minutes of jogging 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> 3 minutes of jogging 90 seconds of walking 5 minutes of jogging 2 1/2 minutes of walking 3 minutes of jogging 90 seconds of walking 5 minutes of jogging 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> 3 minutes of jogging 90 seconds of walking 5 minutes of jogging 2 1/2 minutes of walking 3 minutes of jogging 90 seconds of walking 5 minutes of jogging
5	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> 5 minutes of jogging 3 minutes of walking 5 minutes of jogging 3 minutes of walking 5 minutes of jogging 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> 5 minutes of jogging 3 minutes of walking 5 minutes of jogging 3 minutes of walking 5 minutes of jogging 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> 5 minutes of jogging 3 minutes of walking 5 minutes of jogging 3 minutes of walking 5 minutes of jogging
6	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> 5 minutes of jogging 3 minutes of walking 8 minutes of jogging 3 minutes of walking 5 minutes of jogging 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> 5 minutes of jogging 3 minutes of walking 8 minutes of jogging 3 minutes of walking 5 minutes of jogging 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> 5 minutes of jogging 3 minutes of walking 8 minutes of jogging 3 minutes of walking 5 minutes of jogging
7	Brisk five-minute warmup walk, then 25 minutes of jogging.	Brisk five-minute warmup walk, then 25 minutes of jogging.	Brisk five-minute warmup walk, then 25 minutes of jogging.
8	Brisk five-minute warmup walk, then 28 minutes of jogging.	Brisk five-minute warmup walk, then 28 minutes of jogging.	Brisk five-minute warmup walk, then 28 minutes of jogging.
9	Brisk five-minute warmup walk, then 30 minutes of jogging.	Brisk five-minute warmup walk, then 30 minutes of jogging.	The Final Workout. Congrats! Brisk five-minute warmup walk, then 30 minutes of jogging.

Licking Park District Upcoming Programs



International Migratory Bird Day

When: Saturday, May 14, 9 - 11 a.m.

Where: Infirmary Mound Park, 4309 Lancaster Rd., Granville, 43023

Join us to celebrate birds, take a birding hike, and visit a bird banding station for an up close and personal view of some of our feathered friends!

Citizen Science Series – Bluebird Monitoring

When: Saturday, May 14, 2 p.m.

Where: Shelter 6, Infirmary Mound Park, 4309 Lancaster Rd., Granville, 43023

Bluebirds are calling! Join us for an informational program to learn about the bluebirds of Licking County, the nestbox trails we will have at the parks, and how you can volunteer.

Full Moon Amphibian Tour at Lobdell Reserve

When: Saturday, May 21, 7:30 - 9:30 p.m.

Where: Lobdell Reserve, Disc Golf Parking Lot, 5474 Battee Rd., Alexandria, 43001

Come learn about Licking County amphibians with a hike through Lobdell Reserve with Denison University Biology professor Rebecca Homan and Licking Park District staff. You will head off trail in search of salamanders, frogs, and toads. The hike will begin at the disc golf parking lot and will last about two hours. Feel free to bring a flashlight, but be prepared to keep it off. Please wear appropriate clothing and shoes for the weather and terrain. We hope to see you under the Full Moon!

Saturday Morning Hike - Birds

When: Saturday, May 21, 10 a.m.

Where: Morris Woods State Nature Preserve, 7495 Dutch Ln., Johnstown, 43031

Join us the third Saturday of every month for a hike along the paths and trails of the park district highlighting the flora and fauna of Licking County. This month we will be exploring the spring migration of birds at Morris Woods State Nature Preserve. The hike will last about an hour and may go off trail in wet conditions. Please wear appropriate shoes and clothing and bring your own binoculars if you have them!

Service Heroes Touch-A-Truck

When: Sunday, May 22, 1—3 p.m.

Where: Infirmary Mound Park, 4309 Lancaster Rd., Granville, 43023

Fire engines, police cars, and mail trucks, oh my! Visit with local heroes and their super vehicles at Infirmary Mound Park.

Dog Park Seminar Series - Dog Language

When: Wednesday, May 25, 7 - 8 p.m.

Where: Infirmary Mound Park, 4309 Lancaster Rd., Granville, 43023

The Licking Park District will host Heather Luedecke, a licensed dog trainer and behavior specialist. The focus of these talks will be to help people learn more about dog body language and behavior. These will be geared towards the dog owners that are out and about with their dog on a leash, or at a dog park, and coming into contact with the general public.

Licking Park District Programs Cont

Paint the Parks

When: Thursday, May 26, 6 - 9 p.m.

Where: James Bradley Senior Center, Infirmary Mound Park, Granville 43023

Fee: \$25, cash or check at door, registration required

Come learn the basics of acrylic painting and our instructor will guide you step by step through the night's painting. Paintings will feature subject matter drawn from the parks!



Citizen Science Series: Stream Team Training

When: Thursday, June 2, 6 - 8 p.m.

Where: James Lobdell Reserve Disc Golf Parking Lot, 5474 Battee Rd., Alexandria 43001

Licking County Soil and Water Conservation District will offer volunteer Stream Team training. Stream Team volunteers monitor a stream to help increase public awareness about water quality issues.

National Trails Day – Hike, Paddle, Peddle, or Ride!

When: Saturday, June 4, 6 - 8 p.m.

June 4th is the American Hiking Society's National Trails Day! National Trails Day events will take place in every state across the country, and will include hiking, biking, horseback riding, paddling trips, birdwatching, geocaching, and more! You can join the Licking Park District for three different opportunities to hit the trails! The Licking Park District will offer a paddle through Blackhand Gorge, a guided horseback ride at Taft Reserve, and guided hikes at Infirmary Mound Park.

Dog Park Seminar Series – Dog Bite Prevention for Kids

When: Sunday, June 5, 2 - 3 p.m.

Where: Shelter 3, Infirmary Mound Park, 4309 Lancaster Rd., Granville, 43023

Fee: \$10 for adult and child, \$5 each additional child, cash or check at the door

Bring your kids and have them learn how to meet and greet dogs through a fun and interactive presentation. The adults will learn valuable information about dog body language and behavior, and how to encourage kids to interact safely with both family and unfamiliar dogs. "Be a Tree" teaches kids how to identify and approach friendly dogs, and how to identify and diffuse unfriendly/overly exuberant dogs. Kids will participate. Adults in attendance will learn how to promote safe approach and interaction with dogs. Registration is required. Please register through our website calendar or call 740-587-2535. Class limited to 25 kids. No Dogs Please!

Saturday Morning Hike – Pollinators!

When: Saturday, June 18, 10 a.m.

Where: Shelter 6, Infirmary Mound Park, 4309 Lancaster Rd., Granville, 43023

Join us the third Saturday of every month for a hike along the paths and trails of the park district highlighting the flora and fauna of Licking County. This month we will be conducting a pollinator survey at Infirmary Mound Park while we hike. The hike will last about an hour and may go off trail and be moderately strenuous. Please wear appropriate shoes and clothing and bring your own binoculars if you have them!

About the Licking County Wellness Coalition

The Licking County Wellness Coalition was founded in September 2006 and was formed as a result of the Community Blueprint. The Licking County Wellness Coalition works to create a healthier Licking County by increasing the health and wellness of county residents through encouragement and promotion of physical activity and healthy lifestyles. The Coalition is made up of a variety of representatives from local and state organizations with a vested interest in reducing and eliminating health disparities. In January 2016, the Wellness Coalition created work groups to focus on specific issues in the community.

Active Living Work Group

Focuses on safe, affordable places to be active in Licking County.

Worksite Wellness Work Group

Focuses on increasing the number of worksites that have a wellness program.

Healthy Eating Work Group

Focuses on access to affordable healthy food options in Licking County.

For more information, contact:

Nicole Smith

(740) 349-6535

nsmith@lickingcohealth.org

Dani Gardner

(740) 349-6496



Licking County Health Department

675 Price Road

Newark, OH 43055

www.lickingcohealth.org

www.lickingcohealth.org/wellness/index.html

**Healthy people living
healthy lifestyles**