

# JULY

## Happy Birthday!

### Clients

- Tara K. 7/25
- Roger S. 7/31

### Comfort Keepers

- Leanna R. 7/1
- Jennifer F. 7/10
- Justine G. 7/22
- Sue H. 7/28

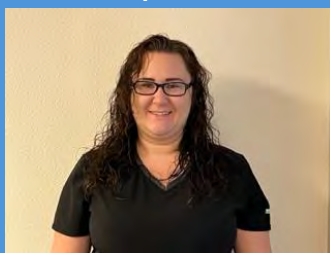
## July is National Parks and Recreation Month!

Parks and recreation play a vital role in promoting the health and well-being of older adults. Ninety-two percent of park and recreation agencies offer resources and programs specifically for older adults. These offerings provide numerous benefits, including promoting physical activity, improving mental health, and fostering social connection.

### Benefits:

- Parks provide safe and accessible environments for older adults to engage in activities like walking, jogging, or participating in group exercise classes. Many parks have outdoor fitness equipment designed for seniors, promoting strength, balance, and flexibility.
- Spending time in nature has been shown to reduce stress, anxiety, and depression. Parks offer serene environments for relaxation and mindfulness.
- Recreation programs offer opportunities for social interaction through group activities, community events, and volunteer opportunities, helping combat social isolation and loneliness.

## Congratulations to our July 2025 Comfort Keeper of the Month!



Heather Brown

Hailing from sunny St. Petersburg, Florida, Heather carries a little bit of that sunshine with her. When she's not hard at work, you can usually find her with a good book and a warm cup of coffee, her favorite beverage.

Heather has a soft spot for the simple joys in life, like the beauty of blooming tulips and the warmth of summertime. When it's time to relax, Heather enjoys losing herself in the classic movie "Beaches," a film that resonates with her love for friendship and cherished memories. Her creative spirit also shines through her hobbies, which include reading, diving into various crafts, and embarking on camping adventures. Heather's diverse interests and warm personality make her a wonderful addition to our workplace!

## Tom's Trivial Tidbits:

**"Dog Days":** The term "dog days of summer" refers to the hottest period of summer, historically linked to the appearance of the star Sirius (the "Dog Star") in the sky.

**Watermelon:** A popular summer fruit, it is a vegetable, belonging to the same family as cucumbers and pumpkins, and is 92% water.

**Eiffel Tower:** The Eiffel Tower expands in the summer due to the heat, growing about six inches taller.

**Quote of the Month:** *"If I had my way, I'd remove January from the calendar altogether and have an extra July instead."* —Roald Dahl

### Parks and Recreation: A TRUE HEALTH SOLUTION

Local park and recreation agencies provide health and wellness opportunities for all populations in communities across the country. As America continues to face serious health issues parks and recreation offer an affordable and accessible solution. Share with your communities the impact you are having on their health!

People who use parks and open spaces are **3 times more likely** to achieve the recommended levels of physical activity than nonusers<sup>1</sup>

Organized activities in parks in low-income neighborhoods can **increase park use by as much as 25%**<sup>2</sup>

Older adults engage in over **3.5 times more physical activity** in parks with walking loops.<sup>3</sup>

Children in summer camps at park and recreation sites report a **20% increase** in fruit and vegetable knowledge<sup>4</sup>

**73% of adults** believe parks, trails, and open space are an essential part of the healthcare system<sup>5</sup>

[www.nrpa.org/Health](http://www.nrpa.org/Health)

1. Iken-Gant, B., M.A., Brumfield, W., Roseman, C., Collins, K., Douglas, J., Ng, S., Lange, and B.J. Donovan. 2005. Increasing Walking: How Important Is Distance to Attractions and Size of Public Open Space? American Journal of Preventive Medicine 20(4):105-109. <http://dx.doi.org/10.1016/j.amepre.2005.05.005>  
2. Collins, B.A., Han, S., Jensen, K.B., Williamson, J., March, T., James, J., and Robinson, T.L. 2008. The potential of parks in low-income areas. Park Use and Recreation 2(1):1-10. <http://dx.doi.org/10.1016/j.parkuse.2008.01.001>  
3. Collins, B.A., Han, S., Jensen, K.B., March, T., Robinson, T.L., James, J., and Robinson, T.L. 2008. The potential of parks in low-income areas. Park Use and Recreation 2(1):1-10. <http://dx.doi.org/10.1016/j.parkuse.2008.01.001>  
4. Kahan, B., Collins, B.A., Han, S., Jensen, K.B., March, T., Robinson, T.L., James, J., and Robinson, T.L. 2008. The potential of parks in low-income areas. Park Use and Recreation 2(1):1-10. <http://dx.doi.org/10.1016/j.parkuse.2008.01.001>  
5. Thomas, A., Barrett, A., Quirk, B.A., Knapik, G., and Robinson, T.L. 2008. "Parks in low-income areas: A key to better health." *Prevention Medicine* 47: 1-10.

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