



# Parks & Rec and Physical Activity

Did you know that only 1 in 4 New York adults meet the federal guidelines for regular physical activity and less that 20% of kids ages 6-17 are active for 60 minutes or more every day of the week?

Studies have shown that people and children who are physically active on a regular basis have lower risk for high blood pressure, diabetes and other chronic health conditions.

Physical activity in children and adults has also been shown to improve memory, reduce the risk for depression, build strong bones and muscles and helps maintain a healthy weight.

## July is National Parks & Recreation Month

Warren County is great place to get out and be active. There are so many different opportunities for people to take advantage of especially during the warmer months.

There are dozens of parks, playgrounds and recreation areas that are free or low cost. Whether it is hiking, biking, walking,

canoe/kayaking swimming or team sports individuals and families can find something for just about everyone.

Occasionally you might need help finding a park or recreation area to visit. Thankfully the Warren County Geographical Information System (GIS) has a website dedicated to helping you find the park or recreation spot you are looking for.

Visit the Warren County [GIS Website](#) to find the recreation opportunities that works for you.

### Supporting Parks & Recreation

The importance of parks and recreational opportunities can't be overstated. However, it is up to community members to advocate for these spaces.

Here are some tips you can use to support you local parks and recreation spots.

- Let local leaders know how important parks and recreation centers are by speaking at local board meetings

**Parks & Rec. Continued Page 2**

IN THIS ISSUE

Parks & Rec Month.....	1
Fireworks Safety Month .....	2
Parks & Rec Month Contd.....	2
Chronic Disease Month.....	3
Rabies Vaccination Clinic in July.....	3
Disability Pride Month.....	4
Handwashing.....	4
Summer Safety.....	5
Healthy Vision.....	5

# July is National Fireworks Safety Month

Summer is synonymous with barbecues, parades and fireworks. The National Safety Council advises everyone to enjoy fireworks at public displays conducted by professionals, and not to use any fireworks at home. They may be legal but they are not safe.

Every year, thousands of people are injured badly enough to require medical treatment after fireworks-related incidents, with many of the injuries to children and young adults. While the majority of these incidents are due to amateurs attempting to use professional-grade, homemade or other illegal fireworks or explosives, less powerful devices like small firecrackers and sparklers can also cause significant.

Additionally, fireworks start an average of 19,000 fires each year.

## Fireworks Safety Tips: If You Choose to Use Legal Fireworks

If consumer fireworks are legal to buy where you live and you choose to use them, be sure to follow the following safety tips:

- Never allow young children to handle fireworks
- Older children should use them only under close adult supervision
- Never use fireworks while impaired by drugs or alcohol
- Anyone using fireworks or standing nearby should wear protective eyewear
- Never hold lighted fireworks in your hands
- Never light them indoors
- Only use them away from people, houses and flammable material
- Never point or throw fireworks at another person
- Only light one device at a time and maintain a safe distance after lighting.

- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
- Soak both spent and unused fireworks in water for a few hours before discarding
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire
- Never use illegal fireworks

Better yet, grab a blanket and a patch of lawn, kick back and let the experts handle the fireworks show.

## Sparklers Are Dangerous

Every year, young children can be found along parade routes and at festivals with sparklers in hand, but sparklers are a lot more dangerous than most people think.

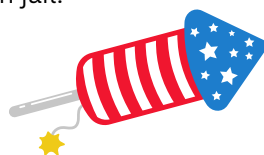
Sparklers burn at about 2,000 degrees – hot enough to melt some metals. Sparklers can quickly ignite clothing, and children have received severe burns from dropping sparklers on their feet. According to the National Fire Protection Association, sparklers alone account for more than 25% of emergency room visits for fireworks injuries. For children under 5 years of age, sparklers accounted for nearly half of the total estimated injuries.

Consider using safer alternatives, such as glow sticks, confetti poppers or colored streamers.

**Local Note:** The sale and use of sparkling devices is prohibited within Warren County .

Any person who uses or explodes a sparkling device, or causes an exploding device to be exploded, shall be guilty of a violation punishable by a fine not to exceed \$500;

Any person who offers a sparkling device for sale, or sells or furnishes a sparkling device to another person or persons, shall be guilty of a Class B misdemeanor, punishable by a fine of \$1,000 and fifteen (15) days in jail.



## Supporting Parks and Recreation Continued

- Volunteer to help with park clean-up days.
- Start a friends of the park group that can brainstorm ideas for maintaining and enhancing the park that can be shared with local leaders.
- Donate! Whether it is time or money many budgets for parks and recreation are small and donations can make a huge difference.
- Use the park regularly and share your experiences with friends and family online.
- Report issues of vandalism and misuse to proper authorities
- Host an event that promotes the park or recreation area.

Parks and trails that are well-designed offer many benefits. They provide a place where people can be physically active to reduce stress, which can improve their mental health. They also provide a place where neighbors can meet, which improves community connections.

Parks can provide environmental benefits by reducing air and water pollution and mitigating urban heat islands. They help people reduce their risk of illness and injury by providing safe spaces to play and exercise away from busy streets and commercial zones.

Visit the CDC's website Parks, Recreation, and Green Spaces for more information about parks and recreation.





## What is Chronic Disease?

- Any condition that last 1 year or more and require ongoing medical attention or limit activities of daily living or both
- Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of deaths and disability in the United States.
- Many preventable chronic diseases are caused by a short list of risk behaviors: smoking, poor nutrition, physical inactivity, and excessive alcohol use.



## Prevention Steps & Strategies

- Quit Smoking
- Eat Healthy
- Get Regular Physical Activity
- Limit Alcohol
- Get Screened
- Take Care of Your Teeth
- Get Enough Sleep
- Know Your Family History



## Rabies Vaccination Clinic in July!

Saturday July 13th  
Chester Fire House  
State Route 8  
10:00-Noon

A \$10 donation is requested for each pet. No one is turned away due to financial hardship.



Pets must be 3 months of age to receive their first immunization, which will afford them protection for one year. The next shot (booster) will afford protection for 3 years. From then on, every three years a booster should be given to protect your pet.

**Protect your pets!**

**Keep them up to date on vaccinations!**

JULY IS

# DISABILITY PRIDE MONTH



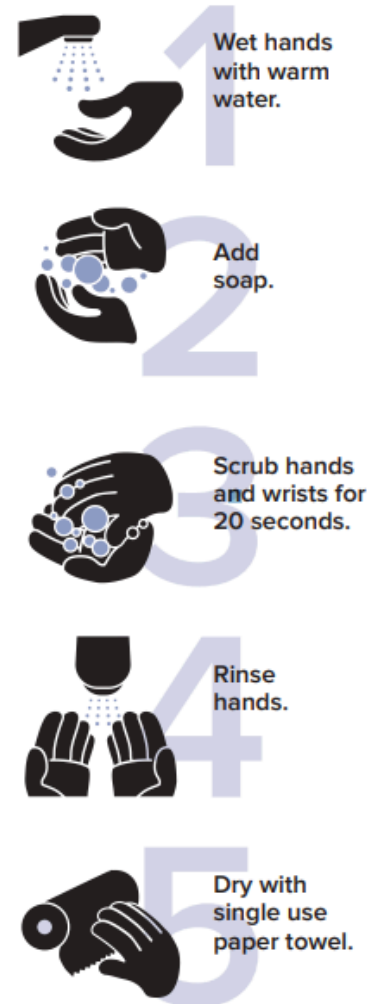
- Disability Pride Month is **celebrated every July** and is an opportunity **to honor history, achievements, experiences, and struggles of the disability community.**
- It is celebrated in July to mark the **anniversary of the Americans with Disabilities Act (ADA)**, landmark legislation that broke down barriers to inclusion in society.

## What is it about?

- Embracing life.
- Promoting inclusivity.
- Reclaiming a sense of identity.
- Redefining the power that is shaping our society.
- Reducing stigma.
- Highlight the importance of a diverse community.
- Educate yourself and loved ones.
- Celebrate Uniqueness.
- Check in on Mental Health.

## Handwashing Helps Eliminate the Spread of Illness

Wash your hands and wrists thoroughly before preparing or serving food. Use warm water and soap for at least 20 seconds.



["Vecteezy.com"](https://www.vecteezy.com/)



# Summer Safety



## Beach Safety

- Watch the weather and get out of the water at the first sign of lightening or the rumble of thunder
- Swim only at a beach with a lifeguard, within the designated swimming area. Obey all instructions given.
- Designate a “water watcher“ whose responsibility is to keep a close eye and constant attention on everyone in and around the water.
- Children and inexperienced swimmers should wear properly fitted U.S. Coast Guard-approved life jackets.
- Protect your neck - don't dive in headfirst.
- If you are caught in a rip current, stay calm and don't fight it. Swim parallel to the shore until you are out of the current. Then, turn and swim to shore. If you can't swim to shore, float or tread water until you are free of the rip current and then head toward shore. Draw attention to yourself by waving and calling for help.



## Hiking Safety

- Wear proper gear and attire, including sturdy, comfortable boots.
- Carry the 10 hiking essentials: navigation, rain gear, light, first aid supplies, emergency kit, fire, nutrition, water, sun and insect protection, and an emergency shelter.
- Use maps, guides, or DEC's websites to plan your trip.
- Leave trip plans with family or friends and update them with any changes.
- Be realistic about your fitness and skill level - don't overestimate your abilities and don't underestimate mother nature.
- Check the weather forecast and current conditions - thunderstorms can pop up even if they are not in the forecast. Watch for darkening skies, increase winds, lightening and thunder.
- Turn back if the weather changes for the worse, if you are exhausted, if it is getting dark. Don't push your limits!

## Camping Safety

- Know the level of ability of the people in your group and the environment around you, plan accordingly.
- Pack a first aid kit to handle insect stings, sprains, cuts and bruises and other injuries that could happen.
- Sprains and falls are some of the most common misfortunes during camping. Dehydration is also a danger.
- Share your travel plans and locations with a family member or friend.
- Bring nutritious food and water, light-weight clothing to layer, and supplies for pets.
- Follow appropriate guidelines for distances between food and sleeping spaces, food storage and disposal, and other factors that apply to a safe camping experience.
- Learn how to properly make, maintain, and extinguish campfires.
- Wear sunscreen and bug spray.
- Keep an eye on the sky, know the weather forecast and be prepared for changing conditions.

## Boating Safety

- Lifejackets are encouraged for all boaters to wear any time you are on a boat, even for good swimmers. When people fall off a boat, they may become disoriented, injured, or unconscious.
- Double check to make sure the life jackets are U.S. Coast Guard approved and fit correctly.
- Be familiar with the state boating laws and the “rules of the road”
- Be prepared by checking that all equipment is in good working order.
- Dress properly and bring an extra set of clothes in case you get wet.
- Wear sunscreen and know the signs of heat illness.
- Exercise good judgement - respect your limits, don't drink and drive a boat, use common sense on the water.
- If you notice storm clouds, a sudden temperature drop or wind speed increasing, play it safe and get off the water.

## Healthy Vision!



IF YOUR EYES FEEL  
HEALTHY, IT'S EASY  
TO ASSUME THAT  
THEY ARE HEALTHY.  
BUT MANY EYE  
DISEASES DON'T  
HAVE ANY WARNING  
SIGNS

## Ways to keep your Eyes Healthy

- Get a comprehensive dilated eye exam.
- Find out if you are at risk for eye disease.
- Take care of your health by **eating healthy foods, getting active, and quit smoking.**
- Protect your eyes by **wearing sunglasses, protective eye wear,** give your eyes rest every 20 minutes to look at something about 20 feet away for 20 seconds.