



WELLNESS AND TRAVEL

Have you ever returned home from a trip claiming you “need a vacation to get over your vacation?”. You wouldn’t be the only one! Traveling for your physical or mental health isn’t a new concept, but it might have you thinking about enforced exercise, strict diets, or engaging in activities you’re just plain not interested in.

What is wellness travel? Wellness travel promotes your health and well-being, both physical and mental, through activities that you do during your trip. The goal is , check out feeling healthier and better than when you checked in!

While there’s nothing wrong with a fly and flop on the beach sort of vacation, the demand for trips with benefits that continue after the tan has faded is growing. For more on this subject check out: <https://www.traveltowellness.com/what-is-wellness-travel/> and <https://www.wetravel.com/stories/what-is-wellness-travel/> for more information.

In the meantime, check out these vacation destinations...

Jelly Belly Factory

Address: 1 Jelly Belly Ln, Fairfield, CA 94533
Days of Operation: Sunday-Saturday Hours: 9:00 AM–5:00 PM
Free self-guided tours allow you to explore the ¼ mile journey above the factory at your own pace, enjoying the all-new look at our candy making.
Interactive exhibits and games along the tour lane. Free samples.
<https://www.jellybelly.com/california-factory-tours>

Animal Ark

Address: 1265 Deerlodge Road, Reno, NV 89508
Days of Operation: Closed Mondays Hours: 10:00 AM–4:30 PM
Price: Adults -\$13 Children-\$8.50 2 Years and Under-Free
Animal Ark’s philosophy is that each animal taken in is provided a home for life. Animal Ark does not engage in captive breeding for the purposes of selling or trading of animals. It is our belief that wild animals belong in the wild and for those animals that are not capable of surviving in the wild on their own, they have the power to represent their wild cousins and educate people about the importance of environmental stewardship. <https://www.animalark.org/tips-hours-and-directions/>

Seattle Space Needle

Address: 400 Broad Street, Seattle, WA 98109
Seattle’s “must see” is now a “must do” following the Space Needle’s multi-million dollar renovation. Glide onto The Loupe, the world’s first and only rotating glass floor, for never-before-seen views of the structure and the city. Lean into our Skyrisers, the tilting glass walls on the open-air deck, and float over Seattle on one of the 24 angled vantage points. Sip and sample the Pacific Northwest’s best while savoring the thrilling views. <https://www.spaceneedle.com/>

Carmel-by-the-Sea

Address: Ocean Avenue & Scenic Road, Carmel, CA 93923
Carmel-by-the-Sea is a small beach city on California’s Monterey Peninsula. It’s known for the museums and library of the historic Carmel Mission, and the fairytale cottages and galleries of its village-like center. The Scenic Bluff Path runs from surf spot Carmel Beach to bird-rich Carmel River State Beach, with a scuba entry point.
<https://www.californiabeaches.com/beach/carmel-city-beach/>

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Travel Tips:

- Take a picture or photo copies of important documents and save them to your email or a safe place on your phone. This way they are available on hand if needed.
- Be Flexible-Patience is extremely important when traveling. Always plan for delays.
- Make a list of items you do not want to forget, and be sure to check those items off as you pack them such as: medication, sunscreen, contact lenses, insect repellent, tennis shoes, etc.
- Pack a variety of seasonal clothing because climates can change without notice. Long sleeve, short sleeve, shorts, jeans, swimsuit, light jacket, undershirts, etc.
- Phone a Friend-Always send a close friend or family member your itinerary, hotel name and room number, car rental info, and save this same information in your phone.

NATIONAL PARK & RECREATION MONTH



THINGS TO REMEMBER

1. Always explore with others
2. Make sure to carry a map
3. Bring a compass
4. Stay hydrated
5. Be alert
6. Remember landmarks
7. Weather appropriate clothing
8. Wear sunscreen



WHAT IS NATIONAL PARK AND RECREATION MONTH?

DID YOU KNOW that Americans have celebrated **National Park and Recreation Month** during July since 1985. During National Park and Recreation Month, individuals and organizations can promote the benefits of local parks and recreation centers to communities and encourage people to get outside, explore local parks, and enjoy outdoor activities.

Here we have provided some links to different sites for you to explore your national, state, and local parks during the summer!

National Parks

There are nine national parks in California, more than any other state; second is Alaska, which has eight. Additionally, the National Park Service (NPS) manages seven national monuments (Cabrillo, Castle Mountains, César E Chávez, Devils Postpile, Lava Beds, Muir Woods, Pinnacles), two national recreation areas (Golden Gate, Santa Monica Mountains), and a few national historic parks. Various other national preserves are administered by the Bureau of Land Management (BLM) and United States Forest Service (USFS).

For more information on national parks visit the National Park Service website at: <https://www.nps.gov/index.htm>.

Nearby State Parks: <https://www.nps.gov/findapark/index.htm>

Folsom Lake State Recreation Area
Address: 7006 Folsom-Auburn Road, Folsom, CA

Marshall Gold Discovery State Historic Park
Address: 310 Back St, Coloma, CA

Yosemite National Park

CITY PARK DIRECTORY
NEIGHBORHOOD PARKS
COMMUNITY PARKS
REGIONAL PARKS

- City of Sacramento: <https://www.cityofsacramento.org/ParksandRec/Parks>
 City of Folsom: <https://www.folsom.ca.us/parks/>
 City of West Sacramento: <https://www.cityofwestsacramento.org/government/departments/parks-recreation>
 City of Orangevale: <https://www.ovparks.com/>
 City of Rancho Cordova: <https://crpd.com/>
 Cities of Elk Grove and Galt: <https://www.yourcsd.com/31/Parks-Recreation>
 City of Roseville: <https://www.roseville.ca.us/government/departments/parks>
 City of Rocklin: <https://www.rocklin.ca.us/parks-recreation>
 City of El Dorado Hills: <https://www.eldoradohillscsd.org/recreation.html>
 City of Placerville: <https://www.cityofplacerville.org/recreation-and-parks>

Learning About Your Musculoskeletal System

What does it do? Your musculoskeletal system supports you and helps you move. It's made up of your bones and joints. It also includes muscles, tendons, and ligaments.

What problems can happen? You can injure **muscles, ligaments, and tendons**. You may get a strain, a sprain, or a problem from overuse.

A strain happens when you stretch or pull a muscle or tendon too far. This can happen when you exercise or lift something that causes a strain.

A sprain happens when you stretch or tear a ligament. A ligament is the tough tissue that connects one bone to another. Sprains can happen when you exercise or lift something that causes a strain.

A tendon injury can happen with overuse or aging. Tendons are the tough fibers that connect muscle to bone. Tendon problems are most common in shoulders, elbows, wrists, hips, knees, or ankles.

Motions you repeat often can cause tendon problems. This may happen in your job, sports, or daily activities.

Overuse injuries also are caused by too much stress on your joints, muscles, or other tissues without giving them time to recover. You may get this injury from exercise or sports. Work that often requires you to repeat an activity also may be a cause. Problems with **bones and joints** include osteoporosis, arthritis, and breaks or fractures.

Osteoporosis means the bones are weak and thin. This means they can break easily. Older people are more likely to have this problem.

Arthritis is painful wear and tear on the cartilage of your joints. A joint is where two bones connect.

Cartilage is tissue that covers and protects the ends of bones where they meet to form a joint.

Broken bones or fractures can happen in any of the bones of your body. Falls are common causes of fractures. Osteoporosis can also lead to a fracture.

To find out more on how you can prevent problems visit: <https://myhealth.alberta.ca/Health/aftercareinformation/pages/conditions.aspx?hwid=abk9950>

FLU SEASON IS COMING! No one likes getting sick.

And the flu virus changes every year. So, getting a yearly shot helps protect yourself and those around you. Plus, it's available at no cost to you. The flu shot is a good idea for just about everyone. But these people are at an even higher risk of health problems from the flu:

Pregnant Moms, Children and Families, People with a Chronic Condition or Caregivers People, Seniors or Those Who Care for Them

Why get your flu shot every year? Flu viruses are always changing. Scientists predict which virus will be most common each year. Flu vaccines are changed each flu season to make them work as well as possible. Your protection with the flu shot gets weaker over time. That's why a yearly flu shot is needed to keep you from getting sick.

Can the flu shot give me the flu? No. The flu vaccine is made from either inactive flu virus or none at all. That means getting a flu shot cannot give you the flu. But it can reduce your chances of catching the flu.

When and where should you get your flu shot? You should get a flu shot before the flu starts spreading where you live. Fall is the best time to get your yearly shot. If possible, get the shot by the end of October. You can get your flu shot in many doctor's offices. You can also get it in pharmacies.

How do you know if someone has the flu? The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms: fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue or tiredness. Some people may have vomiting and diarrhea. This is more common in children than adults.

Where should you go if you have flu symptoms? Visit your doctor or urgent care or call the nurse advice line with any health questions. Unless you have a very high fever or trouble breathing, you should not need to go to the emergency room for the flu.

*Only members age 7 or older can receive the flu vaccine at a pharmacy.