Welcome!

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I want to remind you everyone is invited to attend the Wellness Coalition meetings. Whether you represent an organization, or are a community member concerned with the health of Licking County, we want to hear your viewpoints. If there is a topic you would like covered in a future newsletter, email Nicole Smith, Wellness Coalition Chair, at nsmith@lickingcohealth.org. We value your feedback and want to make sure this newsletter is useful for readers.

Sincerely,

Hilary Requejo
Licking County Wellness Coalition

DID YOU KNOW
Vitamin C enhances the absorption of iron in food. Vitamin C is not only found in fruits like oranges and grapefruits, but also in vegetables, such as broccoli, leafy greens, peppers and tomatoes.

A SMALL STEP
Try going to bed one minute earlier every night for two months to ease yourself into getting an extra hour of sleep per night.

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NEXT WELLNESS COALITION MEETING

Aug. 19 @ 3 p.m.
The Licking County Health Department
EVERYONE IS WELCOME
RSVP to: wellness@lickingcohealth.org

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Upcoming Events

July 17: Night Hike at Dawes Arboretum (Newark)
July 18: LCAPP 6th Annual Golf Outing (Newark)
July 18: 3 on 3 Basketball Tournament For Suicide Prevention & Awareness (Newark)
July 18: Ancient Mounds of the Licking Park District (Heath)
July 18: Japanese Garden Yoga Workshop at Dawes Arboretum (Newark)
July 18: Free Yoga Class at the Licking County Library Main Branch (Newark)
July 19: Ancient Mounds of Licking County (Heath)
July 19: Women Grow Ohio Farm Tours (Multiple Locations Across Ohio)
July 20: Teen Support Group for grades 6-12 (Newark)
July 21: Home Food Preservation Class (Buckeye Lake)
July 22: Blood Drive at Alexandria Public Library (Alexandria)
July 23: Home Food Preservation Class (Homer)
July 25: Kickin’ Ash Splash Pool Party (Heath)
July 25: Get Your Rear in Gear 5K Run/Walk at Creekside Plaza (Gahanna)
July 26: All-Ohio High School Cross Country Camp at Denison University (Granville)
July 30: Almost Full Moon Hike at Blacklick Woods (Reynoldsburg)

Aug. 1: For Your Health 5K Run/Walk & 1-Mile Fun Walk at Dawes Arboretum (Newark)
Aug. 1: Licking County Humane Society Golf Outing (Johnstown)
Aug. 1: Family Nature Investigations: Pond Explorers at Dawes Arboretum (Newark)
Aug. 4: Breastfeeding Mothers Support Group (Newark)
Aug. 4: Healthy Meals for Busy Families (Granville)
Aug. 5: Walk to be Well at Dawes Arboretum (Newark)
Aug. 5: Diabetes Self Management Class at Licking Memorial Hospital (Newark)
Aug. 8: Ask the Doc Session at Shepherd Hill Auditorium (Newark)
Aug. 9-15: The Hartford Fair
Aug. 13: Community Blood Pressure Screenings at Licking Memorial Wellness Center (Newark)
Aug. 15: Walk with a Doc at Cherry Westgate Family Practice (Granville)
Aug. 14-22: Local Food Week
Aug. 26: Depression & Bipolar Support Group (Newark)
Aug. 28: Cub Scout Night Hike at Dawes Arboretum (Newark)

Upcoming Webinars

July 15: America Walks, Institutionalizing the Change
July 28: Is it Time for a Broader Value Proposition? (Worksite Wellness)
On Demand: Prevention is Power: Taking Action for Health Equity

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 may require a fee and/or membership.
Local Food Week 2015

Aug. 14 – 22

Mark your calendars, as the Licking County Local Food Week is just around the corner! Taking place Aug. 14 - 22, several key events will serve as touchstones as we celebrate the bounty of local food produced right here in Licking County. Here’s a preview of some of the upcoming special events:

FRIDAY, AUG. 14, FARM-TO-FORK TASTING AND SILENT AUCTION WITH THE LICKING LAND TRUST

Please join at the beautifully renovated Granville Inn Aug.14 at 6:30 p.m. for the farm-to-fork tasting and silent auction to benefit the Licking Land Trust. A portion of the proceeds will also benefit the Licking County Local Food Council. Enjoy delicious hors d’oeuvres sourced with ingredients from local farms and bid on silent auction items that celebrate Licking County. Tickets to the tasting are $50.00 each, and available for purchase through Paypal at http://www.lickinglandtrust.org/farm-to-fork-fundraiser/.

SATURDAY, AUG. 15, PICNIC AND A FLICK WITH LICKING PARKS DISTRICT

Pack a local-food picnic and head out to Infirmary Mound Park Saturday, Aug.15. The park will host their popular “touch a truck and tractor” exhibit from 5 - 7:30 p.m. The film Ratatouille will be screened under the stars at 8 p.m. Be sure to visit your local farmer’s market before the event to gather your picnic items to enjoy.

FRIDAY, AUG. 21, FOOD TRUCK FESTIVAL AT DAWES ARBORETUM

Enjoy an evening at the picturesque Dawes Arboretum while indulging in a wide variety of cuisines from local food trucks and local brewery tents. There will be live music as well. In its inaugural year, the event drew enthusiastic crowds. The 2015 event is poised to be even bigger and better. For details on the event, go to https://dawesarb.org/.

To stay up to date on all Local Food Week activities, be sure to like the Licking County Local Food Council and The Licking County 30 Mile Meal on Facebook.

Submitted by: Bryn Bird
Director, Canal Market District & Hub
Farmer, Bird’s Haven Farms
Home Food Preservation Class

Canning season is finally here. You’ve done everything to prepare, from carefully tending vegetables in the garden, to replacing worn out equipment. Now it’s time to start canning. Join The Ohio State University for one of their workshops on general food preservation and canning and freezing basics. Free “how to” fact sheets will be available. There will also be free dial gauge canner testing — you only need to bring a lid!

**Tuesday, July 21, 5 p.m.**

Buckeye Lake Library, 41 1st Street, Hebron, Ohio

**Thursday, July 23, 12:30 p.m.**

Homer Library, 385 South Street NW, Homer, Ohio

**To register call:** (740) 670-5315

**Cost:** $5.00 per person

Submitted by: Shari L. Gallup, M.S.
OSU Extension - Licking County Wellness Coalition Member
Ohio Healthy Food Movement

Each week, grocery shopping in 20 percent of households in America is harder than it needs to be. That’s because people in these communities—more than 29 million across the country—lack access to grocery stores and the healthy produce, lean proteins and whole grains that come along with them. In some Ohio communities, it is easier to grab a grape soda than it is to find a bag of grapes. It doesn’t have to be this way. Together, we can change it.

A new campaign, the Ohio Healthy Food Movement, will focus on securing funding for a healthy food financing initiative. This is similar to work done in Pennsylvania and other states. Once money is available, this critical loan and grant financing helps healthy and affordable food retailers overcome the higher initial barriers to entry into low-income and underserved communities—barriers like land acquisition financing, construction and workforce development.

Learn more about the Ohio Healthy Food Movement by visiting ohhealthyfood.heart.org.

Submitted by: Linda Freeman-Walker
Campaign Manager
American Heart Association

Whose wellness?

When we think about the “wellness of the community,” we need to consider who this includes. When looking at people whose needs are most often met, traditional wellness approaches have been sufficient to make a difference. If we want to stretch, we might add “lifestyle issues” like access to public parks, recreation and fresh air. If we really want to include the part of the community most often left out, then the issue is more complicated. We need to address health care, food security, transportation and access to community services and resources. Nearly 15 percent of Licking County citizens are below the poverty line and half of those citizens are eligible for food stamps. Where do the thousands of children on free and reduced student lunches eat in the summer? The Licking County Food Pantry Network serves 6,000 meals a day.

The Newark Think Tank on Poverty brings the voice of the impoverished and overlooked to community conversations. Many of our community services are delivered without ever consulting the recipients, who have the experience and the words to make a real contribution to the discussion. Our members experience a different reality than most of the rest of us. Our members sit in kitchens with no food for five kids and live with black mold behind their wallpaper. They routinely have to choose between medications, food, rent and gasoline if they own a car.

We are building a coalition to address community wellness, but let’s make sure all of the community is represented. To learn more about the Newark Think Tank on Poverty, visit our website: http://www.newarkthinktank.org/.

Submitted by: Lesha Farias
Newark Think Tank on Poverty
Wellness Coalition Member
Licking Park District Upcoming Programs

PACE AT THE PARK
When: Saturday, July 18, 8:30 a.m.
Where: Infirmary Mound Park, 4309 Lancaster Road, Granville, Ohio 43023
A hunter pace is a competitive equestrian trail ride designed to closely match the excitement of a fox hunt. Registration begins at 8:30 a.m. and closes at 11:30 a.m. Helmets are required for all mounted riders - on and off the course. Event is open to all riders: Western, English, Side, Gaited or other riding style. Saddles are required. For more information, contact us at (740) 587-2535 or lickingparkdistrict@Lcounty.com.

ANCIENT MOUNDS OF THE LICKING PARK DISTRICT
When: Saturday & Sunday, July 18 & 19, 10 a.m. - 4 p.m.
Where: Kraner Nature Center, Taft Reserve South, 10383 Fairview Road, Heath, Ohio 43056
The history of Licking County is right in our backyard! Come learn about the ancient mounds we have within our parks.

NATURE EXPLORERS DAY CAMP
When: July 20 - 24, 9 a.m. - 3 p.m.
Where: Shelter 4, Infirmary Mound Park, 4309 Lancaster Road, Granville, Ohio 43023
Creep on over for a week of collecting, investigating, and learning about nature’s creepy, crawly creatures and unique plant life! You’ll hunt for insects and observe them in their natural habitat. We will hike through the woods and streams and around the pond to discover the many different kinds of plants that grow there. Campers will create some creepy crafts, learn new games, fish, hike and go completely buggy! For grades two - six. Open to non-Granville residents at same cost ($150). Register at granvillrec.org.

SATURDAY MORNING HIKE- TAFT RESERVE SOUTH
When: Saturday, July 25, 10 a.m.
Where: Taft Reserve South
Join us every month in 2015 on the fourth Saturday morning for a hike along the paths and trails of the park district highlighting the flora and fauna of Licking County. This month we will meet at the Kraner Nature Center at Taft Reserve South.

RECYCLE-MANIA!
When: Saturday, July 25, 10 a.m. - 4 p.m.
Where: Kraner Nature Center, Taft Reserve South, 10383 Fairview Road, Heath, Ohio 43056
Join our friends at Licking County Recycling as they bring you crafts, information and interactive displays.

ACTHA COMPETITIVE TRAIL RIDE
When: Saturday & Sunday, July 25 - 26
Where: Infirmary Mound Park, 4309 Lancaster Road, Granville, Ohio 43023
The Licking Park District will partner with the American Competitive Trail Horse Association (ACTHA) to host two ACTHA competitive trail horse events: the Arena Obstacle Challenge on Saturday and the Competitive Trail Challenge on Sunday. For more information or to register, visit www.ACTHA.us.
**ART IN THE PARK DAY CAMP**
*When:* July 27 - 31, 9:30 - 11:30 a.m. or 1:30 - 3:30 p.m.
*Where:* Shelter 4, Infirmary Mound Park, 4309 Lancaster Road, Granville, Ohio 43023
Our young art explorers will discover how far their creativity can go while using a variety of materials, textures and techniques. They will learn facts about the animals and plants that live around them, listen to great stories and experience face painting and glitter tattoos! For ages five - eight. Child must be age five as of Dec. 31, 2014. Two sessions are available (morning or afternoon). Open to non-Granville residents at same cost ($75), register at granvillrec.org.

**HOWL AT THE BLUE MOON!**
*When:* Friday, July 31, 8 p.m.
*Where:* Infirmary Mound Park, 4309 Lancaster Road, Granville, Ohio 43023
It’s a Blue Moon! This happens when two full moons occur in the same month. To celebrate this awesome lunar display, we invite you and your canine companions to the dog park for an evening on guided hikes, free play, and glow sticks! Did we mention we’ll have Blue Moon Ice Cream from Velvet? Hope you’ll join us for a howlin’ good time!

**LICKING RIVER PADDLE- BLACKHAND GORGE**
*When:* Saturday, Aug. 1, 9 a.m.
*Where:* Kraner Nature Center, Taft Reserve South, 10383 Fairview Road, Heath, Ohio 43056
Join Licking Park District staff and HERO USA for a paddle through Blackhand Gorge! We will put in our boats at State Route 668. Canoes and kayaks are available and registration is required. Fee: $20. Please see herousa.org for more information.

**MOTHING**
*When:* Saturday, Aug. 1, 4 - 10 p.m.
*Where:* Kraner Nature Center, Taft Reserve South, 10383 Fairview Road, Heath, Ohio 43056
Come learn all about these diverse nocturnal wildlife with us. We’ll have a black-light set-up so you can see these beautiful winged creatures up close and personal.

**ADVENTURELAND DAY CAMP**
*When:* Aug. 3 - 7, 9 a.m. - 3 p.m.
*Where:* Shelter 6, Infirmary Mound Park, 4309 Lancaster Road, Granville, Ohio 43023
Get ready for adventure! This week will be filled with geocaching, orienteering, fishing, hiking, and canoeing. Love to fish? Learn casting techniques, as well as how to put bait on and take fish off the hook. Learn the basics of orienteering and use your skills on a geocaching adventure to find a treasure or just relax on the lake in a canoe. Crafts, games, hikes and more will make this the best adventure of the summer! For grades two - six. Open to non-Granville residents at same cost ($150), register at www.granvillrec.org.

**WELLNESS WEEKEND**
*When:* Saturday & Sunday, Aug. 8 & 9, 10 a.m.- 4 p.m.
*Where:* Kraner Nature Center, Taft Reserve South, 10383 Fairview Road, Heath, Ohio 43056
Come learn and ask questions on simple ways to use essential oils for recharging yourself. We will have displays and oils enthusiasts on hand to answer your questions and to empower you to recharge!

**WELLNESS WEEKEND 30 MINUTE WORKSHOPS**
Saturday, 10 - 10:30 a.m.: Recharge with Aromatherapy & You
Saturday, 11 - 11:30 a.m.: Recharge with Essential Oils & Reflexology Hand Massage
Sunday, 1 - 1:30 p.m.: Recharge your Mood with Essential Oils
Sunday, 2 - 2:30 p.m.: Recharge your Home with Essential Oils
ACA QUICKSTART YOUR SUP
When: Saturday, Aug. 8, 12 - 2 p.m.
Where: Shelter 6, Infirmary Mound Park, 4309 Lancaster Road, Granville, Ohio 43023
The Quickstart Your SUP workshop is an introduction to standup paddleboarding. Students are presented with basic information on dressing to paddle safely, potential hazards and simple rescues. A paddle skill set is presented and practiced, allowing students to safely and comfortably maneuver on still water. Course includes use of all essential equipment. Age: 12 years and older with adult on site. Fee: $25 Limit: 5. Registration & completed waiver required. 740.587.2535.

TRY IT! KAYAK & STANDUP PADDLEBOARDING
When: Saturday, Aug. 8, 2 - 4 p.m.
Where: Shelter 6, Infirmary Mound Park, 4309 Lancaster Road, Granville, Ohio 43023
Stop by Mirror Lake and test out the water with our kayaks & SUPs. Waiver must be completed onsite. Free.

TOUCH-A-TRACTOR & MOVIE IN THE PARK!
When: Saturday, Aug. 15, 5 p.m., movie at 8 p.m.
Where: Infirmary Mound Park Arena
Pack a local food picnic and head out to Infirmary Mound Park on Saturday, Aug. 15 to touch trucks and tractors and watch Ratatouille under the stars! Fackler’s Country Gardens will have tractors & other equipment on display. Be sure to visit your local farmer’s market before the event to gather your picnic items. The movie will begin at 8 p.m. The event is sponsored by Licking Memorial Health Systems, Licking County Local Food Council, Granville Recreation District and the Licking Park District.

SATURDAY MORNING HIKE- BOYD WILKEN FARM
When: Saturday, Aug. 22, 9:30 a.m.
Where: Boyd Wilken Farm
Join us every month in 2015 on the fourth Saturday morning 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 heading off trail with Licking Park District Director Bob Williams leading the way. This hike will be off trail, covering two to three miles and will be moderately strenuous. Please wear appropriate clothing and shoes and bring your own water.

FULL MOON GATHERING
When: Saturday, Aug. 29, 7:30 p.m.
Where: Infirmary Mound Park Arena
Join us as we gather by the light of the full moon this month. A guided hike and a guided horseback ride will be available to those wishing to join us. You must bring your own horse; minimum rider age is nine years. A helmet is required for riders under 18. Afterwards, we will have a bonfire and roast marshmallows. Come on out, make a s’more and meet some new friends!

Submitted by: Jess Henning
Licking Park District
Wellness Coalition Member
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.

FOR MORE INFORMATION

Nicole Smith  
(740) 349-6535  
nsmith@lickingcohealth.org

Hilary Requejo  
(740) 349-6500  
hrequejo@lickingcohealth.org

HEALTHY PEOPLE LIVING HEALTHY LIFESTYLES

R. JOSEPH EBEL  
HEALTH COMMISSIONER  
R.S., M.S., M.B.A.

675 PRICE ROAD NEWARK, OH 43055  
(740) 349-6535  
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LICKING COUNTY HEALTH DEPARTMENT

WIC (740) 349-6474  ENVIRONMENTAL (740) 349-6475  NURSING (740) 349-6476  FAX (740) 349-6510

Like what you see?

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