WTNS Radio OSU Extension Update for May 13, 2024
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about using those vacation days, and as always look at some upcoming programs from OSU Extension.

We've been leaving the windows open in the evening. A couple of nights ago I realized it is beginning to sound like summer. It doesn't feel like summer yet, but the crickets seem to be beckoning the warmer days our way.

There are many good things that summer brings, and my favorite is the opportunity to travel with my family. Whether a vacation or staycation, it is important to take time away from work and focus on family relationships.

Just last year, Rebecca Zucker wrote an article for the Harvard Business Review. She cited several research studies that support the need to take vacation from work where people can completely unplug and distance themselves from their work. She writes "an Ernst and Young study showed that for every additional 10 hours of vacation time that employees took, their year-end performance improved 8%, and another study showed that using all of your vacation time increases your chances of getting a promotion or a raise."

Some companies are experimenting with mandatory vacation time. One company surveyed employees after their mandatory vacation and found clear increases in creativity, happiness (mood), and productivity.

Pew Research published in 2023 shows that 46% of workers take less vacation time than is offered to them during a year. The most popular reason for more than half of those workers was they "don't feel they need to take more time off." Almost half felt worried they would fall behind at work and 43% felt badly about co-workers taking on additional work in their absence.

Vacations are good for the mind, body, and soul. Spending time in nature has positive effects like reducing heart rates and blood pressure. In a study of 749 women, researchers found that those who took vacation less than once every six years were eight times more likely to develop heart problems compared to those who went on vacation twice a year.

Research shows that even planning for a vacation can improve our well-being as we look forward to the experience. Part of that preparation includes identifying a budget. Saving money each month can go a long way in reducing stress to pay for a vacation. It can also be helpful to plan for other ways to generate some cash, like hosting a garage sale or selling unneeded household items online.

No matter what you do or where you go, the key is to be fully present. Enjoy the family or friends you are with. Take time to move and to be still. Explore. Learn. Rest. Renew.

And now let's see what else is new from OSU Extension. Coshocton County 4-H has opportunities for youth to learn, make connections, and have fun this summer! Cloverbud Camp is for youth ages 5 and in kindergarten through 8 and in second grade as of January 1. Cloverbud Camp will be June 8 at Lake Park from 9 a.m. – 2 p.m. Cost is free and includes lunch and snack. Registration is due to OSU Extension by May 31.

4-H Junior Camp is July 5–9 at 4-H Camp Ohio. Junior Camp is for youth ages 8 and in the 3rd grade on January 1 through those in 7th grade on January 1. Camp creates an experience of a lifetime for the campers, including new learning experiences, friendships, skills, and fun. Cost for Junior Camp is $135 for all campers. We thank the Coshocton County Youth Financial Support Committee for their support of both camping programs. Please contact OSU Extension with any questions at coshocton.osu.edu or 740-622-2265.

Plan now to attend food preservation classes this summer. I'll be offering a Freeze Drying class on July 16 and a Canning Basics class on August 7. Both programs will be held at Schumaker Farms. You can email me or call me at the office with any food preservation questions you may have or to have your canner dial gauge tested.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and empower our families, individuals, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!