

Abriendo Caminos

Clearing the Path to Hispanic Health

It's June!

The Spring semester is over and quarantine restrictions are slowly being lifted, the main question now is what to do. It being summertime, ideally, the idea is to do vacation plans. The CDC says that fully vaccinated people can safely travel throughout the country. However, because the vaccine isn't required and you are not required to share vaccination proof, the idea of traveling is still a haunting idea.

Here are a few ideas for a staycation, a vacation at home, and how to enjoy the presence of Urbana Champaign.

1. Go on a forest walk

Urbana has plentiful green parks that are great for exploring. Three parks that are best for walking in designated, man-made paths but still feel centered in nature are Meadowbrook Park, Crystal Lake, and Busey Woods.

Each park has its own benefits, whether it is because it has a lake house and rental boats, fishing, gardens or an animal museum there is always something to do at these parks!

2. Rent a room at a hotel

Get to know your town more as a tourist! A true experience of a vacation is renting a hotel room, so potentially you could rent a hotel room for a day or two and visit the city. Downtown Champaign has many different restaurants and shops to explore and indulge in.

3. Harvest Moon Drive-In Theater

A little bit of a drive towards Gibson City but a perfect event for watching a movie late at night and social distancing. Harvest Moon Drive-In Theater is an outdoor authentic drive-in movie theater and event venue. They have a Facebook and website to check regularly for events and movies for a night out with the family.

Resources

COVID-19 Vaccine

Vaccination for COVID-19 is important and essential to partake in! Currently, there are two places in Champaign, Illinois to get the vaccine. Make sure to visit the link below to get more information.

Vaccination Location (illinois.gov)

Still hesitant about the COVID-19 vaccine? You shouldn't be! Below is the link from the Illinois government answering commonly asked questions and revising the safety of the vaccine for everyone.

COVID-19 Vaccine | IDPH (illinois.gov)

New facts about the vaccine:

The vaccine can be given to children 12 and older when it used to be 16 as the age limit.

Currently, Illinois is in Phase 4 for COVID regulations. Meaning there are still limitations when it comes to going in public. People need to be six-feet apart and a capacity to facilities are 60%. If more people get vaccinated, it would create a population immunity to the COVID virus and thus we'd reach Phase 5, with no capacity limits to public contact.

Key Things to Know About COVID-19 Vaccines (cdc.gov)

A Bridge to Phase 5 (illinois.gov)



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Stay Healthy!

Enjoy some Food

Ingredients

1/8 tsp black pepper

2 tbsp red wine vinegar

10 1/2 oz cherry tomatoes (cut in half)

1 large cucumber (peeled and cut in half)

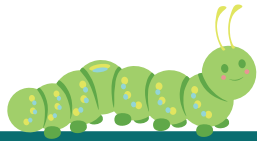
1 1/2 tbsp olive oil

pinch salt (optional)

Instructions

Cut each cucumber half in half and slice it into large chunks. Place the cucumber in a salad bowl with the cherry tomatoes.

In a small bowl, whisk together the dressing ingredients. Pour the dressing over the cucumbers and tomatoes and serve.



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Check out our NEW Abriendo Caminos Blog:
<https://extension.illinois.edu/blogs/salud-y-familia>



<https://pixabay.com/photos/salad-cucumbers-vitamins-healthy-652503/>

Simple Summer Cucumber and Tomato Salad

<https://www.diabetesfoodhub.org/recipes/simple-summer-cucumber-and-tomato-salad.html>

Exercise Tip

When exercising, it is great to exercise outside to get fresh air. However, try your best to avoid the hottest part of the day. The best plan to do when exercising outside is to wake up early to catch the cool of the morning before the sun comes out. Or go out at sunset or later in the day when the day isn't as hot.

Being cool is ideal! So wearing appropriate clothing and caring equipment is just as essential. Wear lightweight and light-colored colors and

Happy Father's Day!

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