



## COVID-SAFE SUMMER CAMP FOR KIDS

One year ago, we ventured into summer with a still-evolving understanding of COVID-19 and how to pursue normal routines. As a result, summer camps were shut down and parents were left with yet another challenge: How to keep kids occupied through the summer months.

This year, with a better understanding of the virus (and vaccinations being distributed), the prospects for classic summer-camp fun are much better. To ensure our kids are happy campers, the Centers for Disease Control and Prevention recently issued guidelines for making sure camps can be operated safely.

The precautions are pretty straightforward:

- Kids should be outdoors as much as possible.
- Kids and camp staffers should wear masks, except when eating, drinking, swimming or napping.
- Everyone who is eligible should receive a COVID-19 vaccine.

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- Kids and staffers should be kept in small groups and maintain safe distances whenever possible.
- Kids and staff should be checked daily for COVID-19 symptoms.

As straightforward as these guidelines might be, they have concerned some parents and camp operators who worry that they would be impractical in a summer-camp setting. But experts suggest they shouldn't inhibit the camp experience, just ensure that it's safe.

"Kids can have a joyous, immersive summer experience," Texas' American Camp Association President and CEO Tom Rosenberg told the New York Times, so long as the camps operate "in a very structured, smart way."

## Smart Facts

**12,000**

summer camps operate  
in the U.S.

**6 MILLION**

kids typically attend summer  
camp every year.

**62%**

of summer camps closed  
last year.



## ENJOY THIS SUMMER ON TWO WHEELS

Last year, the nation's bike shops took on an odd appearance: Showroom floors were empty but repair spaces were filled to overflowing. The reason? New bikes had been scooped up by people seeking an antidote to pandemic cabin fever, and people who couldn't find new bikes dragged old ones out of the shed and asked mechanics to make them road-ready.

Looking at data behind bike sales suggests that the bike boom will continue, but we might see people taking their cycling up a notch this year. Initial sales last year were in what some people call the "casual bike" category; later, "enthusiast" bikes, including electric-assist bikes and those specifically designed for off-road riding, jumped in popularity.

Regardless of what kinds of bikes people are buying, there are a lot more people on bikes ... and that means a lot of less-experienced cyclists merging onto roadways and trails. Many of them might have jumped into the saddle before they learned how to ride safely.

To help keep everyone safe, People Powered Movement, a cyclist and pedestrian advocacy group, offers the following tips.

- **Check your equipment.** Make sure everything is ready for a ride, including your tires, lights, reflectors and more.
- **Wear a helmet.** Wearing a bike helmet reduces the risk of serious injury by 70 percent.
- **Be seen.** Wear bright, reflective clothing. The more visible you are, the safer you are.
- **Use signals.** Know the basic hand signals so you can let drivers and other cyclists know what you're doing.
- **Stay focused.** Stash the phone and pay attention to what you're doing. You'll not only be safer, you'll enjoy the ride more.
- **Be a vehicle.** As a cyclist, don't think of yourself as not being governed by the rules for motor vehicles. Follow the same laws, as well as common sense.
- **Go with the flow.** As pedestrians, we're told to walk against traffic in the absence of sidewalks. Not so for bikes. Ride with traffic.
- **Use the bike lane.** Many cities are installing bike lanes and dedicated pedestrian/bike trails. Use them. They're safer, they'll help to ensure that traffic flows efficiently and they'll allow you to have a more pleasant cycling experience.



*"Wearing a bike helmet reduces the risk of serious injury by 70%."*

Really want to enjoy the ride? Find some cyclists who share your skill level and ride together regularly. Not only is there safety in numbers, but there's also encouragement, fellowship and fun – which is what will ensure that a lot of the pandemic peddlers continue to ride after the pandemic has passed.



# PANDEMIC DRIVES CHANGES TO EMPLOYEE BENEFITS

Virtually no aspect of the workplace has avoided the impact of COVID-19, but employee benefits might be the place where the effects are most profound. Because the post-pandemic world is still taking shape, the overall impact on benefits is not entirely clear, but one thing is certain: Change is coming. In fact, in a recent Care.com survey, 98% of responding company leaders said they expect to offer new or expanded benefits in the wake of COVID-19. The following are some ways that those changes could take shape.

**Health benefits re-examination.** As the most expensive piece of employee benefits, health benefits are always being scrutinized, but now we have a new context for assessing them. Watch for increased support for telehealth, a greater examination of out-of-pocket costs and a continued push for employees to become savvier healthcare consumers.

**New childcare options.** With more than 1 million workers having to leave the workforce to care for children during the pandemic, employers realize they need a better plan for parent employees. The result is sure to be new forms of support for working families.

**Mental health support.** The pandemic was not just a physical health emergency; it was also a mental health emergency. Recognizing this, many employers are looking to increase their support of mental healthcare.

**Hybrid work options.** If you are one of the 56% of the U.S. workforce that holds a job that is compatible with remote work, you may be finding that a lot of those employees like not going to a workplace every day. Many of these companies are seeing more flexibility in the way workdays are structured, and also more reimbursement for work-from-home expenses.

**Off-site benefits.** If employees are able to work remotely, they may start seeing benefits that work remotely, too. Experts anticipate a shift away from location-specific options – like on-site daycare, commuter benefits or office meals – to perks that cater to off-site workers, if that option is available.

**Charitable giving support.** As a lot of people were inspired to give to charitable organizations during the pandemic, employers see that they can win points with their workers and their communities by facilitating giving and by letting the world know how they are using their resources to make the world a better place.

**The “extras.”** As employers seek to set themselves apart in a competitive hiring marketplace, watch for more “extras” like pet insurance, student loan assistance and elder care considerations.



## National Safety Month

For 25 years, Americans have set aside the month of June to pay special attention to general safety measures. With more than 5,000 people dying each year from workplace injuries, this observance focuses on the workplace, but it also extends to home. Honor the month by doing an assessment of your home and workplace, seeking to prevent injuries by addressing unsafe conditions. To learn more, visit [nsc.org/work-safety/get-involved/national-safety-month](https://nsc.org/work-safety/get-involved/national-safety-month).

# HARVEST OF THE MONTH: STRAWBERRIES

As you savor fresh strawberries this year, you might want to consider that you're sharing a treat that's been enjoyed in the Americas since before they were the Americas. In fact, evidence suggests that people indigenous to North America not only enjoyed strawberries, they likely even served them with a kind of shortcake.

Of course, those early strawberry fans likely wouldn't recognize the ones we eat today: Hybrids of ones originally cultivated in Europe and South America, our treasured red berries would dwarf their ancient ancestors, but they still deliver a nutritional punch, with healthy doses of Vitamin C, fiber and potassium.

Whether you're picking them from the field or choosing them in the supermarket, to get the best strawberries, choose ones that are glossy and bright red, with no traces of white at the stem. Avoid berries that are bruised, moldy or mushy. If you find a moldy berry in a batch you've already purchased, toss it out ... the mold can spread quickly and ruin a whole batch.



Strawberries are best eaten as quickly as possible and at room temperature; however, if you must store them for a few days, do so in the refrigerator in a basket or bowl lined with paper towels. And wait to wash them until you're ready to serve them.



## Recipe: Healthy Strawberry Oatmeal Bars

### Ingredients:

(16 bars)

- 1 cup old-fashioned rolled oats
- 3/4 cup white whole wheat flour
- 1/3 cup light brown sugar
- 1/4 teaspoon ground ginger
- 1/4 teaspoon kosher salt
- 6 tablespoons unsalted butter melted
- 2 cups small-diced strawberries divided
- 1 teaspoon cornstarch
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon granulated sugar divided

For vanilla glaze:

- 1/2 cup powdered sugar sifted
- 1/2 teaspoon pure vanilla extract
- 1 tablespoon milk

### Directions:

Place rack in the center of oven and preheat to 375 degrees. Line an 8x8-inch baking pan with parchment paper so that the paper overhangs two sides. In a medium bowl, combine the oats, flour, brown sugar, ginger and salt. Pour in melted butter and stir until it forms clumps and the dry ingredients are evenly moistened. Set aside 1/2-cup of the crumble mixture, then press the rest into an even layer in the bottom of the prepared pan. Scatter half of the strawberries over the crust, sprinkling cornstarch evenly over the top. Then sprinkle on lemon juice and 1/2-tablespoon of the granulated sugar. Scatter on the remaining berries, then the remaining 1/2- tablespoon sugar. Sprinkle the reserved crumbs evenly over the top (some fruit will show through). Bake for 35 to 40 minutes, until fruit is bubbly and crumb topping smells toasty and looks golden. Place the pan on a wire rack to cool completely. While bars cool, prepare glaze: In a medium bowl, briskly whisk together powdered sugar, vanilla and milk until smooth. Using the parchment-paper handles, lift the bars from the pan. Drizzle with glaze, slice and serve.

### Nutrition Information:

CALORIES: 100; PROTEIN: 2G; FAT: 5G; CARBS: 14G; FIBER: 1G; SUGAR: 6G; CALCIUM: 14MG; CHOLESTEROL: 11MG; POTASSIUM: 58MG

Sources: Accessed 10 May 2021

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