

July 2026

Monthly Innovator Newsletter



**Hello Innovators! Hope you are
enjoying your summer!**

**"Enjoy the little things, for one
day you may look back and
realize they were the big
things." - Robert Brault**

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National Simplicity Day

July 12th is National Simplicity Day, which encourages us to take a step back and examine ways in which we can simplify our lives. Join us as we slow down, reflect, and appreciate the simple things in life.

For more on National Simplicity Day, visit NationalDayCalendar.com



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Social Awareness Month



July is Social Wellness Month, which allows us an opportunity to focus on our ability to build and maintain positive relationships with others. Social Wellness Month reminds us to invest in healthy support systems and to be there for others, but it also encourages us to meet new people and experience new opportunities. Join us this month as we celebrate our social wellness!

For more information on Social Wellness Month, visit nationaltoday.com.

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July 4th Safety

- **Pet Safety:** While we want to have our beloved pet join in the festivities, it may not be the best idea. They are often scared of fireworks and out of fear will run away, destroy property, or have accidents indoors. The best way to keep your pets safe is to keep them in a secure place at home. You should also make sure they have proper ID, such as a microchip or ID tags with your updated phone number.
- **Firework Safety:** Fireworks are the highlight of the 4th of July. While fun, it is important to remember that fireworks are dangerous and contain sulfur, charcoal, gun powder, and fragments that can reach 1,300 degrees. To stay safe make sure you back up to a safe distance immediately after lighting and never try to re-light. Pick up fireworks that did not ignite fully. It is a good idea to keep a bucket filled with water or a garden hose in hand while lighting fireworks. If children will be taking part in the festivities, make sure they are supervised at all times and keep kid appropriate fireworks in a separate location.
- **Food and Drink Safety:** This holiday weekend, most Americans will have a picnic or BBQ. This means we have food out to grab while gathering with friends and family. It is important to remember that all food has the potential to become contaminated. Leaving some food and drinks in outdoor temperatures can cause food-borne illness. Do not leave food out for more than 1 hour when temperatures are above 90 degrees and no more than 2 hours in lower summer temperatures

Summer Challenge

This July, soak up all summer has to offer with this special summer challenge

1. Stay cool in the pool.

Whether it's swimming or walking laps, pools offer a great way to stay cool while getting in that much-needed physical activity. If a pool or lake with a designated swimming area isn't available, try an at-home workout using a sprinkler or have a good, old-fashioned water balloon fight!

2. Dance for days.

For at least five minutes every day, turn on one of your favorite tunes and move! Remember, you don't have to be a professional. Dancing helps improve coordination, balance, cognitive function, and even helps reduce stress.

3. Disconnect and watch the sunset.

There are many benefits to disconnecting from electronic devices, but most importantly, doing so allows us to slow down and be fully present in the moment. Kick back in a comfortable spot and watch the sunset. Try catching lightning bugs as dusk settles in.

4. Eat fresh fruit and vegetables every day.

Fruits and vegetables offer a variety of health benefits no matter what the time of year, and summer presents a plethora of in-season options that are both delicious and nutrient-dense.

5. Make summer social.

Reach out and connect with old friends or family members, go on group adventures, or step out of your comfort zone with a hobby you've always wanted to try. There's no better time than now to try something new, and new opportunities can help you meet or bond with other like-minded people.

Recipe



Ingredients

For the Chocolate Coating

- 1 cup White chocolate melting wafers or chips

For the Cones

- 6 waffle cones
- ¼ cup red and blue sugar sprinkles
- 6 vanilla pirouette cream-filled wafers

For the Filling

- 2 cups white yogurt (unflavored or vanilla)
- 1 cup raspberries
- 1 cup blueberries
- 1 cup small strawberries

Directions:

- Melt the white chocolate wafers in a heat-safe bowl according to package directions, stirring until smooth.
- Dip the top inch of each waffle cone into the melted chocolate, letting excess drip off.
- Immediately sprinkle red and blue sugar sprinkles over the chocolate-coated area. Hold over a plate to catch extra sprinkles.
- Stand cones upright in cups or a holder and refrigerate for about 10 minutes until the chocolate hardens.
- Insert a pirouette cookie into the center of each cone (this helps keep the cone from getting soggy).
- Spoon a layer of yogurt into each cone, then add a layer of fruit (strawberries, blueberries, raspberries).
- Repeat layers of yogurt and fruit until the cone is full.
- Finish with a few berries on top for a colorful look.
- Serve immediately or keep chilled until ready to eat.

Innovator Spotlight



This month, we're excited to spotlight Jake Sandford, one of our newer Wellness Innovators from Outdoor Adventure in the Department of Wellness, who brings energy and creativity to building connections across his team. Since joining OSU in January and stepping into the innovator role in March, Jake has already begun finding unique ways to engage his department and promote a positive, connected workplace environment.

Jake shares that what excites him most about being an innovator is the opportunity to think outside the box and create fun, meaningful ways for colleagues to interact. He enjoys exploring creative ideas that encourage team connection—whether through friendly competition or celebrating one another with shoutouts.

In his role with Outdoor Adventure, Jake values the opportunity to bring people together in new ways and build a greater sense of community within his department.

One of Jake's first wellness initiatives was a department-wide "March Madness-style" step challenge that extended into April, introducing a fun, competitive element while encouraging movement and participation across the team.

Outside of work, Jake embraces wellness through a wide variety of outdoor activities, from sea kayaking and backpacking to trail running and rock climbing. Jake looks forward to collaborating with fellow innovators across campus and is excited to continue developing new ideas and activities that inspire wellness and connection within the OSU community.

Congrats Jake!

Important highlights

July 9th:

Walks with Wellness
Landmarks/ Art on Campus

July 20th

Walks & Talk
Library Fountain

July 27th:

Climb & Connect

July 6th:

Innovator Mobile
Team Development
3:30pm Colvin Annex

Innovator Cowboy Cup
click [HERE](#) to register.