

### What is a Staycation?

A staycation is an innovative way of saying you are going to spend your vacation time at or near home. You can rediscover your own town or city. The trick to enjoying a staycation is to do something different from your daily routines. Don't do your chores, just relax.

How can you bring excitement and adventure to a summer staycation?

- **Visit your local museums and attractions.** Research your town as if you were a first-time guest and find all the "must see" spots. Take advantage of any deals that are offered during the week.
- **Try new experiences.** Make sure it is something that you wouldn't have the time to normally do, but you are up to trying it once. Rock climbing, city tours, geocaching, virtual museum tours, paintball, or laser tag.
- **Eat for pleasure.** Find a restaurant that you've never had time to visit because it is just a little too far away. Or cook a new recipe you've always wanted to try but may take a little more time than you have usually have.
- **Bring the spa to you.** Turn your bathroom into an aromatherapy spa by bringing home a selection of essential oils and scrubs. Hire a massage therapist for a home visit and play a vacation soundtrack.
- **Indulge in luxury-hotel amenities.** Buy yourself a plush white cotton robe and high thread count sheets (or just pillowcases).
- **Skip the news and stop your mail for a week.** Getting rid of a source of stress may allow you to banish the stress itself. Don't worry, your bills will still be there when your staycation is over.
- **Leave an "out of office message" for your email.** Be sure to say you won't be checking your email until you are back from your vacation. Power down your computer and turn off the notifications on your phone.
- **Hire a house cleaner.** Let a maid service clean your house from top to bottom even if it is just this once!

No matter how you choose to spend your staycation, remember the goal is to reduce your stress and make memories.

### Great places close to home for your staycation this summer

**Cornell Botanical Garden** - Located close to Cornell University, these 25 acres of botanical gardens are a great place to learn about New York's plants.

**Eternal Flames Falls** - This unusual small waterfall is in Chestnut Ridge Park, Orchard Park. Behind the waterfall is a grotto that emits natural gas, which can be visible at almost any time of the year when the flame is lit.

**National Soaring Museum** - The only US museum, located in Elmira, that focuses on motorless flight and home to the largest collection of gliders and sailplanes in the world.

**Sodus Bay Lighthouse** - Built on Sodus Point on Lake Ontario and on the National register of historic Places, you can enjoy summer concerts, visit the maritime museum and take in some of New York States beauty and history.

