



Time to Get Up and Move: The Importance of Being Active

By Marigrace Flynn, Prevention Specialist

It has been over 10 weeks since New Jersey went on lockdown due to COVID-19. Life has sure changed. We stay home except for essential trips to the grocery store, pharmacy, or healthcare visits. We cannot visit with family or friends. We cannot participate in our houses of worship. We cannot celebrate milestones in person. Not to mention, many are dealing with job loss or suspension. It is a very trying time. This social isolation can affect not only our mood but our health. So what can we do?

KEEP IN TOUCH WITH OTHERS: While we cannot visit with family or friends physically, it is still important to give them a call, send an email or even write a letter. If you have a smartphone, tablet, or computer with a camera, you can share time together, face-to-face, by using different apps or programs. Keep up with your regular get-togethers with friends or family by having a virtual cup of coffee together every week.

Continued on next page

IN THIS ISSUE

Time to Get Up and Move:
The Importance of Being Active

Focus on Health

Mindful Breathing

Sharing Circle

Resource Spotlight

Word Search

Trivia

EXERCISE: It is important stay active. Take a walk outside, if possible, or walk around your home. Check out free exercise programs online or on TV. Make sure that you follow your doctor’s recommendations on what exercises are appropriate for you.

HOBBIES: Take time to read, complete a puzzle (a word search is on page 3), make a craft, color or cook. Maybe you stopped knitting, playing music on your guitar, or doing crossword puzzles because you got busy with other stuff - now would be a great time to go back to these activities you enjoy.

CATCH UP ON YOUR TO-DO LIST: Get to some of those things around your home you have been putting off. Whether it is organizing a pantry or “junk” drawer, getting rid of clothes you no longer wear, discarding old files, or fixing something that is broken, these activities will give you a sense of accomplishment!

If you have already done some of these great! If not, pick one and give it a try. Take care and be safe!



What Should I Do if I am in Pain?

Ongoing chronic pain (pain that is consistent, lasts a long time, or keeps coming back) can be difficult to cope with, have a negative effect on your life, and does not have to be a normal part of aging. Thankfully, you don’t have to suffer. Make an appointment with your doctor to talk about your pain and options for treatment (including non-opioid options). Not sure what to say? Start with answering these questions:

- When and how did your pain start?
- What does your pain feel like (shooting, stinging, aching)?
- How well are you able to manage your pain on a typical day, on a scale of 0 to 10?
- What makes you feel better or worse?
- What have you tried in the past to ease your pain?
- What other medical conditions do you have?

Activity Center

Summer Time

E N I H S N U S Y S R T G L A
 S W I M M I N G R E L O Z G H
 B U F W A C L E B E P S K A L
 H A L I Q E W O M Z K O B R C
 T L R L R O R O O R M T A D O
 N X H B L E N C O P Y I S E G
 P U B F E A F W E N F U E N Y
 P X F P D C E L C C H Q B H L
 H C A E B R U E Y I I S A X J
 W A L K I N G E K A I O L Z S
 O J I F X M Z I K E S M L P X
 U M L X I Q N H Y P T F Q J B
 R L W E U G R T J C Q L S D K
 K Z U K C K I J P X F V A I W
 K A G Q T H U H L S R M F J W

BARBECUE	FLOWERS	MOSQUITO
BASEBALL	GARDEN	POOL
BEACH	HIKING	SUNSHINE
FIREFLY	ICECREAM	SWIMMING
FIREWORKS	LEMONADE	WALKING

Trivia Question

What is New Jersey’s state fruit?



Sharing Circle

What is the proudest moment of your life?

Besides the day we brought our children into the world, it has to be giving back. It is so rewarding to give and to support people in need and also to support our Healthcare workers! – Linda

My proudest moment in my life was when I gave birth to my two daughters. – Antoinette

Its more about the moments... meeting my grandson for the first time. Watching him (who is on the spectrum) excel in school, learn to play the drums & guitar, and achieve his green belt. I beam with pride when I think of this smart, lovable child. – Andre



We want to hear from you for next month’s issue! **What is your favorite summer time activity?** Email your answer to mflynn@cafsnj.org.

Mindful Breathing

We all have felt short of breath during our lives whether it is from physical activity, a cold, a chronic condition, or stress and anxiety. The practice of mindful breathing can help with this by increasing endurance and reducing feelings of stress and only takes a few minutes of your time.

The exercise below is a type of breathing called diaphragmatic breathing since it uses your diaphragm, the muscle in your chest that is used for deep breathing. Try breathing this way for a few minutes a couple of times a day.

1. Sit comfortably, with your knees bent and your shoulders, head and neck relaxed.
2. Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.
3. Breathe in slowly through your nose so that your stomach moves out against your hand. The hand on your chest should remain as still as possible.
4. Tighten your stomach muscles, letting them fall inward as you exhale through pursed lips. The hand on your upper chest must remain as still as possible.

Contact Us

To learn more, submit a response, or ask a question you can contact us at:

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Celebrating Seniors Online

<https://www.tcad.org/virtual/celebratingseniors>

www.tcad.org  @TCADR  @TCADR

TRIVIA ANSWER

Answer: Blueberry

Resource Spotlight: Meals on Wheels



MEALS on WHEELS
AMERICA

Are you used to going out for meals or having them at a program and that stopped because of COVID-19? Meals on Wheels is offering temporary services during the Coronavirus Pandemic along with their traditional services.

For more information contact:

Bergen County - North Jersey
(201) 358-0050

Passaic County Division of Senior
Services (973) 569-4099

**If you or a loved one needs
help accessing addiction
services and support...**

**Confidential hotline services available
24/7 to serve Bergen County**

