

May 2020

The Senior Gazette



May is Mental Health Awareness Month – and boy have the last two months really tested our mental health! Your mental health is just as important as your physical health. We all know when we eat food that is good for us, we feel better. We all know the food that is good for us – fruits, vegetables, proteins, water, we have been told that all our lives. Mental health is not as talked about. It wasn't covered in health classes in school, it wasn't a big topic, most likely, at the dinner table growing up, we were told to "buck up" and "smile, you're fine". People tell their doctors about their physical ailments but not so much how they're feeling. Loss of sleep, appetite, social interest, can lead to depression which is very common with seniors and this pandemic is not helping. Isolation is something that will keep us physically safe right now but we have to find a way to keep mentally safe. Just like junk food makes our body feel crappy, mental junk food messes with our brain. Don't fall into the habit of watching news shows about COVID19 all day and night, it amps up your stress hormone cortisol levels. Check the news once in the morning and evening - you'll stay informed but you won't fall into an anxiety-ridden cycle. Don't stay cooped up with the curtains drawn shut all day - go outside for fresh air, wave to a neighbor, sit in a chair and listen to the birds. Call a friend or family for a good talk. If you have a computer or smart phone, set it up for Facetime so you can have a virtual phone call and see some faces you haven't seen in a while. Books, puzzles, painting, drawing, music, movies - so many ways to spend your time and make the day more enjoyable to get through. There is no shame in feeling down right now, especially if you live alone. We are all missing the social connection we had and we will have it again and it will be awesome! Summit County has a hotline you can call if you want to talk with someone: 330-434-9144



May the flowers remind us why the rain was necessary

If you have a computer, tablet, or smart phone, you can visit all kinds of places without leaving your home! A Google search for "Virtual tours" brings up tons of tours! Here are a few good ones to check out:

*Yosemite Park: <https://www.virtualyosemite.org/virtual-tour/#node27>

*Buckingham Palace: <https://www.royal.uk/virtual-tours-buckingham-palace>

*Earth Cam is my favorite. I can watch live views around the world – hello Hawaii beaches!

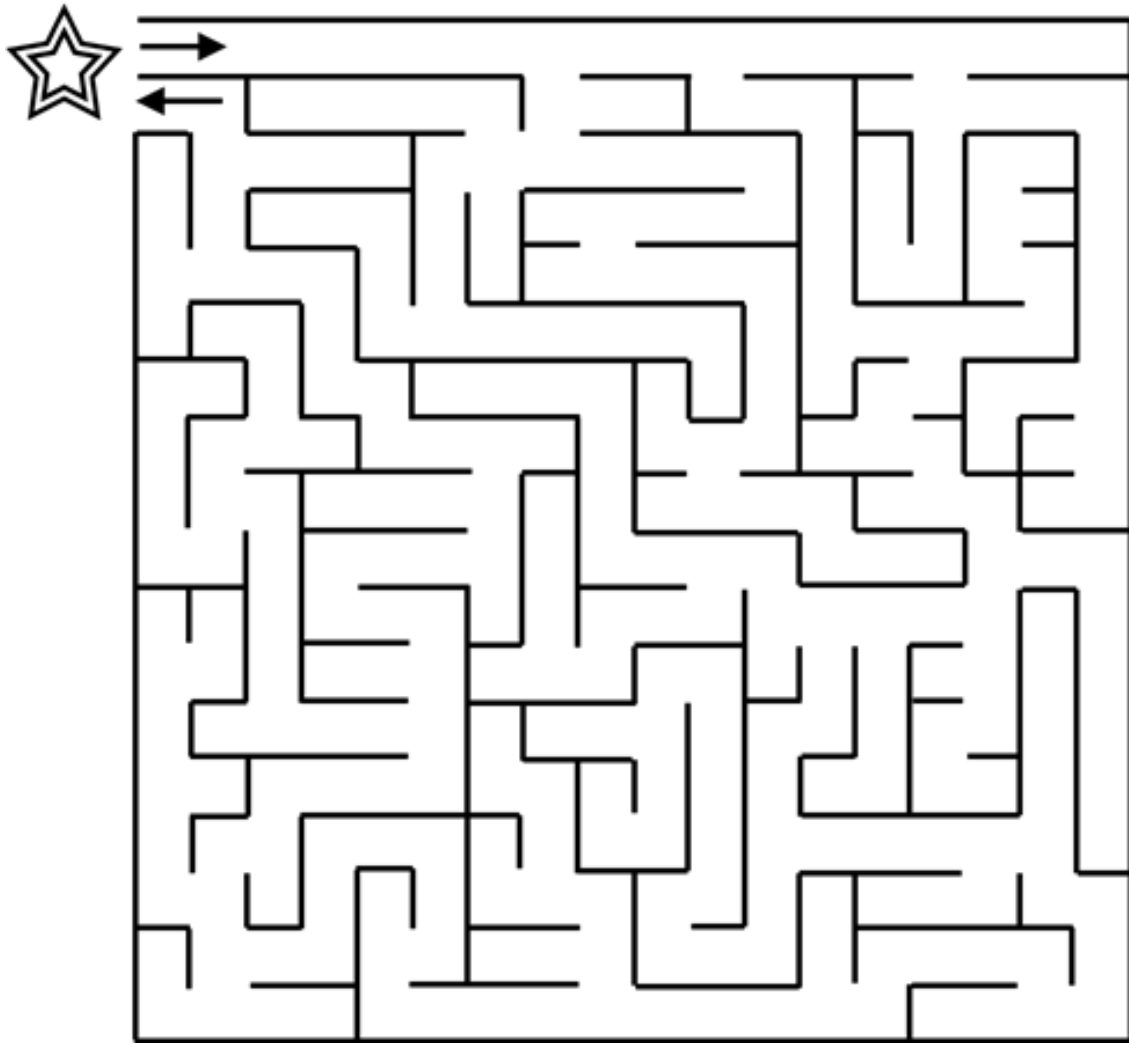
The search tool is at the top to the right. <https://www.earthcam.com/>

*San Diego Zoo. (There is a donation screen that pops up, if you don't want to donate, just X out of that pop screen and you can go to the live cams.)

<https://zoo.sandiegozoo.org/live-cams>

*Art tours, music, skyscrapers & more! <https://artsandculture.google.com/?hl=en>





Did you know...

- Calling "Shotgun" when riding in a car: This term was used to refer to the guard who sat next to the Stagecoach driver. The guards would use a shotgun to keep robbers and criminals away. It made its way into society due to Hollywood's love of Western flicks.
- At birth, a panda is smaller than a mouse.
- German Chocolate Cake is named after an American baker Samuel German. It has no affiliation to the country.
- Canada is south of Detroit.
- Pineapple juice is 500% more effective at helping you stop coughing than cough syrup is.
- 28,000 rubber duckies were lost at sea in 1992 and are still being discovered today.
- You can't smile while you breathe in.

(Did I get you to smile?)

**May 29: Lunch & Learn at Liberty Park Nature Center
has been cancelled.**

If you need anything, please contact
Stacey at Village Hall at 330-562-1234 or stask@reminderville.com
or contact Mayor Sam Alonso at mayorsam24@aol.com

**I finally bought a new pair of shoes with memory foam insoles!
No more forgetting why I walked into the kitchen.**