

# HEALTHY YOU at Home!

Newsletter for programs held by WCCOA beyond the  
Senior Center Walls to stimulate your Mind, Body and Spirit!

## Activity Corner

We are working hard to offer a variety of at home programming options for you. You can check in daily to our Facebook page for our most up to date program offerings.

Visit: [www.facebook.com/wccoa](https://www.facebook.com/wccoa)

If you are interested in joining us for discussions via the phone or for online discussion using [www.zoom.us](https://www.zoom.us).

Zoom is a video conferencing site. Contact the Program Department for more information:

419.353.5661 or 1.800.367.4935  
or email:

[programs@wcco.net](mailto:programs@wcco.net)

**If you have programs  
suggestions mail them to:**

Wood County Committee on Aging  
305 North Main St.,  
Bowling Green, Ohio 43402



## *Put a little SPRING in your step!*

Physical Activity is defined as any body movement that is produced by skeletal muscles and expends energy. At any age physical activity enhances the quality of life. For elder's fitness may mean the ability to live independently, do household chores and engage in active pursuits. The benefits of exercise and physical activity include:

- Lower risk of early death, heart disease, stroke, type II diabetes, high blood pressure, colon and breast cancers
- Prevention of weight gain
- Weight loss when combined with diet
- Prevention of falls
- Reduced depression
- Better cognitive function

All older adults should avoid inactivity as much as possible. Some physical activity is better than none. Be sure to consult with your physician before you begin any exercise program. To learn more about ways to exercise visit our Facebook page and let's put a little spring in your step for healthier stronger bodies. Visit us on Facebook at <https://www.facebook.com/WCCOA/>

Take part in the Walking Challenge – 2,000 steps is a mile. How many steps did you get in April? \_\_\_\_\_

How many steps did you get in May? \_\_\_\_\_

## Word Search

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

ACCOUNTABILITY  
ACTIVITY  
BASKETS  
BEGINNING  
BODY  
BUNNIES  
EASTER  
ENDURANCE

EXERCISE  
FAMILY  
GOALS  
HEALTH  
JOY  
LAUGHTER  
MEALS  
MIND

MOTIVATION  
MOVEMENT  
NUTRITION  
SENIORS  
SPIRIT  
SPRING  
STRENGTH  
SUCCESS  
SUNSHINE  
WILL

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### Just for Laughs

Q: If April showers bring May flowers, what do May flowers bring?

A: Pilgrims!



The Friendship Line 1-800-971-0016 is a talk line specifically for those 60 years and older or adults living with disabilities. This line is toll-free and sponsored by the Institute on Aging. It provides the opportunity to have someone to talk to, provides emotional support, grief support and information and referrals. Here is the web address for more info... <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

**ACTIVITY: Time Line of Gratitude** Alice Morse Earle said, *"Every day may not be good...but there's something good in every day."*

Use a 8 ½ by 11 inch paper and draw a straight line in the middle of the paper the length of the paper using a ruler.

Divide up the line with small vertical marks indicating years: 10, 20, 30, 40, 50, 60, 70, 80, 90 and 100. Now assume this line represents your life. Write in happenings and events at each stage of your life that filled you with pride and joy and a sense of fulfillment. Some decades will be more eventful than others so you will write more in those spaces.

You may find in the later years of your life there is less to write about. Give this some thought. What kinds of things are possible in the later years that can also fill you with pride and joy and a sense of fulfillment? We would love to share your timelines to celebrate the significant parts of your life. If you are interested in sharing your time line of gratitude email it to us at [programs@wcco.net](mailto:programs@wcco.net) or text a picture to us at this same email address.

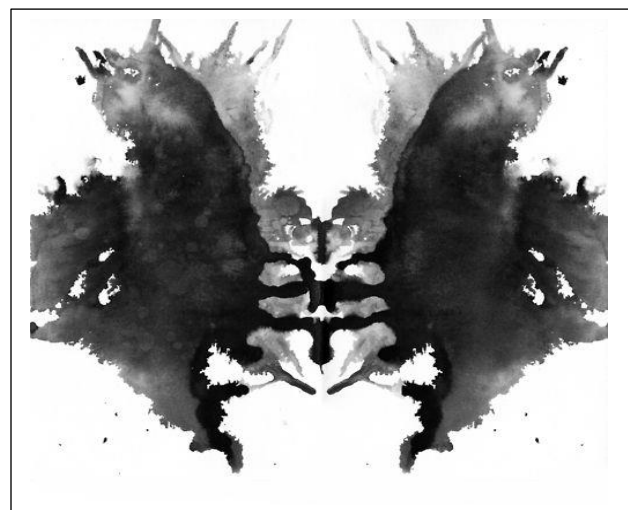
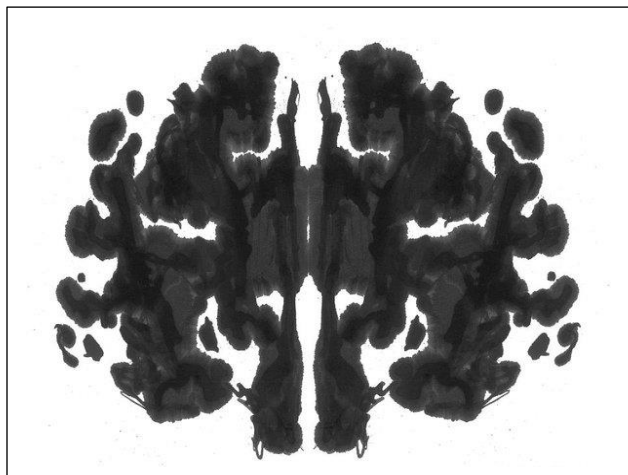
### Ink Blot Art Project

Fold a sheet of 8 by 11 paper in the center. Put a drop or two no more of ink, paint or food coloring in the fold and then press the folded paper in half and then in half again together.

Unfold it and observe the unique shape that has been formed. What do you see in the design? Show it to someone else and ask them what they see. You'll be surprised at the various ideas.

Try more than one ink blot and note how different each one is. Have fun! Take a picture and share with us [programs@wcco.net](mailto:programs@wcco.net)

**What creations have you come  
up with at home?**



## Practice Mindfulness Through Eating

Practicing mindfulness is a way to engage your senses, relax your body, and connect to yourself. Mindful eating is an important aspect of enjoying life and encourages you to take the time to really savor your food. To practice mindful eating, first pick your favorite food, treat, or beverage. Find a quiet spot to sit and:

1. Begin by examining your food without touching it. Often times we are in such a hurry to eat that we forget to really enjoy our meal.
2. Inhale the aromas of whatever you are about to enjoy and note any memories or experiences that come to mind.
3. Examine the texture of the food and note anything you notice. Think about size, shapes, and colors that you see.
4. Place a small amount of food or drink in your mouth and let it sit there.
5. Close your eyes and notice all the flavors and textures you are experiencing.

Taking time to appreciate what you are enjoying can help you better connect to yourself, recall memories that are connected to certain dishes, and really savor what you are experiencing. **Try this with our home delivered meals! NOTE April and May's menus may be modified and will be sent at a later date. Send a quick email to let us know how you appreciate our meals. You can email [programs@wcco.net](mailto:programs@wcco.net)**

**\*Avoid Coronavirus Scams\*** From the Federal Trade Commission:

**Here are some tips to help you keep the scammers at bay:**

- Hang up on robocalls. Don't press any numbers. Scammers are using illegal robocalls to pitch everything from scam Coronavirus treatments to work-at-home schemes. The recording might say that pressing a number will let you speak to a live operator or remove you from their call list, but it might lead to more robocalls, instead.
- Ignore online offers for vaccinations and home test kits. There currently are no vaccines, pills, potions, lotions, lozenges or other prescription or over-the-counter products available to treat or cure Coronavirus disease 2019 (COVID-19) — online or in stores. At this time, there also are no FDA-authorized home test kits for the Coronavirus. Visit the FDA to learn more.
- Fact-check information. Scammers, and sometimes well-meaning people, share information that hasn't been verified. Before you pass on any messages, contact trusted sources. Visit (the website): 'What the U.S. Government is Doing' for links to federal, state and local government agencies.
- Know who you're buying from. Online sellers may claim to have in-demand products, like cleaning, household, and health and medical supplies when, in fact, they don't.
- Don't respond to texts and emails about checks from the government. The details are still being worked out. Anyone who tells you they can get you the money now is a scammer.
- Don't click on links from sources you don't know. They could download viruses onto your device.
- Watch for emails claiming to be from the Centers for Disease Control and Prevention (CDC) or experts saying they have information about the virus. For the most up-to-date information about the Coronavirus, visit the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).
- Do your homework when it comes to donations, whether through charities or crowdfunding sites. If someone wants donations in cash, by gift card, or by wiring money, don't do it.

Visit the FTC website for more information: <https://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing>