



# FIT 4 WORK \* FIT 4 LIFE

Stay healthy, reduce stress, be safe

## THE BENEFITS OF COLLECTING

Being a collector can be a fun and rewarding experience. Collecting is a way to relax and connect with others who share in your interest. Did you know that collecting can also help reduce stress and improve your mental health? Whether you are interested in collecting stamps, glassware, coins, seashells, antiques or whatever else sparks your curiosity, you are sure to pass your time learning and growing in many new ways. Here are a few benefits of being a collector.



Business Development Specialist, Deitra Huff-Smith shares her collection of Betty Boop items with the group.

### Reduce Stress

Collecting involves studying and learning about the thing you collect. This can be details like the value of the item, its history, and importance to the people who once used it. This kind of learning can reduce stress because you choose to do it rather than being told to do it. By spending your time sorting, arranging, and simply being absorbed with the care of your collection you can escape from other more depressing experiences that may otherwise trouble you.

### Show Your Personality

What you collect can say a lot about your unique personality. Collecting is a great way of showcasing what you find interesting and inviting others into knowing you better and understanding how you see the world around you. For example, my friend Kate is an avid Art Deco collector. She dresses the part and decorates her home in that

People collect all sorts of things. What inspires you?



### BENEFITS OF COLLECTING



What do you collect?

### ITS TIME TO GET YOUR FLU SHOT



Have you scheduled it yet?

### DOING WHAT YOU LOVE



Can't wait to get back to it.

style. Any time I see something in that style, I immediately think of Kate. Her collecting of Art Deco things is a big part of who she is and tells me a lot about her and what she likes.

### Improve Focus And Memory

Collecting objects requires focus and concentration which is good exercise for your brain. Collectors need to use observation skills to inspect the objects they collect. Exercising your brain this way can help improve your concentration and memory skills.



### Build Relationships

People who collect things care about the things they collect. Using this interest is great for meeting new friends. Having an activity you share with a friend is a great way to have fun and give you things to talk about.

Not everyone is a collector, but anyone can enjoy the mental health benefit from collecting treasured items. The best part is that collecting can be a free hobby. There are so many things found in nature or taken from everyday ordinary objects that can be interesting to observe such as bottle caps or seashells. If you don't collect anything now, consider the types of subjects you enjoy. Whether it is artwork, stamps from around the world, ceramic figurines or model cars, you can gain a lot of joy from collecting.

Recently at a Fit 4 Work session we talked about the things we collect. Chris Ho. is into hats and his favorite is his Villanova Hat. Vita is an avid angel collector because she finds them to be beautiful. Sean collects Hess trucks. People know he likes them and he receives them as gifts. Chris He. finds bears to be comforting and collects them on his bed. Nick collects pennies because he considers them a treasure and likes their brown color. Ryan likes to collect money as well. Dean likes to collect rubber bands. However, she only keeps the ones that come with her medication. Our own staff member, Dee, is an avid Betty Boop collector because she loves Betty's sassiness. Not everyone in our session had something they collect, and that's ok. Life is about doing the things that interest you. So keep exploring your interests, be open minded to trying new experiences and you are sure to never be bored.

### Doing What You Love

In Fit 4 Work we discussed our dream jobs. Clients chimed in on what they would want to do for a job if they could do anything imaginable. I was quite impressed with the

answers I received as I thought perhaps people would choose answers such as president, superstar movie actor or singer. I myself was prepared to state that I would want to be a professional puppy snuggler! But that's not what I heard from this wonderful group of hard workers. Instead I heard





answers with themes of wanting to help people.

For example, Vita would love to work with kids by teaching them. She is especially fond of the 5-6 year old group. Chris He. would want to be an E.R. nurse and Dean thinks she would want to be a paramedic. Ryan loves to talk to people, so he chose working the register at Wawa so he can ask people about their day. Sean is a devoted paper shredder and is very content with his responsibilities at SJOG so he isn't giving that up! Chris Ho. is a man of strength and would want to help people with their moving needs. When I asked why they chose these jobs I was told that they wanted jobs that are rewarding.

It is often said that to do what you love, and you'll never work another day in your life. The problem right now is that our exceptional group of employees in the fulfillment center are not allowed to return to work just yet due to safety concerns related to the spread of COVID-19. The change in our routine has been a struggle, to say the least. I'm sure it is hard to understand why you can't go to work when so many other people have returned to their jobs and many students are going back to school. It just may not seem fair. But I urge you to remain positive and continue to practice your job skills at home while we wait.

When you have so few other options for how to spend your time, finding something to do that is fun and meaningful can be a challenge. I hope that in the past few months by reading these newsletters you may have been inspired to start a new hobby, learn a new skill, or get more active at home. At the least I think we have all become a bit more tech savvy and have learned a thing or two about where the best spot in our homes is for a zoom party!



Click here to watch a short documentary featuring several people with developmental disabilities and their bosses and their jobs. <https://www.youtube.com/watch?v=LCa02lgV0I0>

## Now Is The Time To Get Your Flu Shot



You should get a flu vaccine before flu viruses begin spreading in your community, since it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against flu.

### **Make plans to get vaccinated early in fall, BEFORE flu season begins.**

The CDC recommends that people get a flu vaccine by the end of October. However, it is never too late. You can get vaccinated throughout the flu season, even into January or later.

Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself and the people around you from flu, and to help reduce the strain on healthcare systems responding to the COVID-19 pandemic.

# Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

ULQIT

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LAVEES

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BEEESTRMP

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SVRTAEH



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TECTHUNS

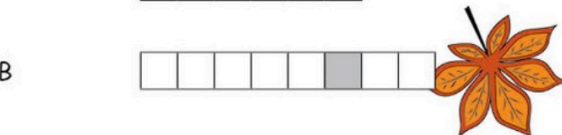
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AUMUTN

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ATOLFLOB

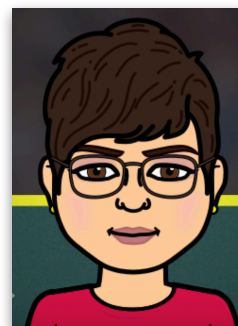
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Q. What do you get when you drop a pumpkin?

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## DEAN'S JOKES



Did you hear about the man that got hit by a soda can?



He's ok.  
It was a soft drink!

What do you get when you throw butter out the window?

Butterflies!



Do you want to hear a pizza joke?



Never mind its too cheesy!

Hello. My name is Joanne Mintzas and I am the Care Manager, RN for St. John of God. Consider me a resource if you need support in completing your annual paperwork, have a medical question, or are seeking services with a health aspect.

A little about me: I have a BS in Foods and Nutrition, a BS in Nursing, and a MS in management. I have previous experience as a dementia nurse, a mental health nurse, and I worked at ADS as a part time school nurse prior to taking on this role. I instituted the Fit 4 Work program here at SJOG where I provide weekly educational lessons regarding work place safety, ergonomics, health and nutrition, and stress management for clients in the VR program. Look for my webinars!

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St. John of God Community Services

