



FIT 4 WORK * FIT 4 LIFE

Stay healthy, Reduce Stress, Be Safe

WASH YOUR HANDS!

Washing hands helps prevent illness and the spread of infections.



When you blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects you are spreading germs that can make people sick. Hand washing with soap removes germs from hands. This helps prevent infections because people often touch their eyes, nose, and mouth without realizing it and these are the places where germs can get into your body to make you sick.

Germs from unwashed hands can get into foods and drinks while people prepare or eat them. Germs from unwashed hands can also be passed on to other objects, like handrails and table tops and then make their way onto other people's hands when they touch those same things.

Hand washing helps prevent sickness like diarrhea and colds and may even help prevent skin and eye infections. It is important to wash your hands when working with food or eating, using the toilet, caring for another person, handling a cut or wound, blowing your nose, coughing or sneezing, touching or caring for animals, and when handling trash. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

What song do you like to sing when washing your hands?

1

STRESS LESS

2

EAT BETTER

3

LEARN SOMETHING NEW

OVERNIGHT OATS



Simple. Nutritious. Delicious!

WASH YOUR HANDS!



20 Seconds with soap and water

KEEP A ROUTINE!



Stay on schedule with a purpose

HOW TO WASH YOUR HANDS

1. Wet your hands with water and apply enough soap to cover your hands.
2. Rub your hands together. Use 1 hand to rub the back of the other hand and clean in between the fingers. Do the same with the other hand.
3. Rub the back of your fingers and the tips of your fingers on the palm of your other hand. Do the same with other hand.
4. After at least 20 seconds (sing Happy Birthday twice), rinse your hands with water.
5. Dry your hands completely with a disposable towel and use it to turn off the tap.

See our hand washing video here: <https://www.youtube.com/watch?v=iJrDU1KfY5I&feature=youtu.be&fbclid=IwAR1vtmaPZRxJo-XCDbM7ctPmkvfN-TSDY5N8-fXSXby46foWTdyWjp9LgJA>



LIVING THROUGH A PANDEMIC WITH SOCIAL DISTANCING

We are all living in a different world from what we once knew. Has your routine changed? I know mine has. Maybe you are not doing the things you are use to doing, but this is not a bad thing, it just depends on how you choose to look at it. Change offers a chance to learn something new or try something you just haven't had the time to do

before now. It is important to establish a routine at home just like when you attend program. Everyone needs to find their own routine that works for them. For example some people enjoy going outside in the yard moving around as much as possible while others prefer the indoors where they can work on reading and playing games. Picking activities you want to do each day will keep you focused and goal oriented. It is also important to set a routine for going to bed and waking up. It will be very difficult to get back into the habit of waking early to get to program later on if you get into the habit of staying up late and sleeping in until noon. If you have done this already, great, if not you should start taking steps to get back into a routine.

The hardest part during this time must be the fact that we cannot be with our friends and family the way we may want. Things may be confusing but you can control what happens in your daily life and with a little creativity we can connect with the people we miss. The truth is, we all need contact with other people. Human connection promotes wellness and is essential for good health, especially when life presents situations that can cause more anxiety. The staff at SJOG is here to help you find things to do to keep active at home even if what you crave is simply some time to chat with a friendly face.

During this stressful time, it is important to recognize the importance of mental health. We all may have feelings of anxiety and depression aside from dealing with COVID-19. The change in routine can be stressful, but it is important to know that talking about your feelings with someone you trust can help. Caregivers who normally receive respite though a family member's structured day-program

may now be experiencing anxiety, stress, and depression while caring for someone at home 24 hours a day. There are resources available. You can always reach out to staff such as our nurse Joanne or call the state hotline at 866-202-HELP. The free helpline offers telephone counseling, emotional support, information and assistance.

Social distancing doesn't mean being alone. Here are my 10 tips for staying engaged and connecting with others to stay positive and healthy:

- Exercise
- Write in a journal or draw
- Listen to music
- Take a bath
- Play with a pet
- Spend time in nature
- Clean the house
- Have a ZOOM Party- Did you Zoom with Br. Tom (Friday at noon)? Did you join a soft skills Zoom with Maura, Brie, Takira, Pat and Dee?
- Send Emails or video chat with friends
- Have a picnic while staying on spaced out blankets



EATING A HEALTHY BREAKFAST

It is most important to set a routine at home that offers time for exercise and healthy eating. I like to start my day with a satisfying bowl of overnight oats. Overnight oats are so easy to prep ahead of time and eat throughout the week. Basically, overnight oats are a mixture of uncooked oats, milk, and any combination of add-ins. Because the oats soak in milk overnight, they require no cooking, and very little effort. So heres how I make my oats-



Oats – I recommend using rolled oats because they won't get too soggy. To that I add Milk at a 1:1 ratio – Whole milk makes for creamy oats, but I prefer 1% milk to cut down on calories. If you're dairy-free you can use cashew milk, almond milk, or even coconut milk.

Then I like to add Chia Seeds – Adding chia seeds helps thicken up the oats just a bit, while adding a little extra fiber and giving them that delicious, creamy consistency. If you don't want to use the chia seeds that's ok.

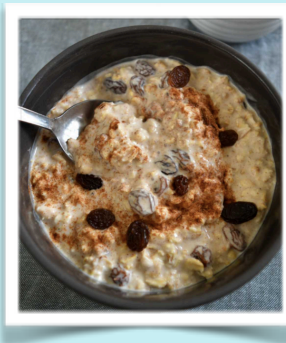
Sweetener – Personally, I prefer to sweeten my oats by adding fresh fruit or raisins. You can also customize your oats by adding cinnamon, vanilla, nut butters, or honey.

The oats will need to sit in the fridge for at least 4-5 hours, or overnight, in order to achieve that perfect chewy, creamy texture.

Oats are full of many nutrients that are a part of a healthy diet, including fiber, protein, magnesium, potassium, and omega 3 fatty acids. They are also a whole grain, which means that the natural sugar in them will absorb more slowly into your body avoiding blood sugar spikes to keep you full for longer. Chia seeds are also a wonderful source of fiber, protein, calcium, magnesium, iron and omega 3 fatty acids which are all good for you! As for flavor, there isn't much, so you won't really notice them in your food, except for the little bit of crunch they add. We eat these guys for health, not flavor. Once made, your oats will keep in the fridge for 5 days. So go ahead and make a batch on Sunday, and they'll last you through the week!

OVERNIGHT OATS- CINNAMON RAISIN

- 1/2 cup rolled oats
- 1/2 cup milk (or almond, cashew, or coconut milk)
- 1 tablespoon chia seeds
- 1 tablespoon raisins
- 1 teaspoon cinnamon



Combine all the ingredients in a glass or plastic container and cover with a lid. Refrigerate overnight.

Calories per serving: 300 Fat: 8.5g Carbohydrates: 50g Protein:12g
 Calcium: 21% DV Dietary Fiber: 28% DV Iron 14% DV

Check the SJOG Facebook page for Joanne's video on making oats!

Join Joanne Mintzas MS,BSN,RN in our first "Fit 4 Work" online webinar

"How Are You Staying Active While At Home- Tips for Staying Fit"

June 9th at 1pm

Check the SJOG website and Facebook page for more information

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 upcoming webinars!

I can be reached by email at jmintzas@sjogcs.org

Phone: 856-848-4700 x1227



St. John of God Community Services

