



CARING FOR ALPS

Health Information For Clients and Their Families

COVID- 19 Quarantine

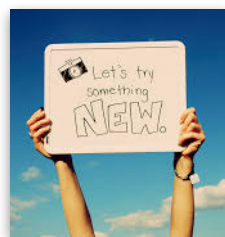
BOREDOM BUSTERS

Boredom Busters:

Since the Coronavirus pandemic has kept us home for 5 months now, trying to use this time constructively and wisely may not feel so easy any more (if it ever was).

In this issue I offer you my top ideas to create some fun memories together while at home. I truly hope that families are able to see this historic time in our history as also being a blessing in disguise.

1. Create an “experience” at home like a mini library. Redecorate a room or corner of the house or have beauty day. Do something new or something you haven’t tried in a while.
2. Explore your own backyard- Use your senses to touch, see, hear and smell the many different textures such as the grass, dirt, flowers, animals. If you grow any fruits and vegetables, then certainly taste as well! See page 3 for more ideas.
3. Experiment with science like making DIY ice-cream, slime, or suds.
4. Play games – indoors & out such as hop scotch, catch, sidewalk chalk, scavenger hunts, water play, gardening, hula hoop, bubbles,
5. Have a movie night: find a good movie or show, make some popcorn or any treat to enjoy while relaxing together. See my list for top family movies to watch on page 2.
6. Make a craft such as crayon rubbings of nature, collages, wind chimes, paint a bird house, make a pet rock.



TAKE A NATURE WALK



Use your senses.

WHAT TO WATCH



Movies to watch. Again.

OATMEAL CHOCOLATE CHIP COOKIES



Make some for a neighbor.

1

STRESS LESS

2

KEEP ACTIVE

3

BE HEALTHY

7. Serve others by doing good deeds around the neighborhood or even online if need be. You can bake cookies, write a letter, make a toilet paper run. See page 4 for my favorite chocolate chip cookie recipe.

Movies to Watch While Stuck Home

1. The Wizard of Oz
2. Chitty Chitty Bang Bang
3. Ratatouille
4. The Princess Bride
5. The Jungle Book
6. Wallace and Gromit
7. Toy Story
8. ET – The Extra Terrestrial
9. Bambi
10. Babe



How To Make Fluffy Slime

INGREDIENTS

- 2/3 cup of Elmer's White Glue (Do not substitute)
 - 1/2 teaspoon Baking Soda
 - 1/4 Cup Water
 - 2-3 cups Shaving Cream – note: do not use shave gel.
 - 1.5 Tablespoons Contact Lens Solution –
- *Important: your brand of contact lens solution must have boric acid and sodium borate in the ingredient list. Use Renu fresh or Equate brand.**



1. Add your white glue to a bowl.
2. Add you water and baking soda and then mix.
3. Add your shaving cream and mix.
4. Add your food coloring until you are satisfied with the color. Mix.
5. Now slowly add in 1 tablespoon of the contact solution. knead for 5 minutes and then add in the 1/2 tablespoon. The slime will be very sticky when you're kneading – and that's normal!

SENSORY NATURE WALK

The first step to learning about nature is observation. Next time you are exploring nature, pause from time to time to get in touch with your five senses.

What do you SEE with your EYES?

What colors do you see?



Why is the sky blue? Why is a leaf green? Colors are produced by light waves from the sun. Each color has a unique wavelength. Pigments are materials in objects that absorb certain wavelengths and reflect others. Eyes are amazing instruments that enable us to see. Our eyes perceive only the colors that are reflected by an object. Did you know that some animals perceive color and sight differently than humans?

What do you HEAR with your EARS?

Examples of different sounds in nature include:

- wind blowing through tree leaves
- a trickling stream
- falling rain
- the roll of thunder
- a bird singing
- a coyote howling
- insects buzzing
- the rhythmic chirping of frogs



What other sounds do you hear in nature? We often hear wildlife before we have the opportunity to see or touch it. Animals use sounds to warn others of danger, to identify themselves, to keep others away from their territory, and to attract mates.

What do you SMELL with your NOSE?

Examples of different smells in nature include:

- fresh flowers
- verdant grass
- musty soil
- a smoky campfire
- sweet blossoms
- a stinky skunk



What other scents can you smell in nature? We often smell something before we have the opportunity to see or touch it. Pleasant smells tend to attract us to things that are beneficial. Unpleasant smells often serve as a warning to avoid something dangerous, like rotting food that could make you sick.

What do you TASTE with your MOUTH?

Examples of different flavors from nature include -

- savory pecans
- sweet plums
- sour grapes
- earthy mushrooms



The senses of taste combine with smells to produce thousands of different flavors. There are many wild plants in Coppell Nature Park that produce edible fruits and nuts. Among these are pecan trees, Mexican plum trees, and grapevines. **Never taste something unless you know it is safe!** Bring your own healthy snacks outside with you to enjoy in the park!

What does something FEEL like when you TOUCH it with your HANDS?

Examples of different textures in nature include -

- soft feathers or fur
- rough or bumpy tree bark
- smooth rock
- cool water
- warm sun
- slimy algae



Never touch something unless you know it is safe! Poison ivy can cause an itchy rash. Use a probe instead of your hands to explore under logs, leaf litter, or burrows where biting animals like to hide.

Oatmeal Chocolate Chip Cookies (Makes 2 dozen)

If you love a crispy, chewy cookie, the key is in the bread flour!

- | | |
|--------------------------|---------------------------------|
| 1 1/2 cup bread flour | 1 cup rolled oats |
| 1/2 teaspoon baking soda | 3/4 teaspoon baking powder |
| 3/4 teaspoon salt | 1 stick butter softened |
| 1/2 cup brown sugar | 1/2 cup sugar |
| 1 egg | 1 1/2 teaspoon vanilla |
| 8 ounces chocolate chips | Sea salt to sprinkle (optional) |

1. Combine bread flour with oats, baking soda, baking powder and salt in a bowl.
2. In another bowl add softened butter, brown sugar and sugar together. Use a mixer to cream all the ingredients together. Once mixed, add egg and vanilla and continue mixing.
3. Add wet ingredients to the dry ingredients and mix until dough is crumbly.
4. Add in chocolate chips and stir with a spoon.
5. Cover bowl with plastic and place in refrigerator. Chill for 30 minutes.
6. Preheat oven to 350 degrees, place parchment paper on cookie sheets.
7. Roll the dough into small balls and place on cookie sheet.
8. Add a little dash of sea salt on each cookie.
9. Bake for 12-14 minutes or until golden brown.



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.

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St. John of God Community Services

