



FIT 4 WORK * FIT 4 LIFE

Stay healthy, reduce stress, be safe

HOW TO BE SOCIAL WHILE PHYSICALLY DISTANCING



COVID-19, also known as Coronavirus is a new illness spreading around the world. It is a virus and can feel like a very bad cold or the flu. It is important to practice social distancing which means we need to stay 6 feet away from other people as much as possible. Right now, even though many business are starting to open again, we still need to avoid house parties, sleepovers, and large events. Try to stay home as much as possible. If you do not need to go to the supermarket or other stores, then don't and let someone else do it for you. Safe things that you can do include watching a movie or listening to music at home, game night, video chats, online classes, virtual museum tours, and cooking new foods.

There are many things that we CAN do and should be doing. COVID-19 is very contagious. People without symptoms can spread it to you. Some people get very sick from it while others do not get as sick. We need to practice hand hygiene more than ever.

Can you be social while physically distancing?

Yes you can! Go for a walk and wave, smile, or say hi to other people you pass while staying 6 feet away. Call or text the people you care about. Mail a card to someone to brighten their day. Attend or host virtual Zoom parties. Self care is important. Ask for help if you need it. A few things that you can do include coloring, writing, singing, and listening to music. Write down five things that you like to do. When you are feeling down try one or more of them. If possible, ask a friend or housemate to do them with you.

1

STRESS LESS

2

EAT BETTER

3

LEARN SOMETHING NEW

CAN YOU BE SOCIAL WHILE DISTANCING?



Yes you can!

SUN SAFETY



UV Rays can harm

SUMMER CORN SALAD



Make it today!

How can I avoid feeling down?

Reminding yourself what you are grateful for is another way to stay positive and try keeping a journal or a poster board where you can keep a list of the things that make you feel grateful. Some examples are family, a sunny day, a phone call with a friend. How about taking a new adventure? Have you been to the San Diego Zoo? Well you can! There are so many virtual adventures you can take such as the Grand Canyon, the Amazon Rainforest and of course the San Diego Zoo. Here are the links:

South Rim Grand Canyon (23 min)

<https://www.youtube.com/watch?v=L43Rdc9xW8Q>.

San Diego Zoo (1 hour)

<https://www.youtube.com/watch?v=2Z07UxjZCoo>.

Amazon Rainforest (9 min)

<https://www.youtube.com/watch?v=JEsV5rqbVNO&>.

COVID-19 STRATEGIES WORD SEARCH



Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

- | | | |
|-----------|-------------|------------------|
| BINGO | HANDHYGIENE | SOCIALDISTANCING |
| CLEAN | JOURNALING | SOFTSKILLS |
| CRAFTING | MEDITATION | TALK |
| DANCE | NATURE | YOGA |
| EXERCISE | REFLECT | ZOOMPARTY |
| FRIENDS | RELAXATION | |
| GAMENIGHT | SING | |

JULY IS UV SAFETY MONTH



Although we seem to be talking about COVID-19 all the time, summer is also in full swing. I hope you are all getting some time in the sun and enjoying yourselves. With so much on our minds, it's easy to overlook things. One of the most important things to remember when planning to be outside in the summer is how to protect yourself from ultraviolet (UV) rays.

July is UV Safety Month. As we enjoy the beautiful weather, do not forget about the effects of ultraviolet radiation. While we need sunshine, UV rays can harm us. Too much sun can lead to a variety of health risks.

There are two main types of UV light, UVA and UVB. UVB is what gives you your sunburn and is responsible for some types of skin cancers. UVA rays are the ones that cause wrinkles, brown spots, and certain skin cancers. An easy way to remember: "A" is for aging and "B" is for burning. BOTH are harmful to you.

Use broad spectrum sunscreens with SPF values of at least 15 and reapply often. Also, wear sunglasses and a hat as much as possible when in the sun, especially between 10am and 2pm when UV rays are strongest.

HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

[who.int/epi-win](https://www.who.int/epi-win)

Do's →



Clean your hands before touching the mask



Inspect the mask for damage or if dirty



Adjust the mask to your face without leaving gaps on the sides



Cover your mouth, nose, and chin



Avoid touching the mask



Clean your hands before removing the mask



Remove the mask by the straps behind the ears or head



Pull the mask away from your face



Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Remove the mask by the straps when taking it out of the bag



Wash the mask in soap or detergent, preferably with hot water, at least once a day



Clean your hands after removing the mask

Don'ts →



Do not use a mask that looks damaged



Do not wear a loose mask



Do not wear the mask under the nose



Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



Do not wear a dirty or wet mask



Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 6 feet distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.



Summer Corn Salad

I love grilled chicken with this simple corn salad that can be made with canned or frozen corn, but theres nothing like summer fresh corn roasted on the grill. Try this easy recipe and show me your results. I'd love to see how you personalize it!

Ingredients:

4 cobs of corn
 1 cup diced cucumbers
 1 cup grape tomatoes cut in half
 1/4 cup diced red onion or scallion thinly chopped
 3 tablespoons olive oil
 3 tablespoons red wine vinegar
 1 tablespoon fresh parsley
 4 oz. crumbled feta or goat cheese
 1 avocado cut up
 salt and pepper to taste



Remove the husk from the corn and brush with olive oil then season with salt and pepper. Grill the corn until slightly charred. Once cooked, remove the corn kernels from the cob.

Combine the rest of the ingredients in a large bowl and gently toss with the corn. Don't be afraid to add any summer veggies you like or take out anything you don't like. Serve with grilled chicken for a complete meal.

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!

I can be reached by email at jmintzas@sjogcs.org
 Phone: 856-848-4700 x1227



St. John of God Community Services

