

Color Yourself Calm



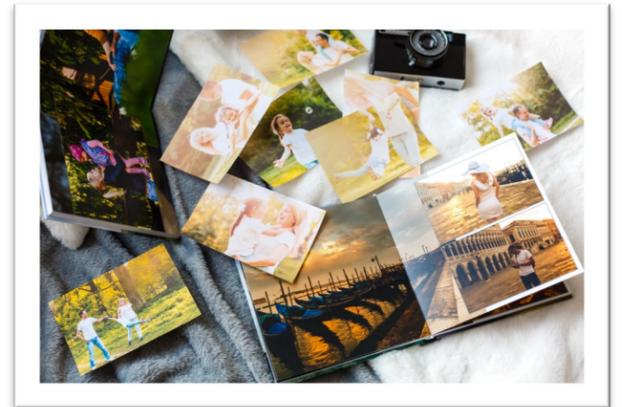
Daily Dose *of vitality!*

March 30, 2020

Inspire Others

We asked you to inspire your fellow residents by sharing the ways that you are passing your time at home.

Bob and Alice Russell are spending their extra time going through their travel albums and reminiscing their many years of travels in both their RV and cruising. Alice says, "What fun it has been to see all the places we visited in print rather than a computer."



Thank you Bob and Alice for the great suggestion! Reminiscing and reflecting on cherished memories can help you feel connected to loved ones while you have to spend time apart.

If you have a creative way that you're passing your time at home, send it to Molly at mlyden@montereau.net and you may be featured in an upcoming Daily Dose of Vitality!

Facebook Live Lunch & Learn!



Our next Facebook Live Lunch & Learn is tomorrow at noon!

Tune in to our Monterey Facebook page to get wellness tips and tidbits from Katie while you're staying home.

This series will run each Tuesday and Thursday at noon and you can watch from your phone, tablet or computer. Just search for the Monterey Facebook page so you can tune in and hear helpful hints from your Wellness team!

Stay Active!

Check out the Exercise of the Day!

Shoulder Stretch

This exercise to stretch your shoulder muscles will help improve your posture.



1. Stand back against a wall, feet shoulder-width apart and arms at shoulder height.
2. Bend your elbows so your fingertips point toward the ceiling and touch the wall behind you. Stop when you feel a stretch or slight discomfort, and stop immediately if you feel sharp pain.
3. Hold position for 10-30 seconds.
4. Let your arms slowly roll forward, remaining bent at the elbows, to point toward the floor and touch the wall again, if possible. Stop when you feel a stretch or slight discomfort.
5. Hold position for 10-30 seconds.
6. Alternate pointing above head, then toward hips.
7. Repeat at least 3-5 times.

Staff Picks

While you're home-bound, we're excited to share our favorite things with you. We hope you enjoy as much as we do! Today's picks are from Emily Steward, Human Resources Coordinator.

Emily's Picks!

- **Movies:** Harry Potter Series, Hunger Game Series
- **TV Shows:** Lego Masters, This Is Us, Chicago Med, Chicago Fire, Chicago PD, Manifest
- **Comedians:** Jim Gaffigan, Iliza Shlesinger, Gabrielle Iglesias, Jeff Dunham



Brain Puzzle of the Day

Solve these visual word puzzles by looking for clues in the placement, color, or number of words. Have fun!

1. Injury + Insult	2. Weather Bit
3. yourballcourt	4. B Cat 2 aa
5. T B Bush A E	6. 1. 2. Blame 3. Blame
7. belly	8. ri poorch
9. mce mce mce	10. MONSTER

The Power of Journaling

Did you know journaling can help reduce anxiety and stress and help you better process events taking place in your life? Grab paper or a notebook and try it today. Start with this prompt: **The two moments I'll never forget in my life are...**

Answers: 1) Adding insult to injury; 2) A bit under the weather; 3) The ball is in your court; 4) Let the cat out of the bag; 5) Beat around the bush; 6) No one to blame; 7) Yellow belly; 8) Take from the rich and give to the poor; 9) Three blind mice; 10) A green eyed monster