

# Color Yourself Calm



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# Daily Dose *of vitality!* Happy April! April 1, 2020

It's April and spring is upon us! You can still enjoy the great outdoors while practicing social distancing. You are encouraged to take walks on Montereau's campus to take in the fresh air and check out the beautiful flowers and trees that are in full bloom. Just be sure to stay at least six feet away from other residents and staff.

Getting outside can actually help keep you healthy! Your skin produces vitamin D when exposed to the sun, which boosts immune health.



Experts advise spending about 15 minutes in the midday sun at least three days a week.

*These pictures were taken by Jan Rosen on a recent trip outside.*

## Birthdays & Anniversaries

Since we will not be publishing a *Voice of Vitality* newsletter or a *News Flash* for April, we will publish resident birthdays and wedding anniversaries in the *Daily Dose of Vitality*. Our April birthday party will be rescheduled when it is again safe to have gatherings.

Keep an eye out for your friends' birthdays. You are encouraged to call, text, or send your friends a birthday card - but please don't visit!



# Stay Active!

## Check out the Exercise of the Day!

### Side Arm Raises

This exercise will strengthen your shoulders and make lifting groceries easier.

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold hand weights straight down at your sides with palms facing inward. Breathe in slowly.
4. Slowly breathe out as you raise both arms to the side, shoulder height.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15 more 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 Katie Eddins, Wellness Specialist.

### Katie's Picks!

- **TV:** NCIS, Fixer Upper, Love It or List It (HGTV)
- **Movie:** Mission Impossible movies
- **Books:** *A Life Without Limits* by Chrissie Wellington & *The Perfect Mile* by Neal Bascomb
- **App:** Bible app
- **Church online:** Life Church and Transformation Church
- **Netflix:** Cheer



# 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: **Who is your biggest inspiration and why?**

# Brain Puzzle of the Day



### Word List - "US Presidents"

- |                       |                       |
|-----------------------|-----------------------|
| Abraham Lincoln       | Harry S. Truman       |
| Andrew Jackson        | John F. Kennedy       |
| Barack Obama          | John Quincy Adams     |
| Bill Clinton          | Lyndon Baines Johnson |
| Calvin Coolidge       | Richard M. Nixon      |
| Dwight D. Eisenhower  | Ronald Wilson Reagan  |
| Franklin D. Roosevelt | Rutherford B. Hayes   |
| George Bush           | Theodore Roosevelt    |
| George Washington     | Thomas Jefferson      |
| Gerald R. Ford        | Ulysses S. Grant      |

