



COVID-19 UPDATE

AND OTHER HELPFUL INFORMATION

For Residents, Family Members, and Staff

Thursday, October 8, 2020

Simple Ways to “Boost” Our Immune Systems

As we shift our activities more indoors with the onset of colder months and shorter days, we want to support our immune systems. Keeping a balanced immune system can help lessen the seriousness of typical cold weather infections such as flu, and now even COVID-19, and can help us emerge from this upcoming season stronger and healthier.

We encourage you to consider adopting or re-committing to a few simple lifestyle tips that have been shown to boost immune systems and support our overall health:

- Consider adding more variety to your daily and weekly food intake – such as fruits and vegetables of different colors, healthy fats, fermented foods and those rich in probiotics. Just adding one more piece of fruit or one more portion of veggies to your daily diet can improve your health tremendously. This isn’t about having to give up anything; it’s really about adding more variety to what you already enjoy.
- Get a good night’s sleep (7-9 hours is considered ideal for adults). We’ve all heard this before, but sometimes struggle to achieve it. If your sleep pattern is holding you back from getting sufficient rest to recover from the day’s activities, try darkening your room even more, and avoid looking at any screens (TV, tablet, smartphone) for an hour before you want to fall asleep. Having a consistent bed time each day and adopting a diet rich in plant-based foods can also make a difference. (There’s that nutrition advice again!)
- Keep your physical activity level up even when the colder, shorter days have you wanting to curl up under a blanket! Simply moving throughout the day helps reduce inflammation, supports heart-health, relieves stress and is a mood-booster. Walking, swimming, stretching, yoga, light resistance and other moderate exercise improves your body’s ability to fend off infection. Try to move and be physically active for at least 10 minutes every hour, throughout the day.
- Be deliberate about keeping up your intake of fluids. It doesn’t have to be just water. Staying hydrated is another aspect of nutrition where variety can be the key to success. And alcohol is one fluid to consume in moderation – for better sleep and better overall well-being.

- Most important of all – make time to listen to your body! And don't hesitate to call the Wellness Clinic (x1467) if you have questions, or just aren't feeling quite right.

Final 'Rock The Walk' This Saturday

A reminder: the fourth and final Rock the Walk of 2020 (RTW IV), organized by the Recreation Committee, is scheduled for Saturday, October 10 from 8 am to 3 pm. As with other *Rock The Walks*, words will be found on rocks and on trees, lamp posts, and other, easy-to-spot locations on campus. Find all or most of the words and combine them to create the phrase, which will have a Columbus Day theme. Winners will be randomly selected from a pool of the correct entries.

Clarification: Outdoor Visitations for the Health Center

After being qualified by a physician as necessary for compassionate care or end-of-life reasons, outdoor visits with residents in the Health Center can be arranged through Social Services.

Closing Image

Flowering Ginger in a staff member's garden – wonderfully and delicately fragrant.

