

Healthy Living/Wellness Collaborative Article

Welcome to the New Not-So-Normal

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Are you dressing up to visit the recycling center because that is the only human contact you are likely to have all day...or all week? Have you been indulging in a bit of retail therapy, only to realize you have no place to wear the fashion-forward items you just purchased? Not a problem, as there likely will be a vaccine by the time they are delivered. Welcome to the new not-so-normal.

Despite the challenges associated with having to spend an inordinate amount of time on your sofa, residents of Big Canoe are very fortunate. Surrounded by nature, there are multiple opportunities to get outside, while maintaining the prescribed physical (not social) distance. Kayaking, pontooning and one-person-to-a-cart golf are all options, as are tennis and bocce. Of course, the trails offer an excellent way to enjoy our beautiful surroundings while getting some exercise, while while staying six feet apart. In addition, the Wellness Center is generously offering all residents a variety of free online options for staying fit while staying home. Of course we also have (gasp!) good old-fashioned phone calls (very old school).

This new not-so-normal may necessitate a bit of creativity. People are reconnecting for virtual meetings, parties, games and exercise on Zoom, Google Hangouts, Skype, and Houseparty. (Of interest: the Royal Family uses Houseparty, so you can rest assured that you will be in the best of company.) Indeed, getting together virtually can feel particularly comforting at this challenging time. (Note: You may elect to devote some modest attention to grooming, but the sad shape of your mani/pedi will go completely unnoticed...and there is no need to remove your bunny slippers.) A friend even organized a drive-by birthday celebration for her husband. But don't

forget. Introverts, you need to check on your extrovert friends...they may be particularly in need of a boost.

Staying Healthy...and Sane...at Home

A few quick tips for battling cabin fever...and to make sure the 19 in Covid 19 does not stand for the number of pounds you put on during your staycation. (Dare I call it that?).

Stand more. Don't spend the entire day on the sofa. As tempting as that may be, whiling away the hours reclining in your jammies may not be the best choice. If you are reading online, set up your device so you can do angled push ups against your counter...or partial squats, knees permitting. If you are streaming back-to-back episodes on Netflix, do some bicep curls, or just lift your legs as you indulge in a bit of binge-watching.

Enjoy some comfort food. It is something we all hunger for. (Excuse the pun.) Don't deny yourself, but do modify your portion size if you opt for something less than wholesome. Make it last, as a way to extend the enjoyment.

Try to get 7-8 hours of sleep. Sleep keeps us healthy and is even known to help in shedding some of the extra pounds you may have accumulated in this new world of hanging out at home.

Stay hydrated. It is important to drink lots of fluids. Keep a bottle of water nearby. In fact, staying hydrated can reduce the impulse to visit the fridge, again...and again. Your body can confuse hunger with thirst. So drink lots, especially before eating.

Consider games and puzzles. There are a number of online card games available for free at a site called trickstercards.com. Playing virtual bridge has enabled us to play with people all over, including my 93-year old father in NJ. With a bit of coaching he become quite skilled, inviting his lady friends to play daily. (Who knew he would become such a chick magnet?) Audio for the games is compliments of freeconferencecall.com. And try puzzles. My

husband has inquired on several occasions why I keep them. They are now being put to good use.

Lastly don't be too hard on yourself. If you planned to clean out your closets, channel your inner gourmet, take up painting (either kind) or learn a language...don't feel guilty if you have not done any of these. This is a time to be kind. To yourself as well.

Join Our Physical Distance Walks

Consider joining the Healthy Living Committee for one of its physical distance walks. Choose Monday, Wednesday and/or Friday at 8:30am (starting May 1st we will no longer start at 9:30am). They offer the chance to be outdoors, while getting some valuable exercise and enjoying some much-needed conversation...all while maintaining the aforementioned 'physical distance.' Contact Christine Flaherty at christine.flaherty21@gmail.com for more information and to add your name to our walkers email reminder list.

Message to Residents in Need

The Wellness Collaborative is able to provide pick up services for prepaid groceries, prescriptions and takeout meals at local restaurants for those clients who meet relaxed eligibility standards. Please contact the Collaborative at (706) 268-3334, or bcwell.org for more information.

The Healthy Living Committee is a part of the Wellness Collaborative, a 501(c)3 organization.