

Keeping Active and Healthy From Home


Americans of all ages are experiencing increased social isolation and loneliness in combatting the COVID-19 pandemic. According to the National Institute on Aging, nearly 14 million older adults in the U.S. live alone and are especially vulnerable during this time. Their research has linked social isolation and loneliness to higher risks for a variety of physical and mental conditions: high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, and even cognitive decline.

Small steps in reducing the effects of social isolation can have a big payoff. Even adding 30 minutes of light exercise into your schedule each day can stave off the effects of anxiety and depression, as well as improve your physical health. Here are some more tips to help keep busy, even while social distancing:


- Find or keep a sense of purpose. Take up a hobby such as growing an herb garden, crossword puzzles, knitting, or other activities.
- Keep a routine that includes consistent sleep/wake cycles. Incorporate talking to family or friends in that routine, whether it be writing them a letter or calling them on the phone.
- Nourish your body. Ensure you are eating a balanced diet and drinking plenty of water.
- Take a break from the news. Although it is important to stay updated, it is recommended limit news intake to once or twice per day.
- Manage medication. Do you have enough to last you for the next 30-60 days? If you need help managing medications, contact your home health professional, your doctor, or a loved one who can help you.
- Age-appropriate workouts can help you not only stay in physical shape but in mental shape as well. Gentle exercises such as walking are suggested. It is always recommended to consult a healthcare professional or primary care physician first.

If you or a loved one is in need, contact the SAMHSA Disaster Distress Helpline (800) 985-5990 that provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. Additionally, older adults and adults living with disabilities can contact the Institute on Aging’s 24-hour toll-free Friendship Line, an accredited crisis line at 800-971-0016. If you are experiencing a mental health emergency, go to your nearest emergency room or dial 911.





Flag Day



Celebrating Old Glory

1777

The first American flag was introduced on June 14, 1777 by the Second Continental Congress. There is debate among historians about who actually designed the first flag.

1795

The number of stars and stripes on the U.S. flag was increased to 15 each when Vermont and Kentucky became states.

1814

It was the 15 star/15 stripe version of the "Star Spangled Banner" that inspired Francis Scott Key to write his famous poem during the British attack of Fort McHenry during the War of 1812.

1818



Congress declared the flag was to have a new star added for each new state and the flag would be official the first July 4th following admission. The number of stripes was reduced to 13 to honor the original colonies.

1916

President Woodrow Wilson issues a proclamation establishing June 14 as Flag Day. In 1949, National Flag Day was established by an Act of Congress on the same date.

1960

The most recent change, from 49 stars to 50, occurred in 1960 after Hawaii gained statehood in August 1959.



Villas at Water Run Activity Calendar - June 2020

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