

Positive Pulse

Your monthly dose of advice on healthy living

January 2020

Tea Time



We're back this month for more tips on healthy living! January is National Hot Tea Month, so we will discuss the health benefits associated with tea.

- There are many different types of tea and each has its own benefits.
- Tea versus coffee is often a hot topic, but there are pros and cons to both drinks.
- Tea can also be prepared with ice in the warmer months for a refreshing effect.

Types of



Tea

Studies have found that some teas may help with [cancer](#), [heart disease](#), and [diabetes](#); encourage [weight loss](#); [lower cholesterol](#); and bring about mental alertness. Tea also appears to have antimicrobial qualities.

Green Tea

- Made with steamed tea leaves, it has a high concentration of EGCG, a helpful plant compound that has been widely studied.
- Green tea's antioxidants may interfere with the growth of many cancers; prevent clogging of the arteries, burn fat, counteract oxidative stress on the brain, reduce risk of neurological disorders like Alzheimer's and Parkinson's diseases, reduce risk of stroke, and improve cholesterol levels.

Black Tea

- Made with fermented tea leaves, black tea has the highest caffeine content and forms the basis for flavored teas like chai, along with some instant teas.
- Studies have shown that black tea may protect lungs from damage caused by exposure to cigarette smoke. It also may reduce the risk of stroke.

White Tea

- It is uncured and unfermented.
- One study showed that white tea has the most potent anticancer properties compared to more processed teas.

Oolong Tea

- In an animal study, those given antioxidants from oolong tea were found to have lower bad cholesterol levels.
- One variety of oolong, Wuyi, is heavily marketed as a weight loss supplement, but science hasn't backed the claims.

Pu-erh tea

- It is made from fermented and aged leaves.
- Considered a black tea, its leaves are pressed into cakes.
- One animal study showed that animals given pu-erh had less weight gain and reduced LDL cholesterol.

SOURCE: <https://www.webmd.com/diet/features/tea-types-and-their-health-benefits#1>



Coffee vs Tea

Coffee or Tea? You don't have to choose one over the other, but there are pros and cons to each that you should know about.

THE HEALTH BENEFITS OF COFFEE VS. TEA

Brought to you
by Policy Expert

Coffee or Tea? There's a growing body of research to suggest that both are good for you in different ways.



White tea has been found to have a higher concentration of antioxidants in it which may actually be more effective preventing some diseases than green tea. **+**

There have been studies that show that properties found in coffee can raise cholesterol. **-**

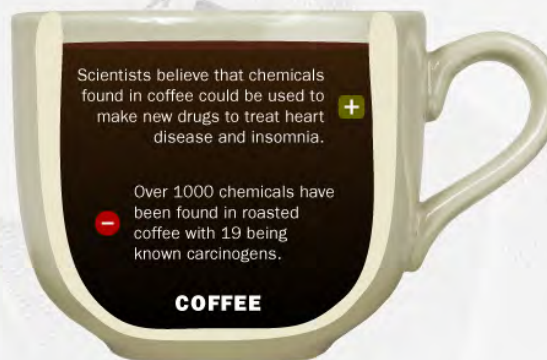
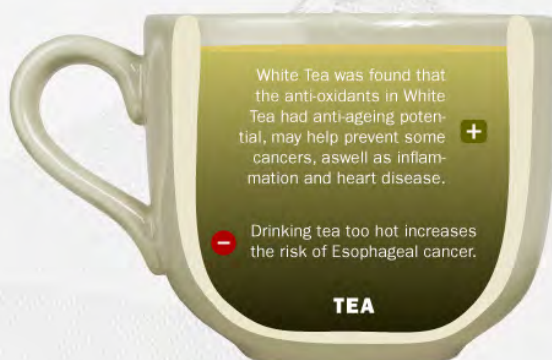
+ White tea may help prevent obesity. White tea was found to inhibit the growth of new fat cells.

+ Green tea has thermogenic properties and promotes fat oxidation beyond that explained by its caffeine content.

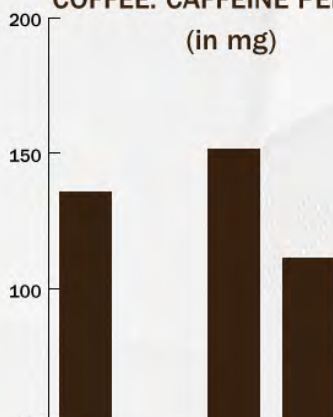
+ People who drink more coffee have been found to be less likely to suffer Alzheimers disease later in life.

+ Studies have shown that Green Tea reduces the risk of esophageal cancer in women by 60%.

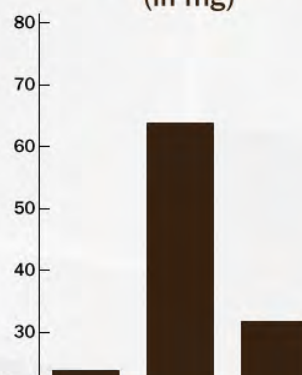
+ Drinking coffee over a long period of time may reduce the risk of dying from heart disease.



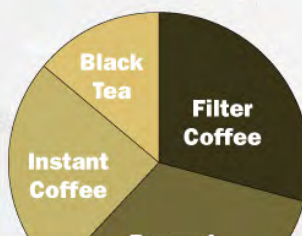
COFFEE: CAFFEINE PER CUP
(in mg)

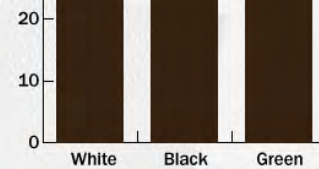
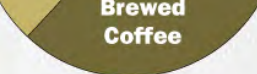


TEA: CAFFEINE PER CUP
(in mg)



MOST CAFFEINATED BEVERAGES





COFFEE TEA

X HEALTH

✓ CAFFEINE

✓ FLAVOUR

✓ HEALTH

X CAFFEINE

✓ FLAVOUR

TEA AND COFFEE FACTS



Tea may help prevent the development of type 1 diabetes and slow the progression once it has developed.



Drinking 3 to 4 cups of tea a day can cut the chance of a heart attack.



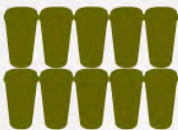
Tea contains fluoride which protects teeth.



Studies have shown that coffee helps prevent type 2 diabetes.



Drinking coffee has been shown to decrease the risk of developing Gout in men over 40.



Men who drink more than 10 cups of green tea per day are less likely to develop disorders of the liver.



Tea can protect against heart disease and some cancers



People who drink black tea 4 times a day for 6 weeks were found to have lower levels of the stress hormone cortisol.



Caffeine increases the effectiveness of pain killers and coffee contains caffeine.



Coffee protects the liver, especially against cirrhosis and liver cancer.



Green Tea may offer some protection against lung cancer according to studies.



Tea hydrates rather than the common conception that the caffeine in it dehydrates.



Tea may contain pesticides, even if it's been labelled as organic.



Coffee improves short term recall as well as improved reaction times. The largest improvement was seen in the elderly.



Coffee causes tooth discoloration.



Tea contains a large amount of Tannin. Tannin reduces the absorption of iron in the body which can lead to Anemia.



Tea contains caffeine which has been proven to cause anxiety and rises in blood pressure.



Adding milk may also stop the benefits tea has against cancer.



A study in Denmark showed that drinking 8 or more cups of coffee a day significantly increased the risk of stillbirths.



Research has shown that coffee decreases blood flow to the heart.

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SOURCE: <https://visual.ly/community/infographic/health/health-benefits-coffee-vs-tea>



Iced Tea

Refresh With a Glass of Iced Tea

- Iced tea can be brewed using hundreds of different flavors and multiple methods. Try making [sun tea](#) by steeping the tea mixture in direct sunlight for 8 to 10 hours.
- Alternatively, you can make [cold brew iced tea](#) by placing the tea leaves in a large glass container and steeping it for several hours in the refrigerator.
- Use spring water or fresh water for the best iced tea flavor.
- Since black tea contains naturally occurring caffeine, you can use iced tea as a pick-me-up in the afternoon or as a way to kick start your day.
- You can also choose to brew delicious iced tea blends using herbal teas. Settle in with a magazine by the pool and invigorate your taste buds with strawberry iced tea or mellow out with a simple glass of classic iced tea on the porch. Sip a cold brew and enjoy the fruits of your labor.

Step 1: Prepare Tea

- To make a standard brew of iced tea, start with 3 to 4 black tea bags. You can use any black tea you like.

Step 2: Heat Water

- To prepare iced tea, you brew just as you would a normal pot of hot tea. Add 2 cups of water to a pot or pan on the stovetop. Bring water to a boil, turn off heat and immediately add the black tea bags to the boiling water. Most black teas can be brewed using water temperatures between 200 and 212 F. If you decide to use a more delicate black tea such as Darjeeling tea, heat your water to 180 or 190 F instead.
- For the most accurate results, use a tea kettle with temperature controls or use a thermometer to monitor the temperature of your hot water on the stove. While not as sensitive to temperature as green tea, some black teas can still develop astringent flavors if brewed too hot.

Step 3: Steep

- Allow the tea bags to steep for 3 to 5 minutes at most. If you brew longer than 5 minutes, the tea will develop bitter flavors or become too strong. Steep for 3 minutes and taste every 30 seconds to ensure your desired flavor.

Step 4: Add More Water

- After steeping, pour the tea into a pitcher and allow to cool for 5 to 10 minutes. Once the tea reaches room temperature, add 2 cups of cold water to the pitcher. Stir and refrigerate for 2 hours before serving.

Step 5: Serve and Enjoy!

- Once the tea is cold, fill glasses with ice cubes for serving. If desired, add 1 cup lemon juice to the tea to make it an Arnold Palmer and garnish with lemon slices and mint leaves for a beautiful display.

[Click here for more iced tea recipes and instructions.](#)

SOURCE: <https://www.cupandleaf.com/blog/how-to-make-iced-tea-with-tea-bags>

Let's Stay Healthy and Drink Tea!



Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your
location!



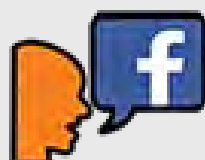
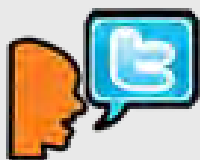
Don't see what you're looking for? We'll make it for you!
E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a
training at your location!



The Horizon Foundation for New Jersey

The [Healthy Lifestyles Project \(HLP\)](#) is a program of The Arc of New Jersey and receives funding through a grant awarded by [The Horizon Foundation for New Jersey](#).

For more information on HLP and NJSAP
follow us on social media!





New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities

Positive Pulse

Your monthly dose of advice on healthy living

February 2020

Laughter is the Best Medicine



We're back this month for more tips on healthy living! This month's topic is laughter. Everyone loves to giggle and guffaw now and then, and for good reason!

- Laughter may not always be the best medicine, but it can help keep you healthy, in both the short term and long term.
- There are many ways to live your life that lets laughter in naturally.
- A good start to get the giggles going can be to watch your favorite funny movie or comedian or to discover something new to tickle your funny bone!



Health Benefits of Laughter

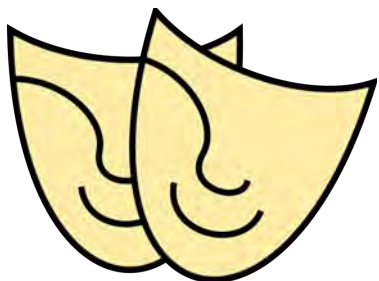
Short-term benefits

- Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- Laughing activates and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. This creates a good, relaxed feeling.
- Laughter stimulates circulation and aids muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

Long-term effects

- Positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.
- Laughter may ease pain by causing the body to produce its own natural painkillers.
- Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.
- Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and may make you feel happier.

SOURCE: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>



Infuse Your Life With Humor

Put Humor All Around You

- Find a few simple items, such as photos, greeting cards or comic strips, that make you chuckle. Then hang them up at home or in your office.
- Keep funny movies, books, magazines or comedy videos on hand for when you need an added humor boost.
- Look online at joke websites.
- Go to a comedy club.

Don't Take Life Too Seriously

- Find a way to laugh about your own situations and watch your stress begin to fade away.
- Even if it feels forced at first, practice laughing. It does your body good.

Laughter Yoga

- In laughter yoga, people practice laughter as a group.
- Laughter is forced at first, but it can soon turn into spontaneous laughter.

Share a Laugh

- Make it a habit to spend time with friends who make you laugh.
- And then return the favor by sharing funny stories or jokes with those around you.

Learn Some Jokes

- Browse through your local bookstore or library's selection of joke books and add a few jokes to your list that you can share with friends.
- Try to create some of your own from funny life experiences.

Know What Isn't Funny

- Don't laugh at the expense of others.
- Some forms of humor aren't appropriate. Use your best judgment to discern a good joke from a bad or hurtful one.
- Name calling or singling out others who are different isn't a good way to joke.

SOURCE: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>



Comedies and Stand-Up

Looking to laugh but don't know what to watch? Click below for a list of popular comedy movies and stand up specials from the last decade.



The 20 Best Comedies of the Decade, Ranked

20 Comedies from the 2010s to check out.

[Read more](https://collider.com)
collider.com



The 2010s-Top Comedy Specials

The 50 highest-rated comedy specials of the 2010s (as at 1 January 2020).

[Read more](#)
letterboxd.com

Let's Stay Healthy and Laugh!



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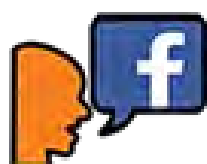
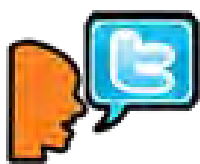


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March 2020

COVID-19 Information and Safety



We're back again this month for more tips on healthy living! This topic is relevant to everyone at this moment: COVID-19, also known as the coronavirus. It is important to stay safe and follow proper guidelines set by the [Centers for Disease Control and Prevention](https://www.cdc.gov/).

- The coronavirus is not just your typical flu, so it is important to know what to look for.

- Proper hygiene and social distancing can go a long way in preventing the coronavirus.
- It is important to stay calm and plan ahead during the next few weeks.

Additional Resources:

[Here is our one-page NJSAP infographic on coronavirus prevention.](#)

[This booklet by Green Mountain Self-Advocates has all of the basics you need to follow in an easy to read format.](#)

[Here's an additional factsheet from the NJ Department of Health.](#)

[Here is more information from the World Health Organization as well as some helpful graphics to share on social media!](#)



COVID-19 Basics

What Is COVID-19?

- It is a new illness spreading around the world.
- Its nickname is coronavirus.

How Do You Get It?

- Someone with COVID-19 gives you their germs.
- When they cough or sneeze, their germs get in the air, on you, and on things.
- Germs get into your body through your mouth, nose, and your eyes.

What Happens If You Have It?

- Coughing
- Hard time breathing
- A fever of 100.4° or higher. [Follow these steps to take your temperature.](#)

How Sick Do You Get?

- Most people do not get very sick. It is like having a cold or the flu.
- Some older people and people with disabilities may get really sick. They may end up in a hospital.

I Have Symptoms, Do I Have Coronavirus?

- Not necessarily. If these things happen to you, it does not mean you have coronavirus.
- Lots of people get a fever or cough. You could just have a cold or the flu.

If I Am Sick, When Should I Call a Doctor?

- Call if you have been out of the country.
- Call if you have been with someone who has the virus.
- Call if you have been at a place where people with COVID-19 got medical

treatment.

- [Follow these guidelines.](#)

***Call your doctor first, do not just go straight to the office!**
Check below for more specifics on actions to take based on your health status.



What is My COVID-19 Risk Level? For the Public

This chart helps people determine actions to take based on their health status and exposure. People with mild illness do not necessarily need to be tested for COVID-19. Contact your health care provider for more information based on your personal health history.

My Health Status	Actions to Take	Risk Level
I am not sick and have no symptoms of fever, cough or difficulty breathing	Wash hands frequently, practice social distancing and stay away from sick people.	Low
I am not sick and have no symptoms of fever, cough or difficulty breathing, but I have underlying health issues. OR I am an older adult (ages 60-65 and older)	Wash hands frequently, practice social distancing and stay away from sick people and avoid crowds. If you begin to experience symptoms such as fever, cough or difficulty breathing, contact a health care provider.	Low
I am not sick and have no symptoms of fever, cough or difficulty breathing, but I was a close contact of a confirmed COVID-19 case	Stay home for 14 days and self-monitor yourself for symptoms of fever, cough or difficulty breathing. If symptoms appear, contact your health care provider.	Low
I am not sick and have no symptoms of fever, cough or difficulty breathing, but I am a household/close contact of a confirmed COVID-19 case	Stay home for 14 days and self-monitor yourself for symptoms of fever, cough or shortness for 14 days. If symptoms appear, contact a health care provider. Wash hands frequently and do not go to work, school, or public gatherings while self-isolating.	Low
I am sick with symptoms of fever, cough or difficulty breathing	Stay home for at least 3 days after your fever is gone and your symptoms have significantly improved; self-isolate yourself and take your temperature 2 times/day. Contact your health care provider if your symptoms get worse. Depending on your health history and symptoms, your health care provider may recommend COVID-19 testing. Wash hands frequently, do not go to work, school or public gatherings while self-isolating. If you go to a medical facility, wear a face mask.	Medium
I live with a person who is a confirmed COVID-19 case and I am currently experiencing symptoms OR I am experiencing symptoms and have a travel history from an area with high rates of COVID-19 cases	Self-isolate at home. Stay in a separate bedroom and use a separate bathroom (if possible). Contact your local health department with your temperature 2 times/day. Contact your health care provider if your symptoms get worse. Depending on your health history and symptoms, your health care provider may recommend COVID-19 testing. Wash hands frequently, do not go to work, school or public gatherings while self-isolating. If you go to a medical facility, wear a face mask. Travel only to go to a medical facility.	High

NOTE: Household contacts are individuals who live in the same home as the confirmed COVID-19 case. Close contacts are individuals who were within 6 feet of a confirmed COVID-19 case for a prolonged period of time (approximately 10 minutes or more) or had direct contact with the infectious secretions of a COVID-19 case (e.g., were coughed on). Walking past a confirmed COVID-19 case does NOT qualify as being a close contact.

March 2020

SOURCE: <https://selfadvocacyinfo.org/>



Hygiene & Health

Wash Your Hands

- Use lots of soap and water.
- Wash for at least 20-30 seconds. If it helps, count to out loud.
- Wash after using the bathroom or being in public (like going to a store).
- If soap and water are not available, use hand sanitizer. Know that washing well with soap and water is still better.

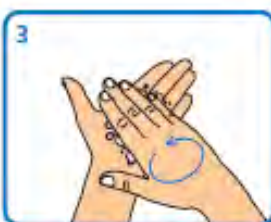
Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



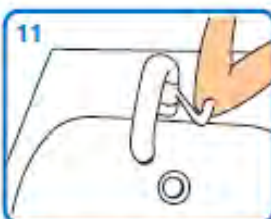
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel



Hand washing should take 15-30 seconds

Try using lyrics from 20-30 seconds of your favorite song during hand washing! [Try some of these from Spotify's "Wash Your Hands" Playlist.](#)

[You can also share images of your favorites hand washing lyrics using this online generator!](#) Tag us with your favorites on social media!

Practice Proper Sneeze Etiquette

- Coughing and sneezing into your elbow stops germs from going into the air and onto your hands.
- This is very important to stop viruses from spreading.

Try Not To Touch Your Face

- Do not rub your eyes.
- Do not touch your mouth.
- Do not touch your nose.
- Remember, this is how germs get in your body.
- If you have to touch your face, do it with a tissue or in the shower.

Try To Keep Your Hands Busy

- Tap your knee.
- Click a pen.
- Use a fidget spinner.
- Use hand sanitizer.
- Doodle.
- Squeezing a stress ball.
- Play a game on your device.

Keep this song by Jimmy Fallon in mind to remember the two most important rules: wash your hands and do NOT touch your face!



Is There Medicine For The Coronavirus?

- There is no shot or vaccine to stop COVID-19.
- There is no medicine for COVID-19.
- Take medicine used when you have a cold or flu.
- Drink lots of water and get plenty of rest.

If My Staff Person Is Sick, What Should I Do

- Doctors say if you are sick stay home. Do not go to work. A sick staff person should stay home until they are well.
- Tell your team and your case manager.

What Do I Do If Someone I Live With Is Sick?

- Someone else living in your home could get coronavirus or think they have these germs in their body.
- Stay at least 6 feet away from the sick person.
- Do not touch surfaces or food that the sick person has touched.
- Keep washing your hands well.
- Call your case manager. There may be someplace else you can stay for a few days.

COVID-19

What is Social Distancing?



NJ residents should be prepared for the possibility of a COVID-19 outbreak in their community. You can take measures to reduce the spread of COVID-19.



Avoid crowded public places (shopping centers, movie theaters, stadiums) and mass gatherings



Maintain distance (about 6 feet) from others when possible



Practice everyday prevention measures like frequent hand washing, staying home when sick, and covering coughs and sneezes

How Does it Help Stop the Spread of COVID-19?



Social distancing focuses on **personal behaviors** people can take to **lower their risk of infection**.

The virus that causes COVID-19 spreads...

- between people who are in close contact with one another (within about 6 feet)
- through respiratory droplets produced when an infected person coughs or sneezes

These droplets can land in the mouths or noses of people nearby or possibly be inhaled into the lungs.

Social distancing is not always possible, but do the best you can to maintain personal space and practice good hygiene.

For More Information

Call the COVID-19 call center at 1-800-222-1222 or 1-800-962-1253 if in NJ but using a non-NJ cell-phone.

SOURCE: <https://selfadvocacyinfo.org/>

Other

Concerns



Why Is It Important To Do All Of This?

- You don't want your grandparents to get sick, do you?
- Some people with disabilities get sick really easily. You would feel awful if you got your friends or family sick.

What Do Do If I'm Scared or Nervous?

- Talk to someone you trust.
- You can show them resources like this for ideas on what to do.

What About Work?

- If you are sick, you need to stay home.
- Health comes before money.
- Tell your boss you do not feel well.
- If you are worried about money, talk to your family, friends or team.

Make A Plan If You Can't Go Out

- Who can go food shopping for you?
- Who will call to check in on you?
- What to do if your staff calls in sick?
- Make sure you know your doctor's phone number.

***If you have been near a person with Coronavirus, you may be asked to stay home. A person can have coronavirus in their body and not feel sick. It takes a few days to get sick. This virus spreads very easily. You don't want to give it to others.**

How Can I Prepare for Self-Isolation?



You should self-isolate if you are experiencing symptoms such as fever, cough and shortness of breath.



Self-isolation helps prevent the spread of disease by separating people who are sick from people who are not sick.



Staying home is important. Do not go outside, to work, school, or other public places. Have enough supplies for 14 days.



ITEMS TO HAVE IN YOUR HOME

- Food and water
Note: Non-perishable and frozen foods keep well for 14 days
- Prescription medications
- Cleaning supplies
- Hand soap/hand sanitizer
- Pet food
- Toilet paper, paper towels, tissues
- Thermometer, anti-diarrhea and fever reducing medications
- Phone/tablet/computer charger
- Face mask (to use when going to medical appointments)
- Disposable gloves (for handling laundry and garbage)



INSTRUCTIONS TO FOLLOW

- Keep sick people separated from other people and pets. If possible, the sick person should also use a separate bathroom.
- Monitor for symptoms of fever, cough and difficulty breathing. If they get worse, contact your health care provider but call ahead to let them know you are ill and wear a face mask when going to the medical facility.
- Do not share towels, eating utensils, or drinks.
- Minimize visitors to the home. Use a phone or computer to check up on friends and family.
- Wear a mask and disposable gloves when handling garbage, laundry, or linens.
- Wash laundry items in warm water with commercial laundry detergent.



WASH YOUR HANDS OFTEN

1. Before, during, and after you prepare food
2. Before you eat
3. After sneezing or coughing or blowing your nose
4. When your hands are visibly dirty
5. After touching commonly used items

If you do not have soap or water, use hand sanitizer that contains at least 60% alcohol.



Have Questions?

Call the COVID-19 call center at 1-800-222-1222 or 1-800-962-1253 if in NJ but using a non-NJ cell-phone.

March 2020

SOURCE: <https://selfadvocacyinfo.org/>

Let's Stay Healthy!

We need your help to keep this important information flowing! Please make a donation to NJSAP now so we can keep you informed in the future.

<https://www.arcnj.org/programs/njsap/donations.html>



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**Looking to learn more about healthy living?
We can hold a Healthy Lifestyles Workshop at your
location!**

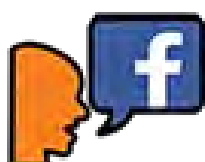


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Positive Pulse

Your monthly dose of advice on healthy living

March 2020 BONUS EDITION

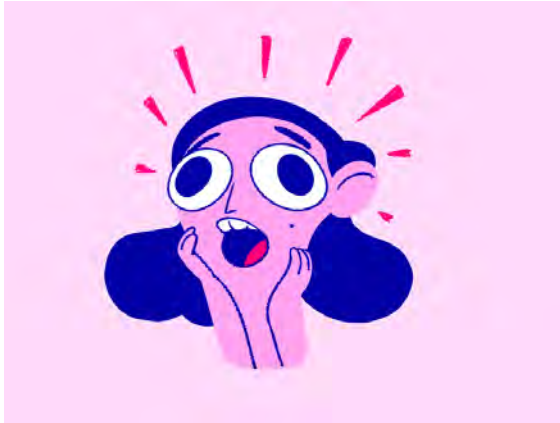
There's No Place Like Home (Part I)



We're back this month for more tips on healthy living! We're sending

three issues this month due to the current effect of the coronavirus. The first topic is how to relieve stress and stay productive and happy during the voluntary quarantine we are all experiencing due to COVID-19.

- It's important to cope with stress, maintain routines, and not give in to fear.
- Staying home from the gym does not mean you have to give up exercising, simply adapt to different ways of working out.



Coping with Stress

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

People Likely to Be Stressed Currently

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use

Common Stressors Related to COVID-19

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs
- People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. Additional information can be found at the Substance Abuse and Mental Health Services Administration ([SAMHSAexternal icon](#)) website.

Things You Can Do to Support Yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for

several days in a row.

Reduce Stress in Yourself and Others

- [Sharing the facts](#) about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.
- When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.
- Learn more about [taking care of your emotional health](#).
- When parents, caregivers, and staff deal with the COVID-19 calmly and confidently, they can provide the best support for others. You can be more reassuring to others if you are better prepared.

Tips for Parents, Caregivers, & Staff

Some common changes to watch for include:

- Excessive crying or irritation
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

How to Best Support Others

- Take time to talk with them about the COVID-19 outbreak. Answer questions and [share facts](#) about COVID-19 in a way that they can understand.
- Reassure them that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit exposure to news coverage of the event, including social media to reduce misinterpretation and misunderstandings that may cause fear.
- Try to keep up with regular routines. Create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with others.

For more tips on stress management, view our NJSAP training video below.

YES!

8 TIPS FOR STRESS MANAGEMENT





World Health
Organization

Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



SOURCE: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

At Home

Workouts



Dom Thorpe is a personal trainer who specializes in working with people with disabilities to help them get fit and healthy. He's listed the top 10 exercises for people with disabilities, so you can achieve a long-term goal to get fitter, or simply keep active.

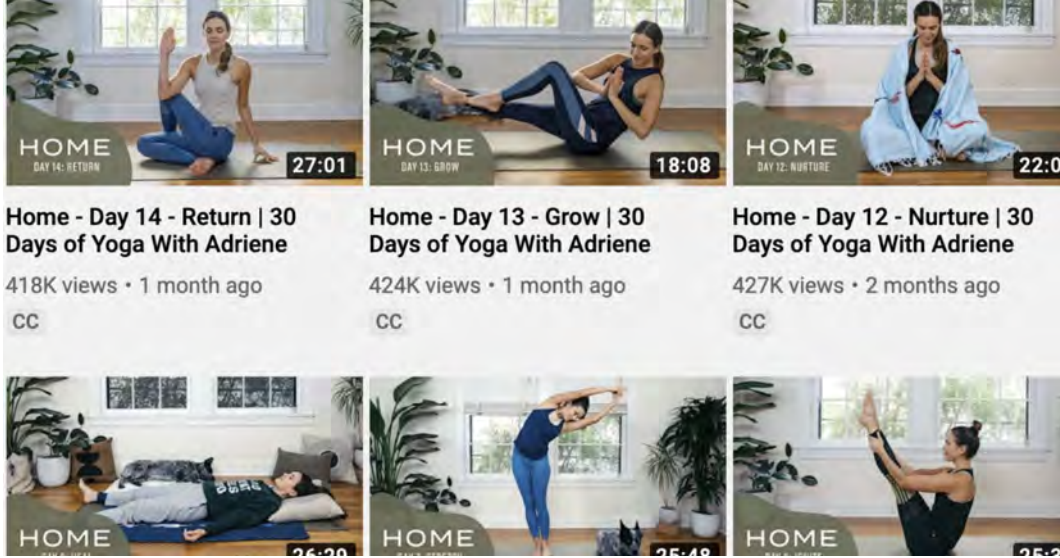


Disability sport: top 10 exercises for disabled people

Top disability sports: how you can take part Top 5 accessible cities for wheelchair users Dom Thorpe is a personal trainer who specialises in working with disabled people to help them get fit and healthy. We've asked him to list the top 10...

[Read more](#)
disabilityhorizons.com

For more ways to workout at home, check out this list from BuzzFeed.



15 Online Workouts You Can Do At Home Instead Of At The Gym

We asked the BuzzFeed Community for their favorite ways to work out and stay active from the comfort of their own homes, given the coronavirus outbreak. Here's what they said. ▢ Note: Some submissions have been edited for length or clarity.

[Read more](https://www.buzzfeed.com)
www.buzzfeed.com

With many gyms now closed indefinitely, Peloton is offering a welcome workout-at-home option: A [free 90-day trial of the Peloton app](#). Available for Android, iOS and Amazon Fire TV, it provides unlimited access to a wealth of live and on-demand classes: treadmill and outdoor running, strength training, HIIT, yoga, meditation and so on. If you choose to continue after the trial, the subscription costs \$13 per month.

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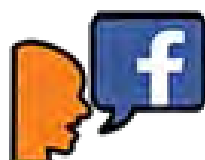
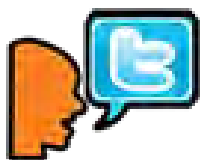
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Positive Pulse


Your monthly dose of advice on healthy living

March 2020 BONUS EDITION

There's No Place Like Home (Part II)



We're back this month for more tips on healthy living! We're sending



three issues this month due to the current effect of the coronavirus. The first topic is how to relieve stress and stay productive and happy during the voluntary quarantine we are all experiencing due to COVID-19.

- Though we are all disrupted from normal activities, it doesn't mean we need to be completely isolated and bored. There are many forms of entertainment available.
-
-

Stay Entertained at Home

Stay in Touch

- Do your best to stay in touch with those you care about using technology.
- Use phonecalls, Facetime, Skype, Google Hangouts, text, email and social media to stay in touch with others and stave off feelings of isolation.
- Make sure to check in on others who may need assistance obtaining necessary items during their self-quarantine.

Go For A Walk in Nature

- The virus is spread through contact with infected people, so you don't have to stay indoors as long as you don't interact with people.
- It is important to continue moving around to stay healthy!
- Take a nice walk with those already in your household or with your pet and enjoy the spring weather.

Knock Out Some To-Dos on Your List

- Doing the same thing for days will probably make you stir-crazy.
- A better way to stay active and focused? Get on that to-do list you've been putting off forever.
- Anything you've said, "I'll do that when I have time." Well, now you have time.
- When we procrastinate on projects, that causes stress. So as you start to tackle those projects, it can help reduce stress as well as help you feel like you're doing something.
- Even though we may not be doing anything productive about coronavirus in particular, tackling even little projects can feel good.

Learn a New Skill

- Not only will picking up a new skill help pass time and give your brain a workout, but doing new things is its own stress buster.
- There is plenty of research that shows when we learn something new and do

something that allows us to grow, it can be very powerful.

- [Learn a language](#), [learn how to cook](#), or even [learn how to put on fake eyelashes](#). Whatever you've been wanting to learn, now is the time to do it!
- Many online classes and seminars are free and can be done from the comfort of your couch. Try [Udemy](#), [courses offered through colleges](#), or use [Lynda](#) through your library. There are so many options, the hardest part will be deciding which skills to take on.

Bond with Animals

- Give your pets extra love and attention now that you can spend more time with them.
- Go on an extra long walk with your dog to make up for being cooped up inside all day.
- [Try teaching your dog a new trick](#).
- [Watch live streams from various zoos and aquariums across the country](#).
- Take cute photos and videos of your pets and share them with your loved ones. It will brighten everyone's day!
- Don't have a pet? [Check out some of these cuties](#).
- [You can also consider fostering an animal if you have the means](#), as many shelters are struggling during these times.

Be Creative

- Start a journal, write a poem, short story, or even a novel!
- Doodle, [paint](#), or [make a craft](#)!
- Make a card for someone you live with to show them you care or send a picture of a card to someone outside your household.
- All dressed up but no where to go? Have your own fashion show!
- Paint your nails fun colors and [go really bold with your manicure](#)!

“Visit” a Museum

- Many museums around the country are offering free online digital tours. Check out museums from around the world from the comfort of your couch.
- [The British Museum](#) provides an in-depth tour of its many galleries that includes Egyptian mummies.
- The National Gallery of Art is offering virtual tours of two exhibits the get a fix of culture: [American fashion from 1740 to 1850](#) and [the works of Dutch Baroque artist Johannes Vermeer](#). Moreover, the [NGAkids Art Zone](#) offers interactive artwork shops and activities for kids.
- The J. Paul Getty Museum is offering two exhibits apropos of our current condition: [Heaven, Hell, and Dying Well](#) that investigates death during the Middle Ages and Eat, Drink, and Be Merry that celebrates food during the Middle Ages and Renaissance.
- The Van Gogh Museum in Amsterdam is providing guests with a peek into [Vincent van Gogh's love life](#) as well as a look into [van Gogh's books](#).
- [The TATE Modern](#) in London offers interactive games, quizzes, and art for kids designed to inspire their imagination and enhance cultural knowledge.
- [Google's Arts & Culture collection](#) can take you on virtual tours of hundreds of museums around the world, from Japan's Nagoya City Art Museum to Ford's Theatre in Washington, DC. Within each you may find one or more "stories" you can browse. You can sort the collection alphabetically or view them on a map. One particularly great example: [Posters from History's Greatest Illusionists](#) at the American Museum of Magic.
- [Looking for more? Check out this list](#).

Take Some Time to Read

- Read some books you have lying around that you haven't gotten around to reading yet or reread one of your favorites. You can also borrow a book from someone in your household.
- Magazines like Cook's Illustrated, Men's Health, Reader's Digest, Wired and others are available through RBDigital, a service offered by public libraries to read on

your phone and tablet. The selection varies, so you may not have access to all the titles you are looking for, but you can investigate [using RBDigital to get free magazines from your library](#).

- You can use services like [Libby](#) to get ebooks from your public library or check out free public domain books from [Project Gutenberg](#).
- If you have an Amazon Prime account, you can access [Prime Reading](#). As a Prime member, you can choose up to 10 titles at a time from more than 1,000 carefully curated books, magazines, comics and Kindle Singles. Audiobooks are also available. Kindle First also nets you one free kindle book a month from select new titles.
- [StorylineOnline](#) features celebrities reading children's books and [celebrities like Josh Gad and Amy Adams are also reading children's books](#) on social media to support families while schools are closed.

Watch TV and Movies

- Movie theaters may be closed, but watching movies and television has never been easier. Check out what's on TV and what is available through streaming services.
- Enjoy a free full-screen playlist of 10 popular short films, featuring people with intellectual and developmental disabilities, available on www.sproutflix.org.
- If you subscribe to Netflix, you can use [Netflix Party](#) in your Chrome browser to stream at the same time as your family and friends. There's even a chat window for everyone to interact.
- You can also use [Discord](#) to stream games and videos with others.
- If you don't have cable or a paid streaming service, you can use [PlutoTV](#) for free or check if your library has [Kanopy](#).
- If your searching for a specific title on a streaming or premium service, you can search [JustWatch](#) to see where it is available.
- Not sure what to watch? [Taste](#) gives you recommendations based on your preferences and can even compare you with your friends to find something you'd both like!

Free Night at the Opera

- The New York Metropolitan Opera will [stream a different encore Live in HD performance](#) every day through Sunday, March 22. Each performance will begin at 7:30 p.m. ET (4:30 p.m. PT) and remain available for streaming for 20 hours. You can [watch the streams in a browser](#), or use one of the Met Opera on Demand streaming apps available for Apple TV, Amazon Fire TV and Roku devices. (Take note, however, that the site is already noting unprecedented high demand, so be prepared for delays or glitches.)

Play a Game

- Play a classic game of Monopoly or Clue or whatever you have around the house. [Many classic games can also be played for free online](#).
- A deck of cards can also be an endless source of fun either solo or with others. You can play a standard game like Go Fish, Rummy, or Solitaire but [many other games can be played with your standard 52 card deck](#), with rules for [varying amounts of people and all occasions](#).
- Want to play games with others online? Try using [TableTop Simulator](#) to play many games online through the online gaming service Steam.
- [Many games are available in a Print and Play version, all you need is a printer and paper](#).
- There are many computer games you can get for free, [here are 5 suggestions](#).

SOURCE: <https://www.health.com/condition/infectious-diseases/coronavirus/social-distancing-things-to-do>

Let's Stay Healthy at

Home!

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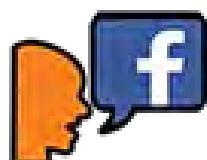
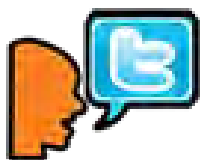
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March 2020

Understanding, Community & Compassion



We've had such a great response that we're back with another issue of Positive Pulse! This time, we'd like to discuss the importance of understanding, community, and compassion.

- Broadening your understanding of the current situation can help to alleviate fears and anxiety. When you know why you are doing something, you can better understand if it is a good decision for you and how to explain it to others. You'll gain self-

confidence that you are doing your best and can guide others as well. We are going to explain some of the key terms you probably have heard a lot about lately.

- While everyone is currently feeling isolated, communication is more important than ever. Find new ways to stay in touch and maintain social connections and build community with those around you.
 - Everyone is in the processing of adjusting their lives during this pandemic. It is important to stay flexible and resilient to maintain positivity and a healthy outlook on life. If you are doing well, it is time to help others who are struggling.
-



Understanding COVID-19 Terms

What is a Coronavirus?

- The new illness spreading around the world is a coronavirus.
- Read our last issue to learn more about the basics and how to stay safe.
- Coronaviruses are the cause of about 1/3 of common colds, but this current strain (COVID-19) is much more infectious and dangerous than the usual variety.
- Coronaviruses are named for their "corona" or "crown" shape of pointy spires.
- Around this crown is an outer layer made up of lipids, which are fatty acids.

How Does Hand Washing Help?

- Think about getting butter, a type of fat, on your hands. Water will not be enough to get it off on its own; you need to use soap.
- Soap molecules have a head and tail. The head bonds with water but the tail rejects it, preferring oil and fat.
- Trying to escape water, the tail of the soap is drawn to the fatty outer layer of the virus and begins to pry it open, much like we might use a crowbar to separate two pieces of wood.
- Once the virus or bacteria splits open, it spills its guts into the soapy water and dies.
- Water and scrubbing with your hands are important to this process because the combination creates more soap bubbles, which disrupt the chemical bonds that allow bacteria, viruses, and other germs to stick to surfaces.
- Hand sanitizer with 60% alcohol can kill the virus, but it is more difficult to wash it all away.
- Remember to wash for 20-30 seconds and [use proper hand washing technique!](#)

What is Social Distancing?

- Social distancing is deliberately increasing the physical space between people to avoid spreading illness.
- Staying at least six feet away from other people lessens your chances of catching COVID-19.
- Other examples of social distancing that allow you to avoid larger crowds or crowded spaces are:

- Working from home instead of at the office
- Closing schools or switching to online classes
- Visiting loved ones by electronic devices instead of in person
- Cancelling or postponing conferences and large meetings

What is Self-Quarantine?

- People who have been exposed to the new coronavirus and who are at risk for coming down with COVID-19 might practice self-quarantine.
- Health experts recommend that self-quarantine lasts 14 days. Two weeks provides enough time for them to know whether or not they will become ill and be contagious to other people.
- You might be asked to practice self-quarantine if you have recently returned from traveling to a part of the country or the world where COVID-19 is spreading rapidly, or if you have knowingly been exposed to an infected person.
- Self-quarantine involves:
 - Using standard hygiene and washing hands frequently
 - Not sharing things like towels and utensils
 - Staying at home
 - Not having visitors
 - Staying at least 6 feet away from other people in your household
 - Once your quarantine period has ended, if you do not have symptoms, follow your doctor's instructions on how to return to your normal routine.

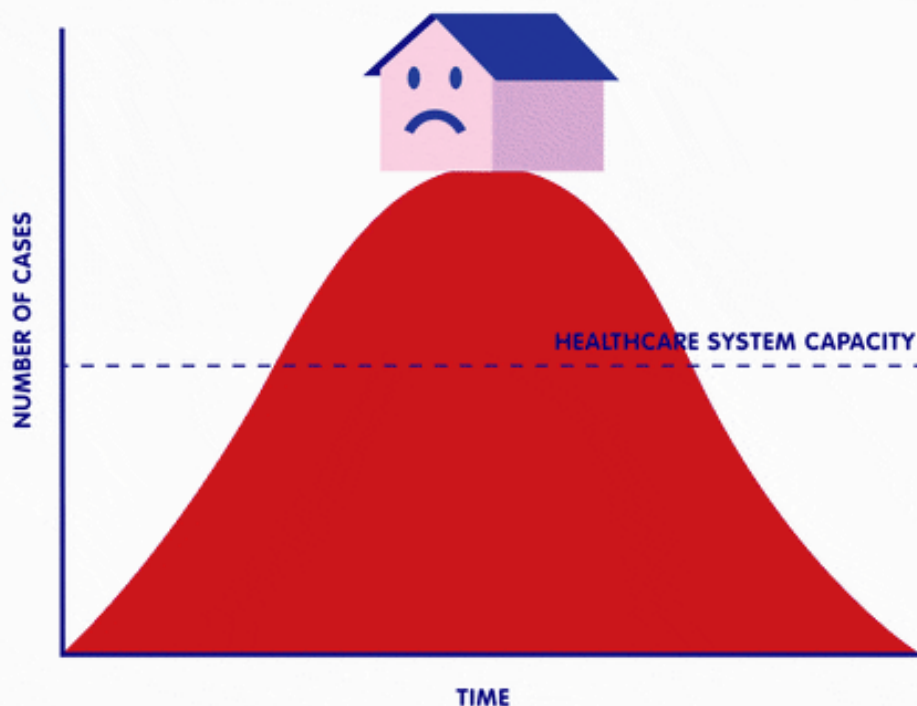
What is Isolation?

- For people who are confirmed to have COVID-19, isolation is appropriate.
- Isolation is a health care term that means keeping people who are infected with a contagious illness away from those who are not infected.
- Isolation can take place at home or at a hospital or care facility. Special personal protective equipment (PPE) will be used to care for these patients in health care settings.

What Does It Mean to "Flatten the Curve?"

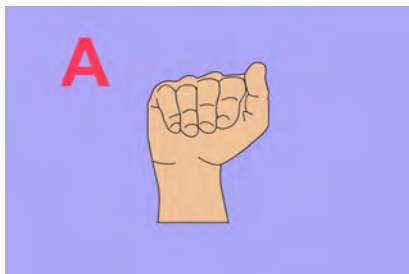
- The "curve" is referring to the exponential growth curve. When something grows exponentially, it means that it gets really big very quickly.
- In the case of the coronavirus/COVID-19, that means a lot of people getting sick in a short amount of time.
- If we practice social distancing, where we avoid large gatherings and keep a significant distance between ourselves and other people, we can reduce the amount of people getting sick at one time.
- This "flattens the curve" and stops hospitals and healthcare workers from getting overwhelmed and running out of space and equipment.
- It is not a perfect solution because people will still get sick, but over a longer period of time we can manage the situation better.

STAY HOME FLATTEN THE CURVE



SOURCE: <https://www.cnn.com/2020/03/24/health/soap-warm-water-hand-sanitizer-coronavirus-wellness-scn/index.html>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-social-distancing-and-self-quarantine>



Understanding Others

Find a Penpal

- A penpal is a person who you exchange letters with, through regular mail or email.
- It's a good way to make a new friend, keep in touch with an old friend who is now far away, or to learn about another culture.
- Reading and writing letters frequently will help build your language skills.
- Hearing from someone else can help you see things in a different perspective than your own.
- It can build social skills and help you build common ground with someone you've just met.
- Waiting for a reply from your penpal can give you something fun to look forward to.

Learn a New Language

- It can help you communicate with people you previously could not.
 - As of 2013, more than 25 million U.S. residents speak a language other than English at home. That's one in five U.S. residents.
- The repetition involved in learning a new language can improve your memory.
- Using your brain to navigate multiple languages can make you more adept at multitasking.
- Learning a new language contributes to greater tolerance because of the exposure to a variety of cultures.
- Learning grammar for a new language also helps to improve your understanding of grammar in your native tongue.
- The brain is a muscle and learning a new language is a full brain workout!
- Learning American Sign Language is a great skill to have and can help you communicate with people with hearing impairments and people who are nonverbal.



Keep Following the News You Care About

- The coronavirus has dominated news cycles, and for good reason, but that doesn't mean it's the only thing happening; huge events like this have a way of eclipsing smaller stories.
- Keep in touch with the other things in life you care about.
- For disability related news, all of the programs at The Arc of New Jersey continue to provide updates, so make sure to keep checking your inbox!
- You can also download Abilities TV mobile app to have [more disability related news and radio stories right on your phone.](#)

Bond with Your Community

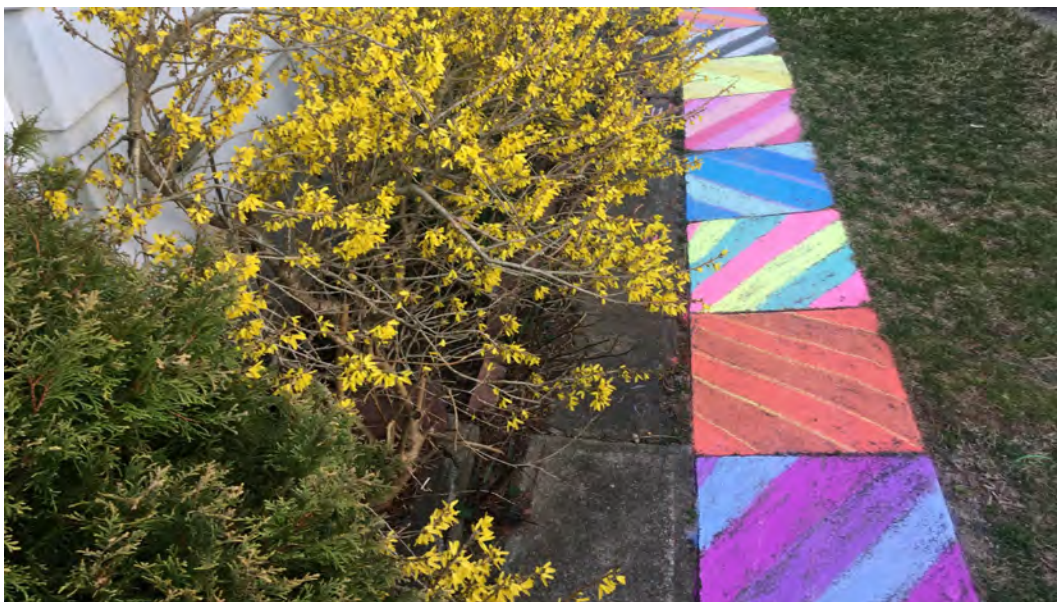
- Neighborhoods have been bonding in unique ways that still comply with social distancing rules:
 - String up Christmas lights for a festive glow
 - Completing outdoor craft projects, such as making positive chalk drawings on driveways
 - Singing songs from porches and balconies



Inspired By Italy, Dallas Residents Sing Together From...

In these uncertain times, we all need somebody to lean on. Or so felt the residents of South Side on Lamar, an apartment building in Dallas, Texas, where a group of residents stuck their heads out of windows in a chorus of quarantined voices.

[Read more](http://www.npr.org)
www.npr.org



Coronavirus NJ: Chalk The Walk, rainbow trails and love...

CLOSE Sidewalks all over the state glow in neon yellow and pastel pink, as kids decide to #ChalkTheWalk. Rainbows can be spotted in towns such as Barnegat, Hamilton and Collingswood, as parents tape rainbow drawings and messages of hope to their...

[Read more](http://www.app.com)
www.app.com



compassion

Be Understanding

Accept the New Normal

- We don't know what a couple weeks or even months will bring so don't speculate about it.
- If you're going to dwell on the worst-case scenario, come up with a contingency plan and focus on creating a routine to get through the days, one at a time.
- When worry strikes, take a deep breath and relax.

MANAGING CORONA VIRUS (COVID-19) ANXIETY

BlessingManifesting



For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health



For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure



For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Help Your Household Keep a Routine


- Set a schedule for rising, meals and bedtime. Resilience thrives with proper nutrition, and rest.
- Get dressed as though you're meeting people outside.
- Fill the day with projects and end it with pleasant rituals such as reading and catching up with friends over video.
- Build in time to exercise. You can find free exercise videos on YouTube and follow along in your living room or outdoors.
- Consider what anchors and relaxes you—meditating, music, yoga or gardening.
- Steer clear of social media that makes you anxious and restrict news consumption, especially one hour before going to sleep.


Reach Out For Help





COVID-19 UPDATE

REMEMBER: YOU ARE NOT ALONE.

 **Crisis Text Line:** Text "NJ" to 741741

 **Family Helpline:** 1-800-843-5437

 **Domestic Violence Hotline:** 1-800-572-7233

 **Mental Health Hotline:** 866-202-4357



More Ways To Help

- Be understanding of others and share these ways to help [from our Instagram!](#)

Buy Gift Cards

It helps small
businesses
stay in business

You can also
donate them to
other programs

You can always
use them later

Donate Your Items

Donate to hospitals
or daycares

Donate to neighbors
in need

Items like Sanitizer,
Tissues, Face masks,
Soap, toilet paper,
or unopened food

Make masks

If you know how to Sew
You can make face masks
for hospitals

They are for visitors and
non essential personnel

Helps save the N95
Masks for the
doctors and nurses

For pattern and instructions:
www.vumc.org

Check On Neighbors

Can do so on the phone,
Through a window,
Or in an online group
For your neighborhood

They might need supplies

They might need help
walking pets

They might just need
to socialize

Stay Home

Helps to stop
Fast infection rates

You might still be able to
Spread Covid-19
without symptoms

Staying home ensures
your safety &
the safety of others

#flattenthecurve

Donate Money

Only if you can

Donate to your
Favorite programs

Donate to a charity
Like The World Health
Organization, or Feed America

Consider continue paying
for services you use regularly
but might not be using right now
like your dog walker, hair dresser,
personal trainer, or babysitter

Donate Your Time

Help a neighbor in need

Volunteer for
A phone line

Clean up your neighborhood
while on your walks

Start a Pen Pal Program

Consider using a skill you
have to help others

Virtual Volunteering

Be My Eyes

BeMyEyes.com

Use your sight to help Someone

Catch A Fire

catchafire.org

Volunteer your expertise

BookShare

BookShare.org

Read to people with disabilities

Crisis Text Line

Crisistextline.org

Support people going through crisis

Translators Without Borders

Translatorswithoutborders.org

Translate text for NGOs and nonprofits

SOURCE: <https://news.columbia.edu/news/stay-calm-and-create-daily-routine-during-covid-19-crisis>
<https://www.instagram.com/p/B-NRl4TjLlp/>

Let's Stay Healthy Together!

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<https://www.arcnj.org/programs/njsap/donations.html>

TOGETHER
WE CAN GET THROUGH ANYTHING.



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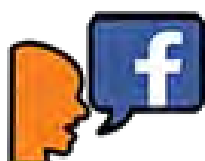


Don't see what you're looking for? We'll make it for you!
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training at your location!



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For more information on HLP and NJSAP
follow us on social media!





New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities



April 2020

Listen Up!



We're back again! This time we'd like to point out some areas to focus on in order to stay **healthy** during the **stay at home** order.

- Because we are spending much of our time at home, we need to remember to still get some fresh air and enjoy the outdoors when we can.
- We also need to heed the needs of our bodies by eating healthy and exercising.
- At the end of the day, we all need to relax and rest-we'll share some calming music and sounds that can help.

[And don't forget to listen to our webinars, every Tuesday in April!
You can find registrations links and recordings here.](#)



Listen to Nature

Your Vitamin D Levels Will Go Up

- Vitamin D is called the sunshine vitamin because sunlight hitting the skin begins the process that eventually leads to the creation of the vitamin.
- Epidemiologic studies are suggesting it may have protective effects against everything from osteoporosis to cancer to depression to heart attacks and stroke.
- You'll make all the vitamin D you need if you get outside and in the sun a few times a week and expose your arms and legs for 10 to 15 minutes.
- To keep skin healthy and also get Vitamin D:
 - Get some limited sun exposure on short walks and the like, supplemented with vitamin D pills if necessary.
 - Use sunscreen liberally when you are out for extended periods, particularly during the middle of the day.

You'll Get More Exercise

- Indoor living is associated with being sedentary, while being outdoors is associated with activity.
- According to some surveys, American children spend an average of 6 hours a day with electronic media (video games, television, and so on), time that is spent mainly indoors and sitting down.
- Adults can go to the gym. But if you make getting outside a goal, that should mean less time in front of the television or computer and more time walking, biking, gardening, cleaning up the yard, and doing other things that put the body in motion.

You'll Be Happier

- Light tends to elevate people's mood and there's usually more light available outside than in.
- Physical activity has been shown to relax and cheer people up, so if being outside replaces inactive pursuits with active ones, it might also mean more smiles and laughter.
- Researchers at the University of Essex in England are advancing the notion that exercising in the presence of nature has added benefit, particularly for mental health. Their investigations into "green exercise," as they are calling it, dovetails with research showing benefits from living in proximity to green, open spaces.
- Just five minutes of green exercise resulted in improvements in self-esteem and mood.

Your Concentration May Improve

- Richard Louv coined the term "nature-deficit disorder" in his 2008 book *Last Child in the Woods*. It's a play on attention deficit hyperactivity disorder (ADHD).
- Researchers have, in fact, reported that children with ADHD seem to focus better after being outdoors. A study published in 2008 found that children with ADHD scored higher on a test of concentration after a walk through a park than after a walk through a residential neighborhood or downtown area. Other ADHD studies have also suggested that outdoor exercise could have positive effects on the

condition.

- This research has been done in children, so it may not apply to adults, even those who have an ADHD diagnosis. But if you have trouble concentrating, some outdoor activity (the greener the better!) may help.

You May Heal Faster

- In 2005, University of Pittsburgh researchers reported that spinal surgery patients experienced less pain and stress and took fewer pain medications during their recoveries if they were exposed to natural light.
- An older study showed that the view out the window (trees vs. a brick wall) had an effect on patient recovery.
- Of course, windows and views are different than actually being outside, but a little fresh air can help.

Where Can I Go?

- On April 7th, Gov. Phil Murphy ordered [the closure of all state and county parks and forests](#) in New Jersey on because of the [coronavirus](#) pandemic.
- Municipal officials will decide whether or not their local parks will close or remain open, Murphy confirmed. While some federal parks, including the Delaware Water Gap and Gateway National Recreation Area, have closed facilities but remain open for passive recreation, others, like Morristown National Historical Park, are completely closed.
- You can check the status of U.S. National Parks in New Jersey [online](#).
- You can always take a walk around your neighborhood, go for a bike ride, or do some gardening. Just remember to follow social distancing rules!

Become a Nature Expert!

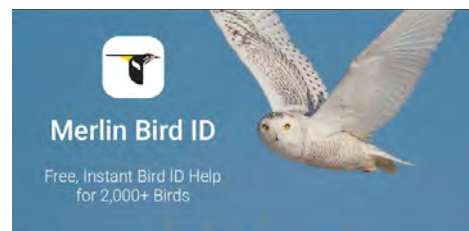
- Follow the guides below to start identifying trees and birds in your area!
- You can share this knowledge with others and even hold a contest on who can find the most unique species!



Birds of NJ: Figure Out What's In Your Backyard - NJ Family

Ever glance outside at your birdfeeder and wonder what birds you're feeding? Here are the most common birds of NJ. courtesy of istock.com/lightstalker If you hear a loud repetitive knocking noise (aka a drumming), check the trees in your backyard ...

[Read more](#)
www.njfamily.com



Merlin Bird ID by Cornell Lab of Ornithology - Apps on...

What's that bird? Answer 5 questions or upload a photo and Merlin Bird ID will help you solve the mystery. Merlin is more than just a field assistant to help you identify birds, Merlin is a customizable field guide for birds around the world.

[Read more](#)
play.google.com

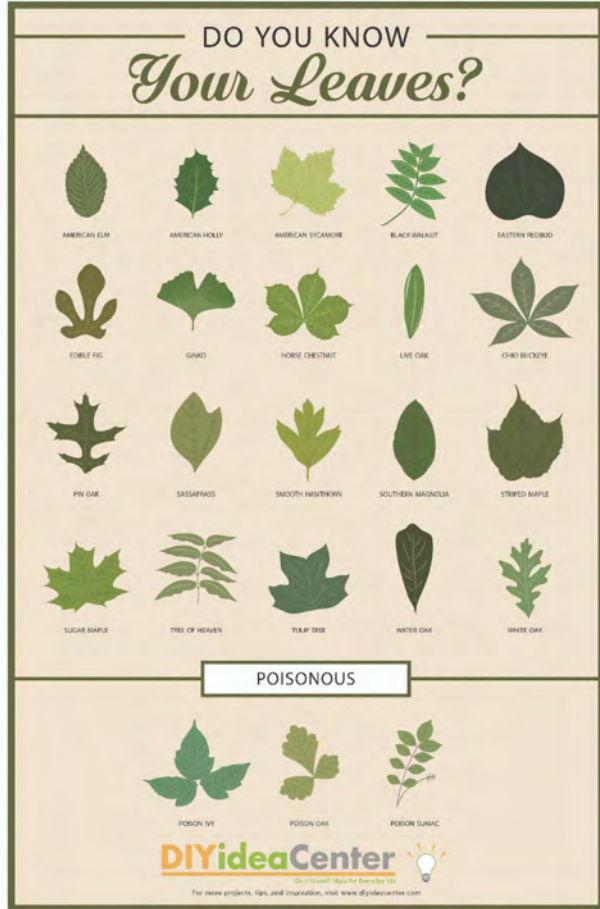


What Tree Is That?

Our illustrated, step-by-step process makes it easy to identify a tree simply by the kinds of leaves it produces. Begin identifying your tree by choosing the appropriate region below. Great for: Additional Resource Tree City USA Bulletin: What...

[Read more](#)

www.arboday.org



SOURCE: https://www.health.harvard.edu/newsletter_article/a-prescription-for-better-health-go-alfresco

<https://www.nj.com/coronavirus/2020/04/is-my-local-park-closed-a-full-list-of-parks-gov-murphy-just-closed-in-response-to-coronavirus.html>



Listen to Your Body

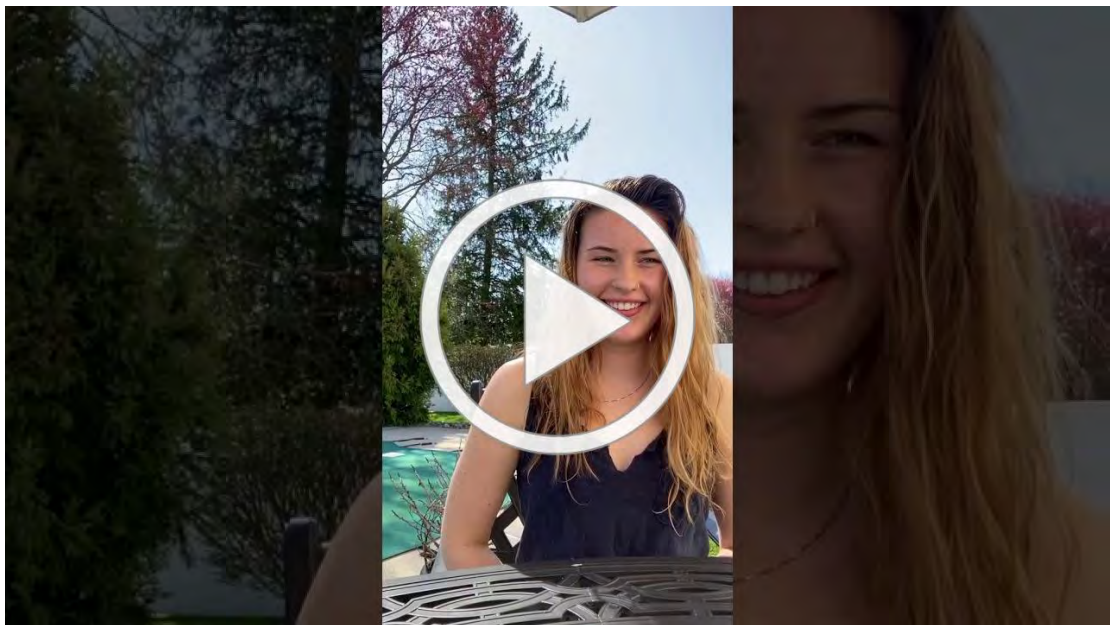
Eat Well

- Check out our playlist of healthy snacking videos below.
- They include ideas and recipes to keep you well fed and feeling good without breaking the budget.
- For more [snack ideas, click here.](#)



Yoga and Meditation

- Follow along with our yoga and meditation guides to keep in shape!
- Try moving your exercise routine outdoors to bask in the calming sounds of nature and catch some sun.
- [Click here for more information about yoga and its benefits.](#)



Dance Your Stress Away!

- Health benefits of dancing include:
 - improved condition of your heart and lungs
 - increased muscular strength, endurance and motor fitness
 - weight management
 - better coordination, agility and flexibility
 - improved balance and spatial awareness
 - greater self-confidence and self-esteem
- Have your own dance party with some [NJSAP curated tunes below](#) or [register for](#)



Keep Exercising at Home!

- We can't go to the gym, [but there are many recordings and live streams you can watch to keep exercising at home.](#)
- Check out the video below from the Mayo Clinic on how and why we should exercise at home.



- The video below from [IvanaExercise](#) was designed for people with I/DD and people with limited mobility.
- It features exercises that improve flexibility, strength, and cardiorespiratory

endurance.



SOURCE: <https://www.betterhealth.vic.gov.au/health/healthyliving/dance-health-benefits>



Listen to Calming Sounds

ASMR

- ASMR stands for autonomous sensory meridian response, and is still a relatively new creation.
- It describes a feeling of euphoric tingling and relaxation that can come over someone when they watch certain videos or hears certain sounds.
- It might surprise you, but many ASMR videos feature people doing incredibly simple, quiet, calming tasks, such as folding towels, brushing their hair, or flipping magazine pages.
- You might hear someone's voice speaking in the background of the video, but not always. The audio clips often consist of voices whispering nice things (like "You are appreciated"), or contain the sound of tapping, scratching, or rain.
- If this is something that interests you, [try listening to some ASMR videos.](#)

White Noise and Sleep

- Getting a good night's sleep often becomes tougher to achieve as you grow older. According to the U.S. National Institutes of Health, older adults who don't sleep

well at night are more likely to have problems with memory and attention and are at a greater risk of nighttime falls.

- If you have trouble falling asleep or are easily awakened during the night, many sleep specialists recommend trying a sound conditioner or white noise machine.
- The devices work in two ways: by blocking distracting noises and producing soothing sounds that are relaxing and help to induce sleep.
- White noise is when sound waves of a broad spectrum of frequencies are combined, forming a sound similar to the constant hum a fan creates when it's blowing air. White noise machines may generate their own white noise or play it back in a loop. [Test it out here.](#)
- You can also try a machine that makes calming nature sounds.

Calming Music

- Listen to calming music during yoga, mediation, or just when you're feeling stressed.
- [There are many free playlists you can find online.](#)
- Benefits of calming music include:
 - Reducing stress
 - Improving concentration
 - Reducing perception of pain
 - Improving sleep
 - Improving brain function
 - Lowering blood pressure and heart rate
 - Helps you study better

SOURCE: <https://www.sleep.org/articles/what-is-asmr/>
<https://www.verywellhealth.com/white-noise-and-sound-sleep-2224280>
<https://exploringyourmind.com/10-benefits-relaxing-music/>

Let's Stay Healthy and Listen to Each Other!

We need your help to keep this important information flowing!
Please make a donation to NJSAP now so we can keep you informed in the future.

<https://www.arcnj.org/programs/njsap/donations.html>

*currently
listening*

Your monthly dose of advice on healthy living

May 2020

Set Your Attitude to Gratitude



We're back again! True to the name of this newsletter, let's focus on the positive! We'd like you to take a moment and be thankful as we discuss gratitude and its health benefits.

- Gratitude is just another way to express how thankful you are for the good things in your life, but this can mean something

different to everyone.

- There has been much research on gratitude and how it can benefit our everyday life.
- There are many ways to express gratitude, so we've rounded up a list to help you get started.

[And don't forget to listen to our webinars every Tuesday! You can find registrations links and recordings here.](#)



Gratitude Basics

What is Gratitude?

- The word gratitude is derived from the Latin word *gratia*, which means grace, graciousness, or gratefulness (depending on the context).
- Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives.
- In the process, people usually recognize that the source of that goodness lies at least partially outside themselves.
- As a result, gratitude also helps people connect to something larger than themselves as individuals – whether to other people, nature, or a higher power.

How to Express Gratitude

- People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude).
- Regardless of the inherent or current level of someone's gratitude, it is a quality that individuals can successfully cultivate further.

People are Grateful for Different Things

- Some people focus on the little things (eating your favorite meal, having a good hair day, receiving a nice compliment).
- Other people focus on a wider scope (the health of friends and family, a successful career, feeling part of a group).
- Any combination of big and small things in your life can be reason enough to feel grateful.



SOURCE: <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>



Benefits of Gratitude

Gratitude Keeps Your Spirits Up

- Two psychologists, Dr. Robert A. Emmons of the University of California, Davis, and Dr. Michael E. McCullough of the University of Miami, have done much research on gratitude. In one study, they asked all participants to write a few sentences each week, focusing on particular topics.
- One group wrote about things they were grateful for that had occurred during the week. A second group wrote about daily irritations or things that had displeased them. The third wrote about events that had affected them (with no emphasis on them being positive or negative).
- After 10 weeks, those who wrote about gratitude were more optimistic and felt better about their lives. Surprisingly, they also exercised more and had fewer visits to physicians than those who focused on sources of aggravation.

It Makes You Happier

- Another leading researcher in this field, Dr. Martin E. P. Seligman, a psychologist

at the University of Pennsylvania, tested the impact of various positive psychology interventions on 411 people, each compared with a control assignment of writing about early memories.

- When their week's assignment was to write and personally deliver a letter of gratitude to someone who had never been properly thanked for his or her kindness, participants immediately exhibited a huge increase in happiness scores. This impact was greater than that from any other intervention, with benefits lasting for a month.
- In positive psychology research, gratitude is strongly and consistently associated with greater happiness.
- Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

Improving Relationships

- A study of couples found that individuals who took time to express gratitude for their partner not only felt more positive toward the other person but also felt more comfortable expressing concerns about their relationship.
- Managers who remember to say "thank you" to people who work for them may find that those employees feel motivated to work harder.
- Researchers at the Wharton School at the University of Pennsylvania randomly divided university fund-raisers into two groups. One group made phone calls to solicit alumni donations in the same way they always had. The second group – assigned to work on a different day – received a pep talk from the director of annual giving, who told the fund-raisers she was grateful for their efforts.
- During the following week, the university employees who heard her message of gratitude made 50% more fund-raising calls than those who did not.

Exceptions

- There are some notable exceptions to the generally positive results in research on gratitude.
- One study found that middle-aged divorced women who kept gratitude journals were no more satisfied with their lives than those who did not.
- Another study found that children and adolescents who wrote and delivered a thank-you letter to someone who made a difference in their lives may have made the other person happier – but did not improve their own well-being.
- This finding suggests that gratitude is an attainment associated with emotional maturity.



SOURCE: <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>
<https://www.happierhuman.com/benefits-of-gratitude/>



How to Practice Gratitude

Write a Thank-You Note

- You can make yourself happier and nurture your relationship with another person by writing a thank-you letter expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.
- [Click here for tips on writing a thank you note or letter.](#)

Thank Someone Mentally

- No time to write? It may help just to think about someone who has done something nice for you, and mentally thank the individual.

Keep a Gratitude Journal

- Make it a habit to write down or share with a loved one thoughts about the gifts you've received each day.
- [Try using the NJSAP Gratitude Journal Template.](#)

Count Your Blessings

- Pick a time every week to sit down and reflect on what went right or what you are grateful for. Sometimes it helps to pick a number — such as three to five things — that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.

Pray

- People who are religious can use prayer to cultivate gratitude.

Meditate

- Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as "peace"), it is also possible to focus on what you're grateful for (the warmth of the sun, a pleasant sound, etc.).
- [Try watching one of our many Meditation videos.](#)

Keeping a Gratitude Box

- Choose a box, and make it appealing by decorating it or adding other personal touches. The idea is to make the box or list special.
- Keep the box or list somewhere where you can see it so that you can use it easily. Put a pen and paper close by, too, so you're all set up to make entries. Perhaps you could even put a special pen in the box itself.
- Record the good things that happen to you and place small objects like ticket stubs, photos, or souvenirs in the box. Spend time regularly reflecting on whoever, or whatever, makes you feel appreciative and grateful.
- Choose a special day to look over the items in your box or revisit when you need a pick-me-up.

Create a Gratitude Trigger

- Gratitude rocks (or stones) act as reminders to be thankful. For example, one use of a gratitude rock is to keep it in your pocket to remind yourself to be grateful.
- Every time you touch the rock, identify something or someone you are grateful for. You can do this once in the morning and once at night.
- It doesn't need to be a rock, it can be any small object you can put in your pocket safely that will serve as a reminder.

Gratitude Charm Bracelet

- Buy a charm bracelet and choose charms or trinkets that are meaningful to you personally and that can serve as a reminder of something you are thankful for.
- You may select a heart to symbolize your romantic relationship, an animal that represents your pet, a sun that represent good weather; anything that holds meaning to you.

Gratitude stroll

- Go for a walk, and set yourself the task of finding how many positive things that you can notice.

[You can find even more examples here!](#)

SOURCE: <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

<https://positivepsychology.com/gratitude-messages-letters-lists/>

Let's Stay Healthy and Be Grateful!

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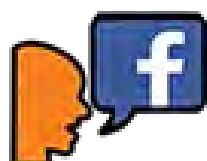


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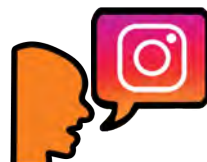
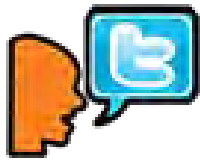


The Horizon Foundation for New Jersey



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June 2020

Pride Month



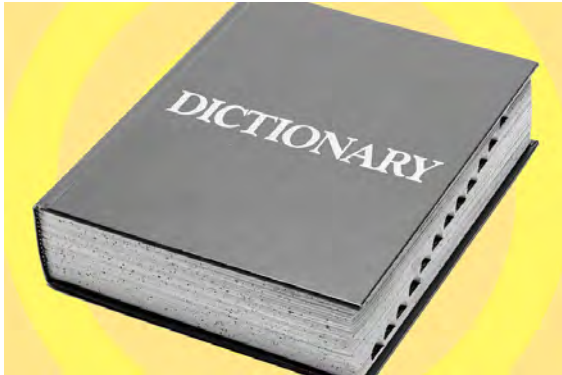
HAPPY PRIDE

We're back again! June is Pride Month, so this issue is all about resources for LGBTQ+ people with disabilities to live happier and healthier lives!

- There are many ever-evolving terms to know to understand how people identify.
- There is an enormous overlap between people who identify as LGBTQ+ and have a disability and these people face unique struggles.

- There are many resources for LGBTQ+ people with disabilities that can help remind you that you are not alone.

After you're done reading, [don't forget to listen to our webinars every Tuesday! You can find registrations links and recordings here.](#)



Terms to Know

What is Pride Month?

- Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan. The Stonewall Uprising was a tipping point for the Gay Liberation Movement in the United States.
- The purpose of the commemorative month is to recognize the impact that lesbian, gay, bisexual and transgender individuals have had on history locally, nationally, and internationally.
- In major cities across the nation the "day" soon grew to encompass a month-long series of events. Today, celebrations include pride parades, picnics, parties, workshops, symposia and concerts, and LGBTQ Pride Month events attract millions of participants around the world.
- Memorials are also held during this month for those members of the community who have been lost to hate crimes or HIV/AIDS.

What do all these acronyms mean?

- You may often see the acronym LGBTQIA or some form of it in relation to Pride Month or any discussions about different sexualities and gender expressions.
- In order, the letters stand for: Lesbian, Gay, Bisexual, Transgender and Queer (And/or Questioning), Intersex, Asexual.
- [You can find definitions on these and more terms here.](#)

What do these flags mean?

- You may have seen rainbow flags and flags of other patterns during Pride Month and throughout the year.
- [Here is the history of these flags and their relation to the queer civil rights movement.](#)

What if I don't identify with any of these terms?

- You can still be an ally and practice allyship.
- Allyship is the action of working to end oppression through support of, and as an advocate with and for, a group other than one's own.

L	G	B	T	T	Q	Q	I	A	A	P
Lesbian A woman who is primarily attracted to women.	Gay A man who is primarily attracted to men; sometimes a broad term for individuals primarily attracted to the same sex.	Bisexual An individual attracted to people of their own and opposite gender.	Transgender A person whose gender identity differs from their assigned sex at birth.	Transsexual An outdated term that originated in the medical and psychological communities for people who have permanently changed their gender identity through surgery and hormones.	Queer An umbrella term to be more inclusive of the many identities and variations that make up the LGBTQ+ community.	Questioning The process of exploring and discovering one's own sexual orientation, gender identity and/or gender expression.	Intersex An individual whose sexual anatomy or chromosomes do not fit with the traditional markers of "female" and "male."	Ally Typically a non-queer person who supports and advocates for the queer community; an individual within the LGBTQ+ community can be an ally for another member that identifies differently than them.	Asexual An individual who generally does not feel sexual desire or attraction to any group of people. It is not the same as celibacy and has many sub-groups.	Pansexual A person who experiences sexual, romantic, physical and/or spiritual attraction to members of all gender identities/expressions, not just people who fit into the standard gender binary.

SOURCE: <https://www.loc.gov/lgbt-pride-month/about/>
<https://lgbtqia.ucdavis.edu/educated/glossary>
<https://www.pride.com/pride/2018/6/13/complete-guide-queer-pride-flags-0#media-gallery-media-9>



LGBTQ+ & Disability

What does this have to do with disability?

- Disability may not be considered directly related to identities of sexuality or gender, but it is important to challenge all forms of oppression that affect the multiple, intersectional identities held by members of the community.
- People who identify as LGBTQ+ are often more likely than the general population to have a disability.



There are many unique challenges that LGBTQ+ people face including:

Limited access to LGBTQ+ inclusive and fully accessible services

- Securing affordable, accessible, and inclusive health care, community services, and more is challenging for LGBTQ+ people with disabilities. This is particularly true for people in rural communities.
- Not only are people living in rural areas more likely to have disabilities, but the distances needed to travel to find LGBTQ+ competent and fully accessible service providers, community programming, and more place LGBTQ+ people with disabilities in rural communities at a greater risk for isolation and increased discrimination.

Bullying and exclusion for LGBTQ+ youth with disabilities

- LGBTQ+ youth with disabilities report high rates of harassment and are more likely to be bullied or harassed than students without disabilities.
- LGBTQ students with disabilities are more likely to be disciplined in school and to drop out of school, compared to LGBTQ students without disabilities.

Added barriers to employment

- People with disabilities report incredibly high rates of employment discrimination and unemployment. In 2017, only 36% of adults with a disability were employed compared to 77% of those without a disability.
- This discrimination compounded by discrimination based on sexual orientation and gender identity, as well as racial and ethnic discrimination, means that LGBTQ+ people with disabilities may struggle to find and keep jobs, and to access support services like unemployment benefits.

Overrepresented in the juvenile and criminal justice systems

- Emerging research finds that LGBTQ+ and gender nonconforming youth and

LGBTQ+ people are greatly overrepresented in the criminal and juvenile justice systems, as are people with disabilities and people of color.

- For example, over 40% of incarcerated women and nearly 60% of girls in juvenile justice facilities are sexual minorities, with as many as 85% of LGBTQ youth being youth of color.

Invisibility within both communities

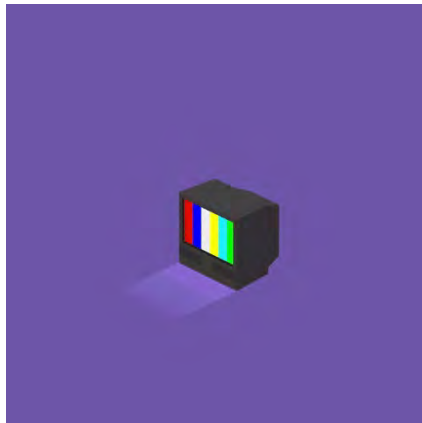
- LGBTQ+ people with disabilities often report that it is challenging to have their identities fully recognized.
- In spaces focused on disability, their unique experiences as LGBTQ+ people may not be recognized. And in LGBTQ+ spaces, services and facilities may not be inclusive or accessible, including having accessible buildings or restrooms, ASL interpretation and/or CART captioning for people who are deaf or hard of hearing.

LGBTQ+ people struggle more with mental health conditions

- Mental health conditions can potentially impact a person's daily life to such an extent that it is a disability in the eyes of the law, medical professionals, and/or the individual living with that condition.
- Research finds that LGBTQ+ people are more likely to have a mental health disorder in their lifetimes, including mood disorders such as depression, anxiety, and substance use disorders.
- A growing body of research links experiences of discrimination based on sexual orientation, gender identity, as well as race, ethnicity, and disability status, prejudice, barriers to competent health care, lower rates of health insurance, poverty, experiences of violence, and more to these health disparities.

[This information has been reproduced from this infographic by Movement Advancement Project. Read the full infographic for more information as well as suggestions on how to improve these issues.](#)

SOURCE: <https://www.lgbtmap.org/file/LGBT-People-With-Disabilities.pdf>



In the Media

Notable LGBTQ+ people with disabilities

- Examples include CNN anchor [Anderson Cooper](#) who is dyslexic, actor [Josh Feldman](#) who is deaf, comedian [Stephen Fry](#) who has bipolar disorder, artist [Frida Kahlo](#) who had polio and spinal and pelvic damage, [Eddie Ndopu](#) who has Spinal Muscular Atrophy, YouTuber [Tyler Oakley](#) who has depression, model [Aaron Philip](#) who is a wheelchair user with cerebral palsy, writer [Leah Piepzna-Samarasinha](#) who is chronically ill and journalist Melissa Yingst who is deaf.

Profiles of LGBTQ+ People with Disabilities

- [Ryan O'Connell: *Special* Creator Breaks New Ground for Disability and LGBTQ+ Representation](#)
- [Lenny Larsen: Globetrotting Entertainment Executive Refuses To Be Defined By His Disability](#)
- [Frida Kahlo: Role Model for Artists, People with Disabilities and Bisexual Women](#)
- [Josh Feldman, Deaf Gay Trailblazer in Hollywood, Discusses the Importance of Representation](#)
- [Justin Chappell: Advocate for LGBTQ and Disability Rights Sees Politics as Avenue for Change](#)

On TV

- *Special* is a distinctive and uplifting new series about a gay man, Ryan, with mild cerebral palsy who decides to rewrite his identity and finally go after the life he wants. After years of dead-end internships, working in his pajamas as a blogger and communicating mostly via text, Ryan eventually figured out how to take his life from bleak to chic and began limping towards adulthood. The offbeat comedy is based on series creator and star Ryan O'Connell's memoir, "I'm Special: And Other Lies We Tell Ourselves." O'Connell also serves as executive producer alongside Jim Parsons.



Resources from National LGBTQ+ Organizations

- [GLAAD's Where We Are on TV Report 2019](#) - GLAAD's annual Where We Are on TV report analyzes the overall diversity of primetime scripted series regulars on broadcast networks and looks at the number of LGBTQ+ characters on cable networks and streaming services. The report also covers representation of other minority groups on TV, including people with disabilities.
- [Human Rights Campaign](#) - "Through research, educational efforts and outreach, HRC encourages lesbian, gay, bisexual, transgender and queer Americans to live their lives openly and seeks to change the hearts and minds of Americans to the side of equality."
- [PFLAG National](#) - "For over four decades, PFLAG has provided support to families and allies who are in need, through peer-to-peer meetings, online outreach, and telephone hotlines. PFLAG National also offers a huge variety of resources and programs that provide support for those in need."
- [The Trevor Project](#) - "Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national

organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.”

You can find these resources and more on www.Respectability.org.

SOURCE: <https://www.respectability.org/resources/lgbtq/>

Let's Stay Healthy and Have Pride!



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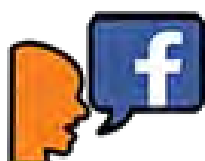


Don't see what you're looking for? We'll make it for you!
E-mail NJSAP@ArcNJ.org or call 732-749-8514 to schedule a
training at your location!



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For more information on HLP and NJSAP
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Your monthly dose of advice on healthy living

July 2020

Right on Track: Fitness Tracking



We're back again! Now you'll be hearing from us twice a month, a double dose of healthy living! This is part one of Right on Track, focused on tracking fitness goals. Tune in next week for part two, where we'll be tracking nutrition goals.

- It's important to set reasonable and attainable goals on your fitness journey.
- To achieve those goals, you'll need to know what to keep an eye on so you stay on course and reach your goal.
- There are many resources available to help you track your progress depending on your preferences.

After you're done reading, [don't forget to listen to our webinars every Tuesday! You can find registration links and recordings here.](#)

We are also starting Healthy Lifestyles Project: Live Zoom events in August, every. Wednesday at 11AM. [Register here.](#)



Set Your Goals

Create Thoughtful Goals

- Develop fitness goals based on what's actually good for you, and goals that you'll actually be able to stick to.
- Focus on what your body can do, rather than how your body looks.

Fitness is a Marathon, Not a Sprint!

- Whether you're actually running or time, the old adage is true about fitness.
- Give yourself enough time to achieve your goals without rushing.
- Don't get discouraged if you move slowly or fail, you can always keep trying.

Weight Loss

- Long-term weight loss takes time, effort, and commitment.
- You'll need to make permanent changes to your exercise and eating habits.
- Over the long term, experts say to aim for losing 1 to 2 pounds a week.
- Generally, in order to lose 1 to 2 pounds a week, you need to burn 500 to 1,000 calories more than you consume each day, through a lower calorie diet and regular physical activity.
- Depending on your weight, reducing 5% of your current weight may be realistic, at least for an initial goal. If you weigh 180 pounds, that's 9 pounds. Even this level of weight loss can help lower your risk of chronic health problems, such as heart disease and type 2 diabetes.

Get Stronger

- Lean muscle mass naturally diminishes with age.
- Strength training can help you preserve and enhance your muscle mass at any age.
- If you have a chronic condition, or if you're older than age 40 and you haven't been active recently, check with your doctor before beginning a strength training or aerobic fitness program.
- Workout routines to increase strength include using your body weight, resistance tubing, free weights, or weight machines. For accessible workout routines sign up for [our webinar](#) and upcoming [HLP: Live event on adaptive exercises!](#)
- You can see significant improvement in your strength with just two or three 20- or 30-minute weight training sessions a week.
- As your muscle mass increases, you'll likely be able to lift weight more easily and for longer periods of time.

Improve Health

- Your goal may also be not based on weight or strength, but general health-related

statistics.

- Exercise can lower blood pressure, cholesterol, increase energy, improve sleep, and reduce your risk for chronic disease.
- You may also need to change your habits based on medication your taking or certain health diagnoses you have.



SOURCE: <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047752>
<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/strength-training/art-20046670>
<https://www.healthline.com/nutrition/10-benefits-of-exercise#section5>



What to Track

Record Your Weight & Measurements

- It can be nerve wracking, but you should use a scale and record your starting weight and check in weekly to see your progress.
- Take your body measurements with a tape measure. [Click here to learn how and where to measure.](#)

- Muscle weighs more than fat, but pound per pound, muscle takes up less space than fat, so the scale should not be your only record.

Steps and Distance

- It is often stated that a person should walk 10,000 steps a day, which equates to about five miles and about 90 active minutes a day.
- The U.S. Centers for Disease Control and Prevention recommends adults engage in 150 minutes of moderate activity a week, which is only about 7,000 to 8,000 steps a day.
- Whatever your goal may be, at least try to increase the amount you walk, jog, or run each day to avoid being sedentary.

Calories Burned

- Calories are a unit of measurement. Calories in food provide essential energy, but if you consume too many you will gain weight.
- Excess calories are stored as body fat. Your body needs some stored fat to stay healthy. But too much fat can cause health problems.
- First, multiply your current weight by 15 – that's roughly the number of calories per pound of body weight needed to maintain your current weight if you are moderately active.
- Let's say you're a woman who is 5 feet, 4 inches tall and weighs 155 pounds, and you need to lose about 15 pounds to put you in a healthy weight range. If you multiply 155 by 15, you will get 2,325, which is the number of calories per day that you need in order to maintain your current weight (weight-maintenance calories). To lose weight, you will need to get below that total.
- Exercising will help you burn calories to get below that total and lose weight.

Heart rate

- A normal resting heart rate for adults ranges from 60 to 100 beats per minute.
- Generally, a lower heart rate at rest implies more efficient heart function and better cardiovascular fitness.
- The best places to find your pulse are the wrists, inside of your elbow, side of your neck, or top of the foot.
- To get the most accurate reading, put your finger over your pulse and count the number of beats in 60 seconds.
- Use the chart below to find your target heart rate that you should have while exercising.

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute (bpm)	200 bpm
30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	185 bpm
40 years	90-153 bpm	180 bpm
45 years	88-149 bpm	175 bpm
50 years	85-145 bpm	170 bpm
55 years	83-140 bpm	165 bpm
60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm

Sleep

- You may not think of tracking your sleep as part of your fitness routine, but sleep is very important to overall health.
- While sleep requirements vary slightly from person to person, most healthy adults need between 7 to 9 hours of sleep per night to function at their best. Children and teens need even more.
- Signs of poor sleep quality include not feeling rested even after getting enough sleep, repeatedly waking up during the night, and experiencing symptoms of sleep disorders (such as snoring or gasping for air).
- If you have trouble sleeping, increasing your amount of daily activity during the day may help you sleep better at night.

Happiness

- Though this may not be a very specific statistic, be mindful of your overall outlook.
- If you're unhappy or frustrated, you may be pushing yourself too hard. If you are seeing progress but your outlook is miserable, you may need to look into changing your routine to suit yourself better.
- If the numbers aren't showing you what you expect, but your clothes fit better, you feel physically stronger, and you have more energy, keep doing what you're doing.
- Everyone has different interests and capabilities. You may find jogging boring, but you love spending time with your dog. Use that to your advantage and incorporate the things you love into your routine by taking longer walks with your dog.
- Dancing, sports, playing an instrument, taking the stairs, carrying heavy shopping bags, and countless other activities can count towards increasing your activity levels even if they are not something you do at the gym.

SOURCE: <https://www.cdc.gov/physicalactivity/walking/index.htm>
<https://www.health.harvard.edu/staying-healthy/calorie-counting-made-easy>
https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html



How to Track Your Progress

Keep a Fitness Journal

- An old school method that anyone can do: use pen and paper to track your progress.
- [Here's a list of 9 Fitness Journals that you can buy.](#)
- [Here's a free fillable PDF Fitness Weekly Template.](#)
- You can also just use a blank journal and write what you find important.
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Wearable Tech

- There are many fitness trackers on the market that you can use to track your fitness journey easily, 24/7.
- They include heart rate monitors, GPS, exercise recognition, movement reminders and more.

- Wearable technology can serve as a reminder to stay active and effortlessly track your goals.
- [Here's a list of the current top tech if you are interested in purchasing one.](#)

Use Your Phone

- You can use Apple Health, Google Fit, Samsung Health or whatever health app may already be in your phone. These apps can typically sync with other devices to seamlessly connect all of your health information.
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Track Short Term Goals

- If numbers aren't your thing, you can choose some short term goals to simply keep in mind and stick to. Have a checklist or make a mental note to follow these short term goals.
- Examples:
 - Try one new workout every month
 - Stretch before you workout and when you have free time
 - Perfect your form in each exercise you do
 - Convince a friend to set up their own fitness routine or work out with you
 - Do something active that calms you. [For ideas, register for our HLP:Live event on meditation.](#)
 - Walk or bike where you would normally drive
 - Drink more water
 - Get more sleep
 - Take the stairs, if possible.
 - Focus on gratitude and being thankful. [Download our Gratitude Journal Template here.](#)
- Focus on moving towards healthier habits. [For more ideas, watch our recorded webinar on this topic.](#)

SOURCE: <https://theeverygirl.com/15-realistic-fitness-goals-to-make-this-year-and-exactly-how-to-accomplish-them/>

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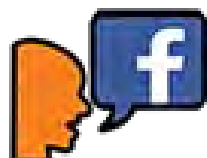
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*You are encouraged to share this information with others who may also be interested. However, if you are forwarding this email, please delete the "unsubscribe" link at the bottom of this page. If you do not remove the "unsubscribe" option and a person who receives your forwarded email clicks "unsubscribe," it would result in ***your name*** being removed from our distribution list.

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Right on Track: Nutrition Tracking

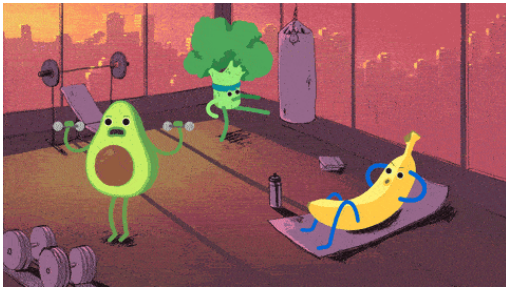


We're back again! Now you'll be hearing from us twice a month for a double dose of healthy living! This is part two of Right on Track, focused on tracking nutrition goals. For part one, [click here](#).

- It's important to set your nutrition goals to figure out what you want from your routine.
- You'll need to know what to keep track of to achieve these nutrition goals.
- There are many resources available to help you track your progress depending on your preferences.

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Set Your Goals

Create Thoughtful Goals

- Develop nutrition goals based on what's actually good for you, and goals that you'll actually be able to stick to.
- Focus on what your body can do, rather than how your body looks.

Slow and Steady

- Adjust your diet at a healthy pace. It can be stressful on your body to make really drastic changes.
- Don't get discouraged if you move slowly or fail, you can always keep trying.

Weight Loss

- Long-term weight loss takes time, effort, and commitment.
- You'll need to make permanent changes to your eating habits.
- Over the long term, experts say to aim for losing 1 to 2 pounds a week.
- Generally, in order to lose 1 to 2 pounds a week, you need to consume 500 to 1,000 calories less calories a day.
- Depending on your weight, reducing 5% of your current weight may be realistic, at least for an initial goal. If you weigh 180 pounds, that's 9 pounds. Even this level of weight loss can help lower your risk of chronic health problems, such as heart disease and type 2 diabetes.

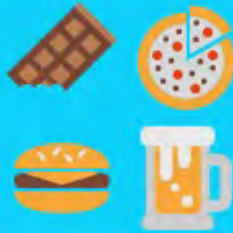
Improve Health

- Your goal may also be not based on weight or looks, but general health-related statistics.
- Eating healthy can lower blood pressure, cholesterol, increase energy, improve sleep, and reduce your risk for chronic disease.
- You may also need to change your habits based on medication your taking or certain health diagnoses you have.

**10 REASONS DOCTORS
TALK ABOUT THE NEED FOR
GOOD NUTRITION & DIETS**



**1. WELL-BEING IS REDUCED WITH
A POOR DIET**



**2. IT'S EXPENSIVE TO
BE UNHEALTHY**



**3. HELPS YOU MANAGE
A HEALTHY WEIGHT**



**4. MAINTAINS YOUR IMMUNE
SYSTEM**



**5. DELAYS THE EFFECTS
OF AGING.**



6. GIVES YOU ENERGY



**7. REDUCES THE RISK OF
CHRONIC DISEASE**



**8. HEALTHY EATING
POSITIVELY AFFECTS
YOUR MOOD**



9. INCREASES FOCUS

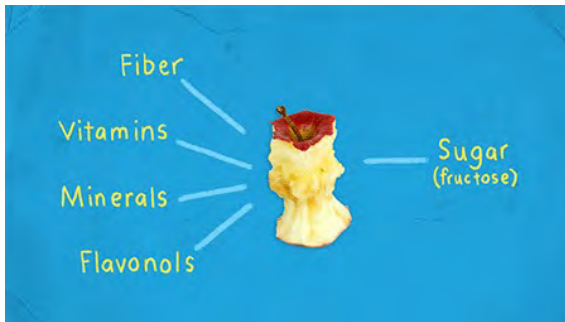


**10. HEALTHY DIETS MAY
LENGTHEN YOUR LIFE**



UnityPoint Clinic

SOURCE: <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047752>
<https://www.healthline.com/nutrition/10-benefits-of-exercise#section5>
<https://www.unitypoint.org/livewell/article.aspx?id=ff0de079-682c-4f1a-b686-6b5b50e2f541>



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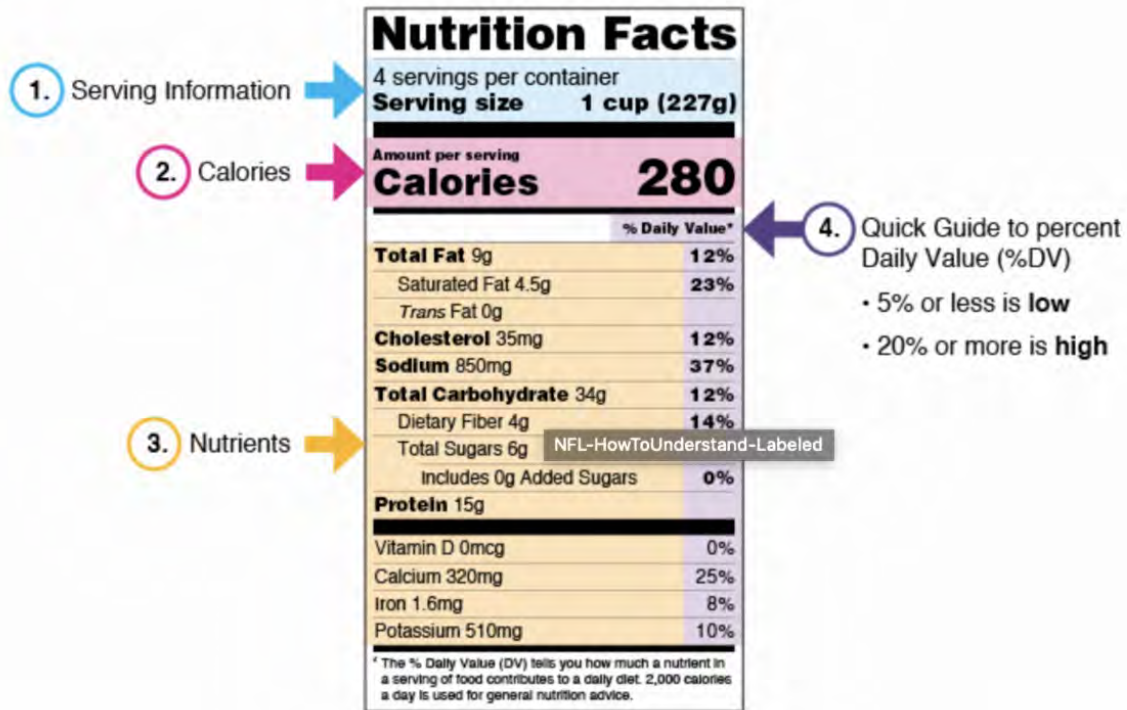
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- Excess calories are stored as body fat. Your body needs some stored fat to stay healthy. But too much fat can cause health problems.
- First, multiply your current weight by 15 – that's roughly the number of calories per pound of body weight needed to maintain your current weight if you are moderately active.
- Let's say you're a woman who is 5 feet, 4 inches tall and weighs 155 pounds, and you need to lose about 15 pounds to put you in a healthy weight range. If you multiply 155 by 15, you will get 2,325, which is the number of calories per day that you need in order to maintain your current weight (weight-maintenance calories). To lose weight, you will need to get below that total.
- Eating a low calorie diet will help you to get below that total and lose weight.

Nutrients

- Nutrients are substances that provides nourishment essential for growth and the maintenance of life.
- The recommended amounts will depend on you age, sex, and health.
- Nutrition labels will tell you what the serving size is of that food and the Percent Daily Values of each nutrient it contains.
- 5% or less of a nutrient is low, 20% or more is very high.
- Nutrients to get less of: Saturated Fat, Sodium, and Added Sugars.
- Nutrients to get more of: Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium.
- For more information on Nutrition labels, [click here.](#)

Sample Label for Frozen Lasagna



Schedule Your Meals

- Plan meals and snacks for specific times throughout the day to manage hunger.
- Limit meals and snacks to a 10-12 hour timeframe during the day, avoiding eating later in the evening. For example, eat only between 6 AM and 6 PM, or between 7 AM and 5 PM.
- Choose meals and snacks that contain a variety of nutrient-dense, healthy foods instead of relying on packaged and processed snack foods.
- Consume a larger proportion of calories earlier in the day, making breakfast, lunch and daytime snacks higher in calories than dinner and evening snacks.

Happiness

- Though this may not be a very specific statistic, be mindful of your overall outlook.
- If you're unhappy or frustrated, you may be pushing yourself too hard. If you are seeing progress but your outlook is miserable, you may need to look into changing your routine to suit yourself better.
- If the numbers aren't showing you what you expect, but your clothes fit better, you feel physically stronger, and you have more energy, keep doing what you're doing.
- Everyone has different preferences. Seek out the healthy foods you enjoy and work them into your meals.

Healthy Recipes

- When you find a recipe that's healthy and delicious, make note of it so you can use it in the future.
- You can keep a notebook, folder, or digital record of your favorite recipes.
- [Here's a healthy tortilla pizza recipe to get you started.](#)
- [Use our template below to record more recipes!](#)

RECIPE:

Serves: Prep Time:

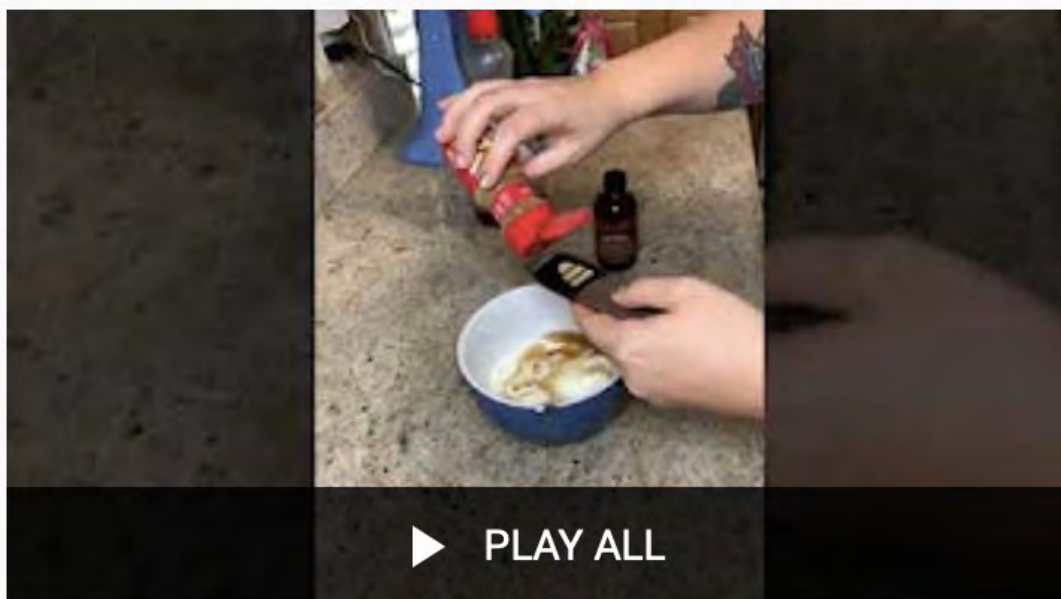
INGREDIENTS:

INSTRUCTIONS:

NOTES:

Created by New Jersey Self-Advocacy Project
www.njselfadvocacyproject.org
www.healthylifestylesproject.org

- We also have an entire playlist of healthy recipes to follow along and more are added every week.



Mindful Eating

- Mindful eating is based on mindfulness, a Buddhist concept.
- Mindfulness is a form of meditation that helps you recognize and cope with your emotions and physical sensations
- Mindful eating is about using mindfulness to reach a state of full attention to your experiences, cravings, and physical cues when eating.
- Follow our Mindful Cooking Guide below and [watch our recorded webinar to learn more on this topic!](#)

Cooking and Mindfulness

A Guide by the New Jersey Self-Advocacy Project

For the recorded video please go to:

<https://www.arcnj.org/programs/njsap/webinars.html>

1. Before you begin:

- Check in: Where is your mind at?
- Free your space of distractions
- How can I learn from this?
- Ground yourself
- Take the recipe step by step
- Set your intention for the meal
- Notice your hunger level

2. Preparing the dish:

- Appreciate your food (where it came from, how it got here, who handled it in the process)
- Use your senses to tune into the ingredients

3. While it cooks:

- Continue to stay clear of distractions
- Notice if your mind wants to travel and gently guide it back without judgement.
- Bring attention back to breath while waiting
- Come back to your senses

4. When food is done:

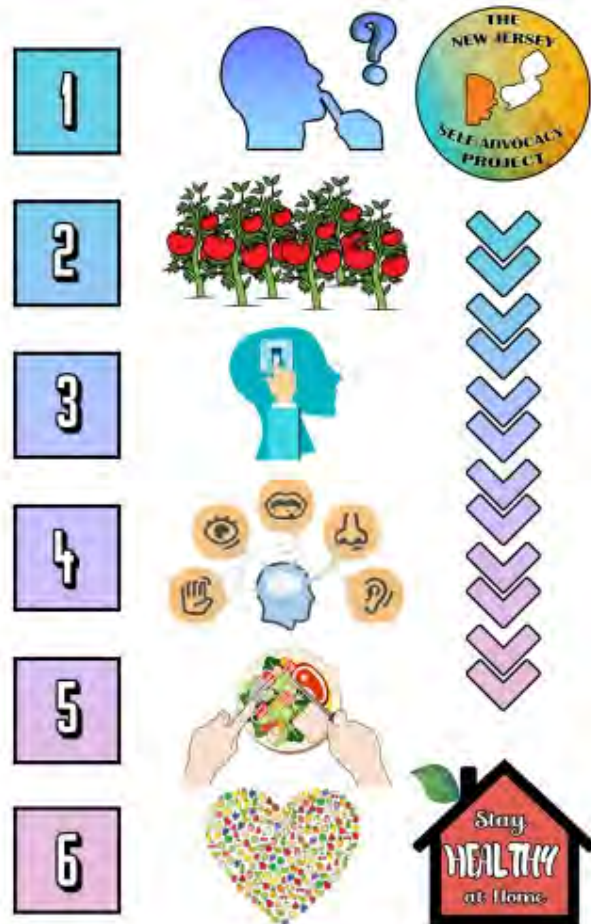
- Use your senses to determine when it's done
- Acknowledge the time and effort you put into making this mindful meal.

5. Before you eat:

- Continue to free your space of distractions (very important while you eat)
- Carve out 20-30 minutes to eat your meal
- Do your best to remain seated
- Chew before engaging in conversation
- Finish your bite before you pick up your utensil and make your next bite.
- Savor the experience by using all of your senses
- Gratitude and appreciation for the food you will use for fuel

6. Remember:

- Cooking is an act of self-care
- Small steps each day
- This can become a healthy habit



SOURCE:

<https://www.health.harvard.edu/staying-healthy/calorie-counting-made-easy>

<https://www.summitmedicalgroup.com/news/nutrition/meal-timing-and-frequency-meals-and-snacks-optimal-health/>

<https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

<https://www.healthline.com/nutrition/mindful-eating-guide#what-it-is>



How to Track Your Progress



Keep a Food Journal

- An old school method that anyone can do: use pen and paper to track your progress.
- [Here are some food journals you can purchase.](#)
- [Here is a free printable food journal template.](#)
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Wearable Tech

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- They include food plans where you can log your meals and maintain your diet.
- [Here is how to use a FitBit Food Plan in the app.](#)
- Wearable technology can serve as a reminder to stay track your nutrition goals.
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Use Your Phone

- You can use Apple Health, Google Fit, Samsung Health or whatever health app may already be in your phone. These apps can typically sync with other devices to seamlessly connect all of your health information.
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Track Short Term Goals

- If numbers aren't your thing, you can choose some short term goals to simply keep in mind and stick to. Have a checklist or make a mental note to follow these short term goals.
- Examples:
 - Try a new food every month.
 - Eat more green vegetables.
 - Stop drinking (or drink less) soda and sugary drinks.
 - Stop eating a night.
 - Reduce your portion sizes.
 - Focus on gratitude and being thankful. [Download our Gratitude Journal Template here.](#)
- Focus on moving towards healthier eating habits. [For more ideas, watch our recorded webinar on this topic.](#)

SOURCE: <https://trustspotter.com/blog/best-food-journals/>

Let's Stay on Track and Get Healthy!





August 2020

H₂O:

Part 1: Water Wellness



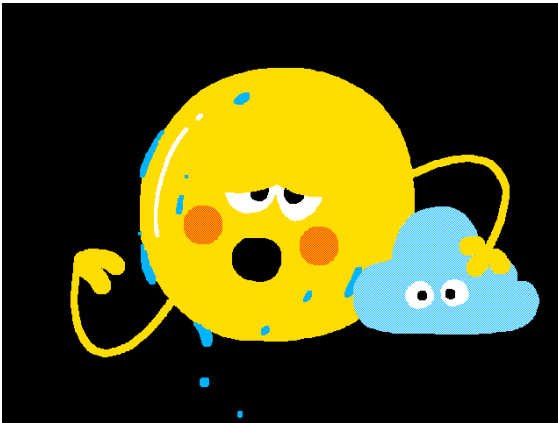
We're back again! This is part one of H₂O, focusing on water and wellness. Water is a part of us and many aspects of our everyday lives. It keeps us well but it can also be dangerous. What are water dangers, you might ask? Here's a few to keep in mind, and stay tuned for Part 2 next week!

- If you lose too much water while sweating in hot weather, you run the risk of it leading to a heat related illness.
- It's important to know the dangers of standing water, including bugs and bacteria.
- Be sure to practice safe swimming techniques when in pools or at the beach.

After you're done reading, [don't forget to listen to our webinars](#)

[every Tuesday! You can find registration links and recordings here.](#)

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Heat and Sweating

Losing Water in the Body

- The human body regulates its temperature through sweating.
- Too much sweating can lead to the body losing an excessive amount of water and salt.
- When exposed to more heat than it can handle, heat exhaustion and heat stroke can occur, leading to delirium, organ damage and even death.
- In 2018, 162 people died in the U.S. from exposure to excessive heat, according to [Injury Facts](#).
- People most at risk include:
 - Infants and young children, especially if left in hot cars
 - People 65 and older
 - People who are ill, have chronic health conditions or are on certain medications
 - People who are overweight

Heat Exhaustion

- According to the [free NSC First Aid Quick Reference app](#), signs and symptoms include:
 - Sweating
 - Pale, ashen or moist skin
 - Muscle cramps (especially for those working or exercising outdoors in high temperatures)
 - Fatigue, weakness or exhaustion
 - Headache, dizziness or fainting
 - Nausea or vomiting
 - Rapid heart rate

How to Treat Heat Exhaustion

- Uncontrolled heat exhaustion can evolve into heat stroke, so make sure to treat victims:
 - Move victims to a shaded or air-conditioned area
 - Give water or other cool, nonalcoholic beverages
 - Apply wet towels, or have victims take a cool shower

Heat Stroke

- Seek medical help immediately if someone is suffering from heat stroke. Signs include:
 - Body temperature above 103 degrees

- Skin that is flushed, dry and hot to the touch; sweating has usually stopped
- Rapid breathing
- Headache, dizziness, confusion or other signs of altered mental status
- Irrational or belligerent behavior
- Convulsions or unresponsiveness
- Immediately take action:
 - Call 911
 - Move the victim to a cool place
 - Remove unnecessary clothing
 - Immediately cool the victim, preferably by immersing up to the neck in cold water (with the help of a second rescuer)
 - If immersion in cold water is not possible, place the victim in a cold shower or move to a cool area and cover as much of the body as possible with cold, wet towels
 - Keep cooling until body temperature drops to 101 degrees
 - Monitor the victim's breathing and be ready to give CPR if needed

When Treating Heat- Related Illness:

- DO NOT force the victim to drink liquids.
- DO NOT apply rubbing alcohol to the skin.
- DO NOT allow victims to take pain relievers or salt tablets.

Prevention

- The best way to avoid a heat-related illness is to limit exposure outdoors during hot days.
- According to [the Centers for Disease Control and Prevention](https://www.cdc.gov/heat/index.html):
 - Air conditioning is the best way to cool off.
 - Drink fluids, even if you don't feel thirsty, and avoid alcohol.
 - Wear loose, lightweight clothing and a hat.
 - Replace salt lost from sweating by drinking fruit juice or sports drinks.
 - Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
 - Wear sunscreen; sunburn affects the body's ability to cool itself.
 - Pace yourself when you run or otherwise exert your body.

SOURCE: <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/heat>



Standing Water

What is Standing Water?

- Standing water is stagnant water that is not flowing and has no constant fresh source.
- This type of water can pool after watering your garden on a warm spring day or it could be the water that sits in your bird bath or planting pots.

Water and Bug Breeding

- Many insects like to lay eggs in and around standing water including mosquitoes, roaches, carpenter ants, and termites.
- Mosquitoes are known to carry diseases such as the West Nile and Zika viruses.
- Studies show that female mosquitoes prefer to lay eggs in water that collects or is stored in manmade containers.
- Eggs stick to containers like glue and remain attached until they are scrubbed off.
 - The eggs can survive when they dry out—up to 8 months.
 - When it rains or water covers the eggs, they hatch and become adults in about a week.

Bug Prevention

- To prevent mosquito bites, use Environmental Protection Agency-registered insect repellent with DEET and wear long-sleeve shirts and long pants.
- Read product labels when using insect repellent and apply as directed.
- Do not leave doors or windows propped open.
- Once a week, scrub or empty planters, birdbaths, vases, flowerpot saucers, or anything else that may have standing water.
- Use EPA-approved indoor and outdoor flying insect spray or foggers.
- Turn on air conditioning; mosquitoes prefer warm, damp and dark spaces.

Avoid Floodwater

- Floodwaters contain many things that may harm health. We don't know exactly what is in floodwater at any given point in time. Floodwater can contain:
 - Downed power lines
 - Human and livestock waste
 - Household, medical, and industrial hazardous waste (chemical, biological, and radiological)
 - Coal ash waste that can contain carcinogenic compounds such as arsenic, chromium, and mercury
 - Other contaminants that can lead to illness
 - Physical objects such as lumber, vehicles, and debris
 - Wild or stray animals such as rodents and snakes
- Exposure to contaminated floodwater can cause:
 - Wound infections
 - Skin rash
 - Gastrointestinal illness
 - Tetanus
 - Leptospirosis (not common)
- If you come in contact with floodwater:
 - Wash the area with soap and clean water as soon as possible. If you don't have soap or water, use alcohol-based wipes or sanitizer.
 - Take care of wounds and seek medical attention if necessary.
 - Wash clothes contaminated with flood or sewage water in hot water and detergent before reusing them.
- If you must enter floodwater, wear rubber boots, rubber gloves, and goggles.

SOURCE:

<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/zika>

<https://www.bredapest.com/news/how-does-standing-water-attract-pests>

<https://www.cdc.gov/healthywater/emergency/extreme-weather/floods-standingwater.html>

Water

Safety



Swimmer Safety

- Don't go in the water unless you know how to swim; swim lessons are available for all ages.
- Never swim alone.
- Learn CPR and rescue techniques.
- Make sure the body of water matches your skill level; swimming in a pool is much different than swimming in a lake or river, where more strength is needed to handle currents.
- If you do get caught in a current, don't try to fight it; stay calm and float with it, or swim parallel to the shore until you can swim free.
- Swim in areas supervised by a lifeguard.
- Don't push or jump on others.
- Don't dive in unfamiliar areas.
- Never drink alcohol when swimming; alcohol is involved in about half of all male teen drownings, according to [KidsHealth.org](https://kidshealth.org).



Water Competence

Become water competent to be safer on, in, or near water this summer



3 Elements of Water Competence

Why is water competence important? Drowning is a major cause of accidental death, partly because many people underestimate the risks and overestimate their ability, or that of their children, in water.



Water Smarts

...means knowing your limitations, swimming in safe areas, knowing how to handle common water hazards, & wearing a life jacket



Water Skills

...means safely entering water over your head & resurfacing, controlling breathing while floating or treading water & swimming at least 25 yards, & exiting the water



Helping Others

...means providing close supervision to anyone in your care, knowing the signs of drowning, knowing how to safely rescue others, and learning CPR

Common Hazards



Swimming without supervision, such as lifeguards or water watchers



Unsafe activities, like diving in shallow water and horseplay



Rip currents at surf beaches



For More Details on Becoming Water Competent

Visit watersafetyusa.org



Keep Your Pets safe too!

6 COMMON SAFETY TIPS

DOGS & WATER

• **trupanion** •
Medical insurance for your pet.

1 WATCH

Know where your pets are and what they are doing. You can help prevent accidents and illnesses by keeping them within sight. Make sure you can respond quickly if you see any issues. Never allow unsupervised swimming.



2 POOL SAFETY

Pets must be able to get out easily. Stairs they can easily climb, or non-slip pool ramps or ladders made for pets can save their lives.



Be extra vigilant with puppies (and kittens). Their enthusiastic tumbling and clumsy running can quickly land them in water. Keep them away from the edge, and don't lose sight of them, even for a minute.

Get a tall fence. If your dog can't get out of a pool by themselves, a tall, secure fence surrounding the pool can prevent your dog from jumping in the first place.

3 WASH

Don't let salt or pool chemicals dry on their fur. It can irritate their skin, and if they swallow it when licking their fur, it can make them sick.



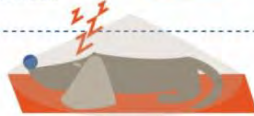
4 LIFE JACKETS

The right fit, buoyancy, handles, and bright colors are vital. While the jackets can keep them afloat, you should be able to pull your dog out of water by the handles and easily see them from a distance.



5 REST

Swimming can be strenuous! Whether you are playing fetch in the ocean, river, or lake, be careful not to overdo it. Keep your pets close to shore and within sight. Give them rest breaks in a shaded area and provide plenty of drinking water.



6 WATER

Don't let them lap up lake, river, pool, or ocean water. When they are thirsty, they need fresh drinking water. The chemicals, bacteria, parasites, and salt from the waters they play in can make them sick.



COMMON SENSE

Life jackets and fences help prevent accidents, as does supervising your pets' activities around bodies of water. Watching what they drink and washing them off can help prevent illnesses. Be prepared with a first aid kit, extra drinking water, and towels to wipe them down. **Above all: use common sense!**



DID YOU KNOW?



Most dogs can swim, right? Yes, but not all dogs like it and some really shouldn't. Be careful with flat-faced (brachycephalic) dogs, like French Bulldogs or Pugs. Besides their short snouts, their big chests are top heavy, so if they get too tired trying to stay afloat, they can quickly sink.



Cats and water usually don't mix. Most cats hate getting into water, but the rare Turkish Van cats actually enjoy swimming! And Fishing Cats dive into lakes and swim underwater to catch fish, but these "cats" are wild. See them in action in zoos.



Puppies don't know how to swim. While they may be able to "dog paddle" a little bit, this is not swimming, and they can tire easily. Learn how to teach them to swim and start them in shallow water.



Water dogs are strong swimmers. Most were bred to help hunters retrieve waterfowl from water, including, Golden Retrievers, Labrador Retrievers, and Poodles. Keep them out of cold water and strong currents — even powerful swimmers can get hypothermia.

Trupanion is a registered trademark owned by Trupanion, Inc.
Underwritten by American Pet Insurance Company (USA) and Omega General Insurance Company (CAN).

888.615.8318
TRUPANION.COM
PID1-0514

SOURCE: <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/drowning>
<https://www.nspf.org/news/water-safety-usa-encourages-people-become-water-competent>
<https://www.watersafetymagazine.com/six-common-safety-tips-dogs-and-water-infographic/>

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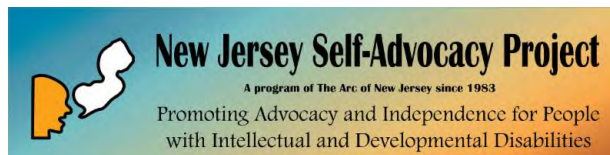
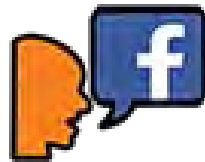
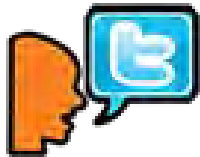


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August 2020

H₂O: Part 2: Water Quality



This is part two of H₂O, focusing on water quality. Water is a part of us and many aspects of our everyday lives, so the quality of our water is very important!

- If you keep your body hydrated, you are more likely to stay healthy.
- Water Pollution affects much of the water on our planet and can have terrible consequences in many areas.
- You can help clean your local water systems with a few simple steps.

After you're done reading, [don't forget to listen to our webinars every Tuesday! You can find registration links and recordings here.](#)



Benefits of Water

Lubricating Joints

- Cartilage, found in joints and the disks of the spine, contains around 80 percent water.
- Long-term dehydration can reduce the joints' shock-absorbing ability, leading to joint pain.

Mouth Health

- Saliva helps us digest our food and keeps the mouth, nose, and eyes moist.
- This prevents friction and damage.
- Drinking water also keeps the mouth clean.
- Consumed instead of sweetened beverages, water can also reduce tooth decay.

Boost Skin Health and Beauty

- With dehydration, the skin can become more vulnerable to skin disorders and premature wrinkling.
- Some of the signs of dehydrated skin to look out for are itchy skin, dullness, dark circles under the eyes and the increased appearance of wrinkles.

Brain Function

- Dehydration can affect brain structure and function.
- It is also involved in the production of hormones and neurotransmitters.
- Prolonged dehydration can lead to problems with thinking and reasoning.

Body Systems

- Dehydration can lead to digestive problems, constipation, and an overly acidic stomach. This increases the risk of heartburn and stomach ulcers.
- Water is needed in the processes of sweating and removal of urine and feces.
- A lack of water can cause blood to become thicker, increasing blood pressure.
- When dehydrated, airways are restricted by the body in an effort to minimize water loss. This can make asthma and allergies worse.
- The kidneys regulate fluid in the body. Insufficient water can lead to kidney stones and other problems.

Dehydration During Exercise

- Dehydration during exercise may hinder performance.
- Some scientists have proposed that consuming more water might enhance performance during strenuous activity.
- More research is needed to confirm this, but one review found that dehydration reduces performance in activities lasting longer than 30 minutes.

Weight Loss

- Water may also help with weight loss, if it is consumed instead of sweetened juices and sodas.
- “Preloading” with water before meals can help prevent overeating by creating a sense of fullness.

Reduce the Chance of a Hangover

- Unsweetened soda water with ice and lemon alternated with alcoholic drinks can help prevent overconsumption of alcohol.
- Be sure to focus on staying hydrated when consuming alcohol.

SOURCE: <https://www.medicalnewstoday.com/articles/290814>



Water Pollution

What Is Water Pollution?

- Water pollution occurs when harmful substances—often chemicals or microorganisms—contaminate a stream, river, lake, ocean, aquifer, or other body of water, degrading water quality and rendering it toxic to humans or the environment.

What Are the Causes of Water Pollution?

- Water is uniquely vulnerable to pollution.
- Known as a “universal solvent,” water is able to dissolve more substances than any other liquid on earth.
- Toxic substances from farms, towns, and factories readily dissolve into and mix with it, causing water pollution.

Groundwater

- When rain falls and seeps deep into the earth, filling the cracks, crevices, and porous spaces of an aquifer (basically an underground storehouse of water), it becomes groundwater—one of our least visible but most important natural resources.
- Nearly 40 percent of Americans rely on groundwater, pumped to the earth’s surface, for drinking water.
- Groundwater gets polluted when contaminants—from pesticides and fertilizers to waste leached from landfills and septic systems—make their way into an aquifer, rendering it unsafe for human use.
- Once polluted, an aquifer may be unusable for decades, or even thousands of years.
- Groundwater can also spread contamination far from the original polluting source as it seeps into streams, lakes, and oceans.

Surface water

- Covering about 70 percent of the earth, surface water is what fills our oceans, lakes, rivers, and all those other blue bits on the world map.

- Surface water from freshwater sources (that is, from sources other than the ocean) accounts for more than 60 percent of the water delivered to American homes.
- According to the most recent surveys on national water quality from the U.S. Environmental Protection Agency, nearly half of our rivers and streams and more than one-third of our lakes are polluted and unfit for swimming, fishing, and drinking.
- Nutrient pollution, which includes nitrates and phosphates, is the leading type of contamination in these freshwater sources. While plants and animals need these nutrients to grow, they have become a major pollutant due to farm waste and fertilizer runoff.
- Municipal and industrial waste discharges contribute their fair share of toxins as well. There's also all the random junk that industry and individuals dump directly into waterways.

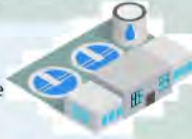
Ocean Water

- Eighty percent of ocean pollution (also called marine pollution) originates on land—whether along the coast or far inland.
- Contaminants such as chemicals, nutrients, and heavy metals are carried from farms, factories, and cities by streams and rivers into our bays and estuaries; from there they travel out to sea.
- Marine debris—particularly plastic—is blown in by the wind or washed in via storm drains and sewers.
- Our seas are also sometimes spoiled by oil spills and leaks—big and small—and are consistently soaking up carbon pollution from the air. The ocean absorbs as much as a quarter of man-made carbon emissions.

What are the impacts of water pollution?

Urban and domestic use

Increased water treatment and inspection costs, maintenance costs from scouring and premature ageing of infrastructure, increased wastewater treatment costs with implementation of more strict regulations. Emergency and clean-up costs from spills/accidents.



Ecosystem health

Damage to freshwater and marine ecosystems (e.g. fish kill, invertebrates, benthic fauna, flora, habitat degradation) and loss of ecosystem services, which may require investment in additional or different grey infrastructure alternatives to replicate these services.



Human health

Polluted water is the world's largest health risk, and continues to threaten both quality of life and public health. Associated with this are health service costs, loss life expectancy, and emergency health costs associated with major pollution events.



Industrial productivity

Exclusion of contaminated water for industrial use results in increasing water scarcity. Scouring of infrastructure, and clean-up costs from spills/accidents.



Social values and tourism

Prohibition from recreational use (e.g. swimming, fishing, seafood gathering), beach closure, impacts on aesthetics, cultural and spiritual values. Losses in fishing, boating, rafting and swimming activities to other tourism activities or to other ventures with superior water quality.



Agricultural productivity

Exclusion of contaminated water for irrigation results in increasing water scarcity. Irrigation with contaminated water causes damage to, and reduced productivity of, pasture and crops, soil contamination, impacts to livestock health and production, and scouring of infrastructure.



Commercial fisheries

Direct and indirect fish kill, contamination of shellfish.



Property values

Waterfront property values can decline because of unsightly pollution and odour.



Diffuse Pollution, Degraded Waters: Emerging Policy Solutions

<http://oe.cd/diffusepollution>

SOURCE: <https://www.nrdc.org/stories/water-pollution-everything-you-need-know#categories>



How to Help

Limit Antibacterial Soaps

- Use regular soap and water when it will do the trick.
- Much of the antibacterial soaps contain a registered pesticide that is known to harm marine life.

Watch What Goes Down the Drain

- Don't flush unwanted or out-of-date medications down the toilet or drain.
- Don't put anything but water down storm drains because they carry water to local waterways.
- Choose nontoxic household products when possible.

Stop That Leak

- Fix leaks that drop from cars as quickly as possible.
- Put liners in your driveway to collect oil and other materials.

Outdoor Spaces

- Avoid using pesticides or chemical fertilizers.
- Pick up after pets.
- Avoid unnecessary paving on your property.

Check Your Local Water

- If you have a private well make sure it is tested and cleaned regularly. There can be bacteria build up in wells.
- Read your local water quality report so you know what the water quality is in your area.
- Gather a group of family, friends, and neighbors and volunteer to clean a local water source. You could bring a picnic and hold a contest to see who can clean up the most trash and debris, offering a prize to the winning team!



SOURCE: <https://www.daysoftheyear.com/days/water-quality-month/>
<https://oceanservice.noaa.gov/ocean/help-our-ocean.html>

Let's Stay Healthy with H₂O!



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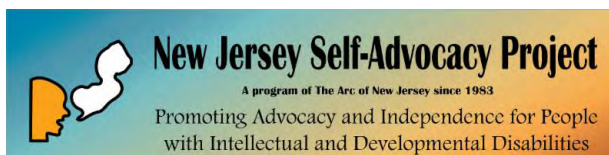
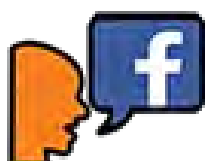


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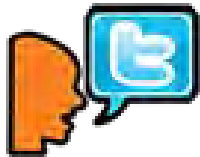


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New Jersey Self-Advocacy Project

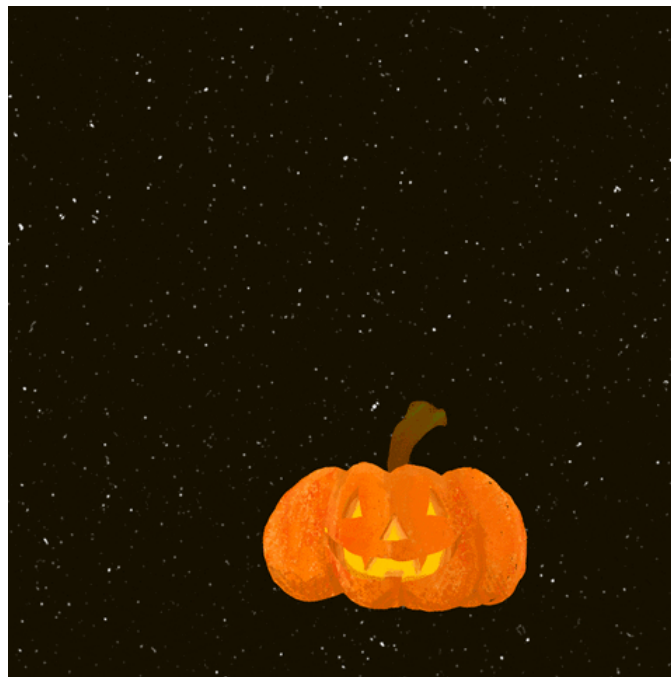
A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities



October 2020

Healthy Halloween: Part 1: Celebrate Safely



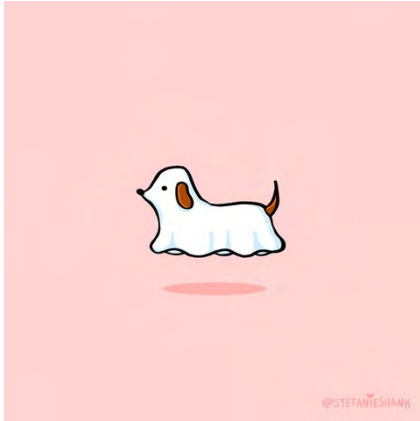
This is part one of Healthy Halloween, giving you some tricks on how to celebrate Halloween in a safe way this year.

- A large part of Halloween is having a fun and spooky costume, but there are some guidelines you should follow.
- With the ongoing pandemic, if you are trick or treating this year you should be extra careful and follow guidelines closely.

- If you expect trick or treaters in your area, there are some safety tips to keep in mind in keeping both you and your visitors safe.

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Costume Safety

Plan Ahead

- Be sure to choose a costume that won't cause safety hazards.
- Make sure you are comfortable and that it will suit the weather in your area.

Choose Your Materials Wisely

- All costumes, wigs and accessories should be fire-resistant.
- Make sure your costume is clean and well put together.
- Reinforce any areas that may come undone with extra activity, especially on homemade costumes.

Be Visible

- If out after dark, fasten reflective tape to your costumes and bags.
- You can also use glow sticks to stay visible.

Makeup

- When buying Halloween makeup, make sure it is nontoxic and always test it in a small area first.
- Remove all makeup before going to bed to prevent skin and eye irritation.

SOURCE: <https://www.nsc.org/home-safety/tools-resources/seasonal-safety/autumn/halloween>

Safe Activities



Lower Risk Activities

To avoid COVID-19, these lower risk activities can be safe alternatives to trick or treating.

- Carve or decorate pumpkins with members of your household and display them.
- Carve or decorate pumpkins outside, at a safe distance, with neighbors or friends.
- Decorate your house, apartment, or living space.
- Do a Halloween scavenger hunt where everyone is given lists of Halloween-themed things to look for while they walk outdoors from house to house, admiring Halloween decorations at a distance.
- Have a virtual Halloween costume contest.
- Have a Halloween movie night with people you live with.
- Have a scavenger hunt-style trick-or-treat search with your household members in or around your home rather than going house to house.

Trick or Treat Safety

- Stay home if you are sick.
- Trick-or-treat with people you live with.
- Remain 6 feet apart from people not in your household.
- Wear a face mask covering BOTH your mouth and nose (even under/over your Halloween mask).
- Hand sanitize (with sanitizer containing at least 60% alcohol) frequently while out, especially during key times like before eating or after coughing/sneezing.
- Wash your hands as soon as you return home.
- Stay on the right side of the road always to ensure distance.
- Inspect the candy you've received.

SOURCE: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#halloween>



Neighborhood Safety

Safety Tips for Homeowners

The traditional Halloween decorations might look a little bit different this year. Check out these tips to create a safe celebration setup for your neighborhood ghosts and monsters.

- Do not hand out candy if you are sick.

- Wear a face mask covering BOTH your mouth and nose.
- [Take the Safe House pledge and register as an official Halloween Safe House.](#)
- Use duct tape to mark 6-foot lines in front of your home and leading to your driveway/front door.
- Position a distribution table between yourself and trick-or-treaters.
- Distribute candy on a disinfected table to eliminate direct contact.
- Wash hands often.

Safety Tips for Motorists

NSC offers these additional safety tips for parents - and anyone who plans to be on the road during trick-or-treat hours:

- * Watch for children walking on roadways, medians and curbs
- * Enter and exit driveways and alleys carefully
- * At twilight and later in the evening, watch for children in dark clothing
- * Discourage new, inexperienced drivers from driving on Halloween

SOURCE: https://www.hersheyhappiness.com/en_us/stories/trick-or-treat-2020-safe-fun-and-faboolous.html?gclid=Cj0KCQjw28T8BRDbARIsAEOMBcyljD0T45qx4JMdges7Vt6z-dptBzivKfKJ_kjvAHwQ6LqQ1EfVNIgaAv5AEALw_wcB&gclsrc=aw.ds

Let's Stay Spooky and Healthy!



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You can also visit the NJ Self-Advocacy Project
[Training homepage](#) to submit a training request.



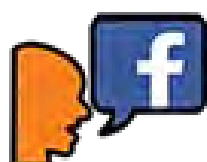
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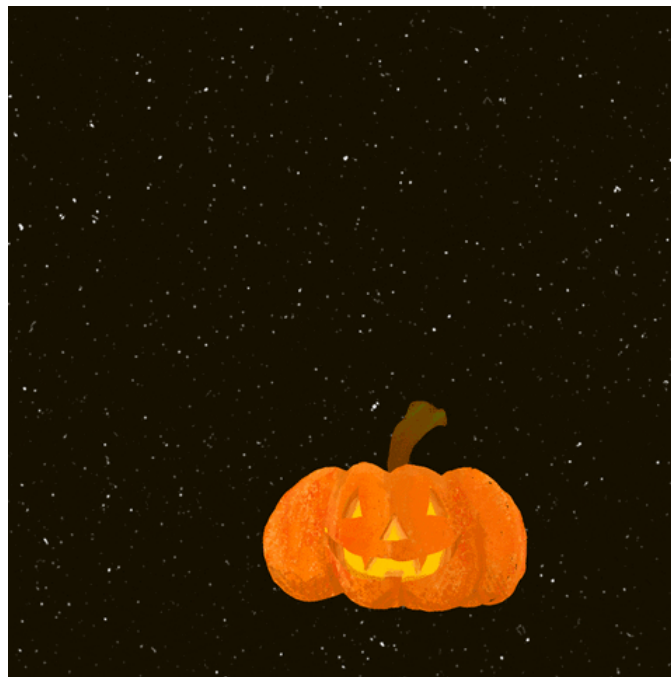
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October 2020

Healthy Halloween: Part 2: Healthy Food



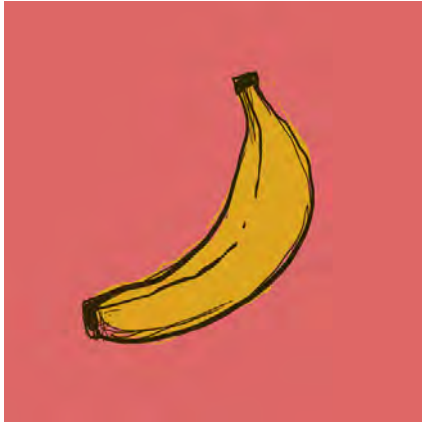
This is part two of Healthy Halloween, giving you some healthy treat ideas instead of overindulging on sweets!

- Spooky Fruits can satisfy your sweet tooth.
- Pumpkin Coconut Granola has an amazing autumn taste.
- Zombie Avocado Toast can start your morning with a bit of creativity, fun, and energy!

- [Check out plenty more ideas here!](#)

After you're done reading, [don't forget to listen to our webinars every Tuesday! You can find registration links and recordings here.](#)

We are also holding Healthy Lifestyles Project: LIVE events, every Wednesday at 11AM and Friday at 1PM. [Register here.](#)



Spooky Fruit



Ingredients:

- Oranges, fruit of your preference to fill
- Bananas, nut butter, chocolate chips
- Clementines, celery

Orange Jack O' Lantern:

Using a sharp knife, cut off the top of a large orange. Scoop out the inside as carefully as possible (a grapefruit knife would be helpful). Then cut out the jack o'lantern face and the top in a diagonal pattern. Fill with any combination of fruit you like.

Ghostly Bananas

Peel bananas and cut them straight across about three-quarters of the way down. Using a dab of nut butter, stick three chocolate chips onto each banana to make a ghostly face.

Pumpkin Clementines

Peel clementines and insert a short celery stick into the top of each of them.



Pumpkin Coconut Granola



Ingredients

- 1 c. coconut oil melted
- 1 c. pumpkin puree
- 3/4 c. honey
- 2 tsp. vanilla extract
- 2 tsp. pumpkin spice
- 2 tsp. sea salt
- 6 c. rolled oats
- 1 1/4 c. whole raw almonds
- 1 1/4 c. whole pistachios
- 2 c. shredded coconut
- 1 3/4 c. dried apricots finely chopped

Instructions

- Preheat your oven to 350°.
- In a very large mixing bowl, combine the melted coconut oil, pumpkin puree, honey, vanilla and sea salt until well combined.
- Toss the remaining ingredients, except the dried apricots, in the bowl and mix until everything is well coated.

- Spread the mixture over two separate cookie sheets. Bake at 350° for 15 minutes. Stir the mixture and bake an additional 15 minutes. If the mixture is still moist, bake an additional 5-10 minutes.
- Mix in the dried apricots and spread the baked mixture over wax paper on your countertop. Allow to cool to room temperature. Store in an airtight container.

SOURCE: <https://www.thecreativebite.com/pumpkin-coconut-granola/>



Zombie Avocado Toast



Ingredients:

Makes 4 Avocado Toasts

- 4 avocados
- 1 Tablespoon lemon juice
- 2 sheets of seaweed
- radishes
- black olives
- mini dill pickles
- grape tomatoes
- walnuts
- 1/2 red bell pepper
- 4 pieces of toast

Instructions:

- Slice the avocados in half, remove the stone, and scoop out the avocado flesh into a bowl. Add the lemon juice and pinch of salt and pepper, then mash with a fork.
- Prepare the toppings for the facial features of the toast faces. Use sharp scissors to cut out shapes from the seaweed. You'll need circles for eyes, zigzags for hair, and thin strips for smiles, scars, noses, and eyebrows. Chop the red bell pepper into small pieces to make lips, fangs, nostrils, and pupils. Slice the radishes for eyeballs. Slice the olives into rings for eyes.
- Spread the mashed avocado onto the toast pieces and decorate. Let your imagination run wild!

SOURCE: <https://www.brit.co/get-in-the-halloween-spirit-with-our-avocado-breakfast-recipe/>

Let's Stay Spooky and Healthy!



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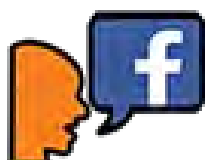
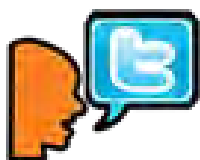
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September 2020

I Won't Fall For That: Part 1: General Myths



This is part one of I Won't Fall For That, focusing on myths in all aspects of life. It is important to think critically and build skills to separate fact from fiction.

- It's harder than ever to take what you read at face value, so you need to study the source and make sure it's reliable.
- Most people have trouble with probability, so it's important to think hard when calculating risk.
- Read up on some common misconceptions; the answers may surprise you!

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Fact or Fiction in the News

Read the Article

- Make sure to actually read an article before letting it form your opinion. Don't make a decision based on the headline.
- A [recent study](#) found that only 59% of articles shared by Twitter users have actually been clicked, suggesting that many people share links based on the headline alone.
- You may change your mind after reading or find that it isn't very convincing.

Check the URL

- Some purveyors of fake news choose domain names suspiciously similar to those of established news companies.
- Leading the pack is the notorious abcnews.com.co, whose name and logo mimic the branding of the real ABC News. During the 2016 election, the website attracted readers with bogus stories.
 - President Barack Obama DID NOT ban the Pledge of Allegiance in schools, as this website claimed.
- "Go beyond the masthead at the top, because it's really easy to copy a brand," said Peter Adams, senior vice president at the News Literacy Project.
- Other culprits that fail the URL test are cnn-trending.com, washingtonpost.com.co, and bloomberg.ma. Make sure the site you're on isn't an impostor.
- The domain suffix is the end of the domain name (the .com part) and can offer insight into the type of organization the site is linked to.
 - **.com** = Commercial site. The information provided by commercial interests is generally going to shed a positive light on the product it promotes.
 - **.edu** = Educational institution. Sites using this domain name are schools ranging from kindergarten to higher education. If it is from a department or research center at an educational institution, it can generally be taken as credible.
 - **.gov** = Government. If you come across a site with this domain, then you're

viewing a federal or state government site. The information is considered to be from a credible source.

- **.org** = Traditionally a non-profit organization. Generally, the information in these types of sites is credible and unbiased, but there are examples of organizations that strongly advocate specific points of view over others.
- **.mil** = Military. This domain suffix is used by the various branches of the Armed Forces of the United States.
- **.net** = Network. You might find any kind of site under this domain suffix. It acts as a catch-all for sites that don't fit into any of the preceding domain suffixes. Information from these sites should be given careful scrutiny.

Who is the Author?

- Always check the author of the news you read. If you don't recognize the name, you may want to inspect other articles by the same person to see if they're a reliable voice. Bonus points if the site provides a way to contact the author.
- And if no authors are listed, ask yourself: Why don't they want to stand behind their work?

Look for Sources

- Any factual claim in a news article should be backed up by a source. Ideally, an article will cite verifiable sources like government figures, scientific studies, court documents, and the like.
- Be especially vigilant when an eyebrow-raising claim doesn't have a source to back it up.
- For example, take the notorious "Pizzagate" conspiracy.
 - Members of Hillary Clinton's campaign were NEVER involved in illegal activities run out of a Washington, DC pizzeria.
 - Countless fake news pieces were written about the alleged scandal without a shred of evidence.
 - Do some digging and you'll find that the entire conspiracy originated from a single unsubstantiated tweet.

Fact Check

- If you think you might be reading fake news, try to find an article about the same subject from different media outlets. If you can't find the story on any other site, you may have been bamboozled.
- If the article seems too good to be true, that should be extra incentive to double-check.
- One of the most notorious fake news stories of the election season was about the Pope.
 - Pope Francis DID NOT endorse Trump for president, but the website WTOE 5 claimed he did.
 - You wouldn't find the story in The New York Times, the Associated Press, or USA Today because it wasn't true. If a story of that magnitude is legitimate, expect multiple news outlets to write about it.

Quality Control

- How's the quality of the writing in the article you're reading? Are there words in all caps, or a plethora of exclamation marks? Both are rarities in the world of legitimate journalism.
- How about the photos — do they appear photoshopped or doctored? That's another sign the site you're on may not be trustworthy.

SOURCE: <https://www.businessinsider.com/how-to-spot-fake-news-2017-2>
<https://uscupstate.libguides.com/c.php?g=257977&p=1721715>



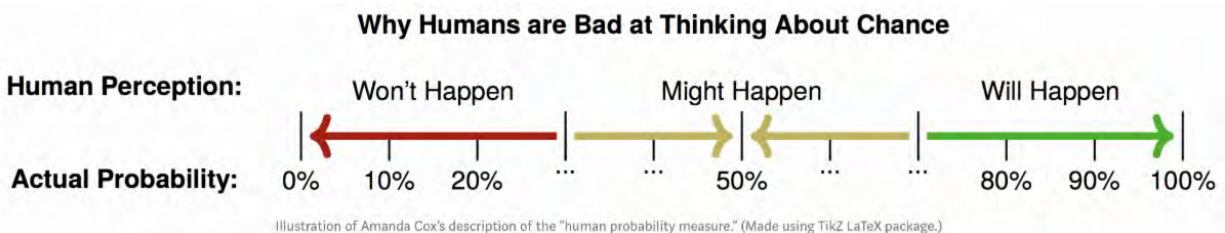
Risk & Chance

Thinking About Chance

- Most people typically think about things in terms of "will never happen (0%)", "might happen (50%)" and "will definitely happen (100%)".
- We then get upset when things don't go as we predicted.
- When there is a range of probability that something will happen, we should remember that multiple outcomes are possible even if they are unlikely.

An Example: Rain

- If you check the Weather app and see that the chance of rain tomorrow is 80%, you likely think that rain is definitely going to happen, so you make sure to grab an umbrella.
- If the app tells you that the chance of rain is 40%, you're putting rain at a coin toss. Those of us who are risk-averse will grab the umbrella; others won't.
- If you read that the chance of rain is 10%, you think that it won't rain so you don't even bother adding "umbrella" to tomorrow morning's mental checklist.
- If you end up getting wet, or having an umbrella for no reason, don't blame the weather man!



It Won't Happen to Me

- People think that their own risk is less than that of other people's risk.
- Optimistic bias is the reason we order a side of bacon even though we know diets high in processed meats correlate with a higher risk of colon cancer. "It won't happen to me", we think, however untrue that may be.
- People living in heavily individualistic societies – like the United States – tend to exhibit higher levels of optimistic bias.

False Sense of Control

- The more control people think they have, the less worried they are.
- This is why, for many, driving a car seems safer than flying in a plane although car travel is statistically much more dangerous.
 - In 2018, according to the National Transportation Safety Board, 36,560 Americans died in car accidents compared with 381 Americans killed in aviation accidents.

Unclear Cultural Cues

- We often learn about dangers in the same way from multiple sources.
- Take smoking, for example. You probably learned about tobacco causing cancer as

a kid — either from your parents or from school.

- If experts and elected officials are disagreeing on what is and isn't safe we may struggle to parse out which cues to follow.
- Try to find the facts and recognize that information, especially when on a new topic, may change over time.

Confirmation Bias

- If you are wondering if it is safe to dine outdoors with friends, you may do a search for: "Is dining outside safe during coronavirus?"
- A search phrased that way is likely to turn up articles about why it is safe to dine outside at this time.
- What most people do is seek evidence that backs up their favorite outcome.
- If you really want the full breadth of information on dining out, you should also look up "dangers of dining outside during coronavirus."

Exposure

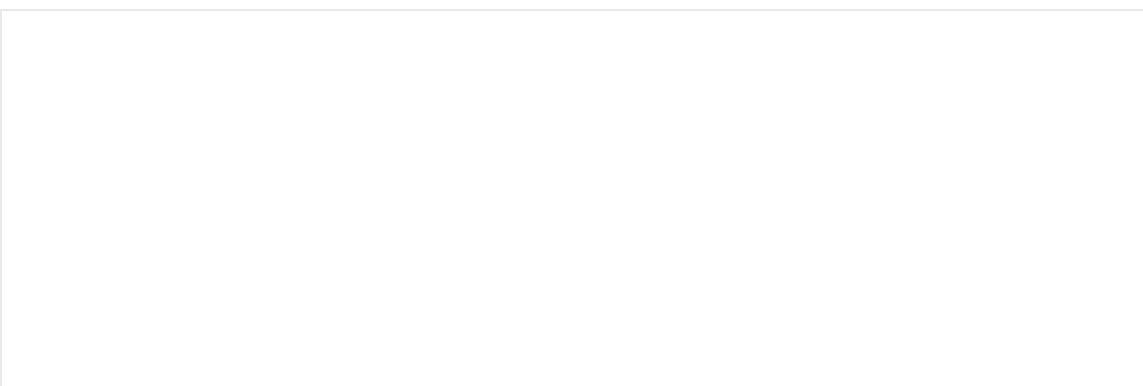
- Doing something over and over again can make you get used to that activity and lower your guard.
- Exposure therapy, or having people confront their fears in tiny doses, is how patients with anxiety-specific phobias are treated.
 - This is for when you are more afraid than you need to be of a certain thing.
- But if you do a dangerous activity over and over again, yet nothing bad happens, you may think there is actually no risk after all.
- It's not uncommon to know what you're about to do is risky but also know that the reward you'll get from it seems to outweigh the risk.
 - That often tips the scales in the favor of doing a risky behavior.
 - Be sure to think it over to see if the reward is truly worth the risk.

SOURCE: <https://towardsdatascience.com/humans-are-bad-at-probability-834980e719a3>
<https://www.nytimes.com/2020/06/30/smarter-living/why-youre-probably-not-so-great-at-risk-assessment.html>



Common Misconceptions

Check out this infographic of common misconceptions. You may be surprised at what you find!





Common MythConceptions - Information is Beautiful

Common misconceptions and busted myths.

[Read more](#)

www.informationisbeautiful.net

SOURCE: <https://www.informationisbeautiful.net/visualizations/common-mythconceptions/>

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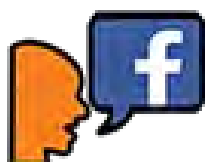
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New Jersey Self-Advocacy Project

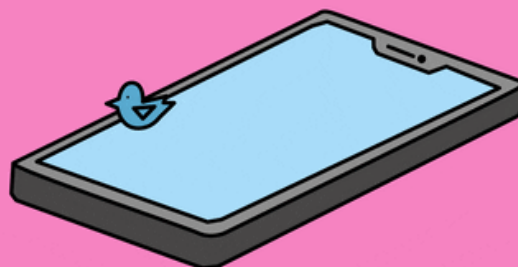
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September 2020

I Won't Fall For That: Part 2: Disability & Voting Myths



This is part two of *I Won't Fall For That*, focusing on myths relating

to disability and voting.

- There are many stereotypes that still exist for people with disabilities of all kinds, and it's important to not spread these falsehoods.
- Many myths surround the topic of guardianship, which can make life more difficult for those with guardians to plan their lives.
- The 2020 Presidential Election is coming up on November 3rd, so now is a good time to make sure you know your voting rights and to debunk some voting myths.

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Myths about People with Disabilities

There are many myths surrounding people with disabilities that lead to harmful stereotypes. Click below to view a list from [Easterseals](#) of some of the misconceptions you may come across.



Myths and Facts About People with Disabilities

Everybody's fighting some kind of stereotype, and people with disabilities are no exception. The difference is that barriers people with disabilities face begin with people's attitudes - attitudes often rooted in misinformation and...

[Read more](#)

www.easterseals.com



Guardianship Myths

There are a lot of misconceptions about guardianship and people with intellectual and developmental disabilities. Read the factsheet below from [The Arc Center for Future Planning](https://www.easterseals.com/explore-resources/facts-about-disability/myths-facts.html) to learn more.

Guardianship Myths

Don't Most People With Intellectual and Developmental Disabilities (IDD) Need a Guardian?

Though each state creates its own rules for guardianship, there are some general rules:



To become someone's guardian, you must go to court.



A judge will decide whether the person can make their own decisions or needs a guardian.



The judge will decide who the guardian will be and what decisions the guardian will make.

Guardianship can be expensive and time-consuming. It invites the court into the lives of the person with a disability, their family, and caregivers, for as long as the person is under guardianship. Guardianship typically lasts until the person under guardianship dies or has their right to make their own decisions restored. Guardianship can make it harder for a person to learn how to make good decisions on their own.



There are many myths about guardianship that people with IDD and their families should understand.



MYTH #1

Parents are automatically the guardian of their adult children with disabilities.

All guardianships require going to court and getting a court order, no matter what a person's disability is or how it affects them.



MYTH #2

Individuals who have been appointed guardian over a minor child with a disability remain that person's guardian when the child becomes an adult.

Guardianship over children and guardianship over adults both require going to court and getting a court order. However, they are different processes with different requirements and different court orders. Guardianship over a minor child ends when the child becomes an adult.



MYTH #3

Parents need guardianship once their child becomes an adult to access their child's school, medical, legal, and other records.

An adult with IDD can sign a release of information or other authorization form allowing their parent to access some or all of their educational, medical, and other records. Many schools have a form that students can request. Nearly all medical providers have a form that patients can sign allowing other individuals, including their parents or other support people, to talk to their medical providers and access some or all their medical records.

People with IDD and their families can also talk to a special needs attorney about creating an authorization form that would allow their parent to access other records, as they wish. You can find private and protection and advocacy lawyers in the [Center for Future Planning's Resource Directory](#).



MYTH #4

Parents need guardianship once their child becomes an adult to attend IEP and other meetings related to their child's services.

Parent's rights under the Individuals with Disabilities Education Act (IDEA) transfer to students when they become adults. However, parents **must** still receive all the same notices that the student is now required to receive. Therefore, parents will still receive an invitation to all their child's school meetings and written notice anytime the school wants to change or refuses to change their child's services. These notices ensure parents will know about meetings and can attend meetings, with their child's permission. Parents will also know about any changes to their child's services, so they can talk to their child and support their child in discussing any concerns or taking steps to disagree with the school's actions.

Parents also do not need guardianship to attend medical appointments or other meetings with their adult child. Any person can allow anyone to attend their medical appointments or other meetings, including their parent or other support person.



MYTH #5

Guardianship will protect people with IDD from financial, physical, and other abuse.

Having a guardian does not stop a person from giving others money, engaging in risky behaviors, getting arrested, being injured, or otherwise being taken advantage of. While guardianship allows a guardian to take legal action on behalf of the person **after** financial, physical, or other abuse has occurred, parents and other support people can also support the person with IDD to take their own legal action or have the person sign a power of attorney for the limited purpose of taking legal action.

The best way to prevent people with IDD from being taken advantage of is to educate and regularly communicate with them about safe choices, healthy relationships, and recognizing bad situations.

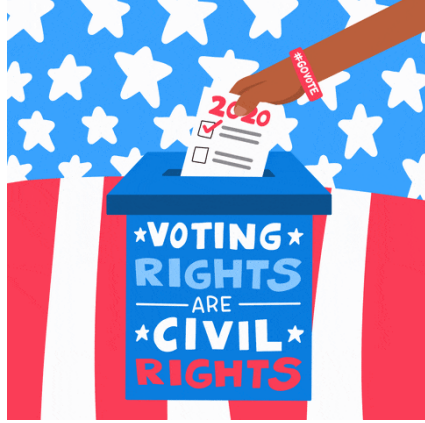


QUESTIONS?

Complete our [online form](#) or email us at futureplanning@thearc.org.

SOURCE: <https://futureplanning.thearc.org/assets/Guardianship%20Myths%20-%20Center%20for%20Future%20Planning-22f6f1970a4abd97733a8ddba235096b76f57fca87548fc7a05b253d8ceb9335.pdf>

Voting Rights



There are many myths surrounding voting rights for people with IDD. To avoid being fooled by these myths, remember your rights! For more information on voting you can visit our [resource page](#), watch our [recorded webinar](#), and [register for our upcoming webinar](#)! Remember to [register to vote](#), [which you can now do online](#)!

You Have the Right to...

- You have the right to vote even if you have a developmental or intellectual disability.
- You have the right to vote even if you live in a developmental center, group home, or other place where you receive residential care.
- You may have the right to vote even if you have a guardian (depending on the terms of the guardianship).
 - [In order to stop a person with a guardian from being able to vote, it is required in New Jersey that the court make a specific finding that the person does not have the capacity to understand the act of voting.](#)
- You have the right to vote if you are waiting in line when the poll closes.
- You have the right to make up your own mind about how you want to vote.
- You can choose to talk about the candidates and the issues or NOT to talk about the candidates and the issues.
- You do not have to tell anyone who you vote for unless you want to.

Myth 1: "My Vote Doesn't Matter"

- Although it may feel like your single vote makes no difference in the grand scheme of things, it really does matter. There have been more than a dozen races over the last two decades determined by a single vote or ending in a tie.
- In 2017, for example, a Virginia House of Delegates race ended in a tie out of more than 23,000 votes cast. The deadlock was broken by pure chance — the pulling of a name out of a bowl — and resulted in a win for Republican David Yancey. This win also gave Republicans control of the state House by a single seat.

Myth 2: "Everyone Has an Equal Opportunity to Vote"

- The US Constitution makes it illegal for states to deny the right to vote based on race and gender, but this doesn't mean all citizens are guaranteed the right to vote or even have an equal opportunity to do so.
- Many states continue to have voting restrictions, such as voter ID laws, registration restrictions, and voter purges, that disproportionately affect marginalized groups.
- In Georgia, more than 200 polling stations were closed ahead of the 2018 election, primarily in counties with higher poverty rates and significant Black populations. In Arizona, more than 500 voters, most of whom were Navajo, were inaccurately placed on a suspension list in 2013 because the state requires a fixed address,

which doesn't always exist on reservations.

Myth 3: "Once I Register to Vote, I'm Set for All Future Elections"

- Even after you've registered to vote, under certain circumstances you can be erased from the system — sometimes unknowingly. So, it's especially important to check your registration status ahead of time to avoid any unpleasant surprises on Election Day.
- You will have to re-register to vote when you move, change your name, switch political parties. There have also been multiple instances in which states have inaccurately removed or suspended voters from their active voter lists.

Myth 4: "Voter Fraud Is a Big Problem in the US"

- Americans are more likely to be struck and killed by lightning than to impersonate another voter at the polls, according to the Brennan Center for Justice.
- This is also the case for mail ballots, which are expected to be used extensively during the 2020 presidential election to accommodate for the COVID-19 pandemic.

Myth 5: "Presidential Elections Are the Only Ones That Really Matter"

- While the drama and high stakes of presidential elections make them monumental events reverberating throughout the course of US history, state and local elections can have a more direct and immediate impact on Americans' lives.
- Yet voter turnout rates halve from presidential to midterm elections, and halve again from midterm to municipal elections.
- These elections deal with important issues such as a city's budget, school boards, and the criminal justice system. State legislators have also historically been more productive than Congress at passing bills, which means that your vote at these lower levels could lead to more direct results and policies that benefit your community.

Now that you know your rights and have debunked the myths, here's how to vote.

Vote By Mail

- New Jersey will mail a ballot to all active, registered voters for the General Election.
- What to Do with Your Ballot
 - Mail: It must be postmarked on or before November 3 and be received by your county's Board of Elections on or before November 10.
 - [You can track your ballot here!](#)
 - [Secure Ballot Drop Box: Place your ballot in one of your county's secure ballot drop boxes by 8:00 p.m. on November 3.](#)
 - [Board of Elections Office: Deliver your ballot in person to your county's Board of Elections Office by 8:00 p.m. on November 3.](#)
 - [Polling Place: Bring your ballot to your polling place by 8:00 p.m. on election day, November 3. Remember only you, the voter, can bring your ballot to your polling place on election day.](#)
- It's Safe: Over the past 20 years, more than 250 million ballots have been cast by mail nationwide, while there have been just 143 criminal convictions for election fraud related to mail ballots. That averages out to about one case per state every six or seven years, or a fraud rate of 0.00006%.

Vote In Person

- You may choose to vote in person at your polling place, from 6:00 a.m. to 8:00 PM on Election Day, November 3, and you will be provided a provisional paper ballot.
- Accommodations will be made for people with disabilities to use an accessible voting device.
- Go to [Vote.NJ.Gov](https://www.vote.nj.gov) for your polling place, listed on the [Find Your Polling Location page](#).

SOURCE: <http://www.drnj.org/pdf/VotingGuide-ENG-Rev2016-04-FINAL.pdf>
<https://www.npr.org/2020/06/04/864899178/why-is-voting-by-mail-suddenly-controversial-heres-what-you-need-to-know>

Let's Stay Wise and Healthy!

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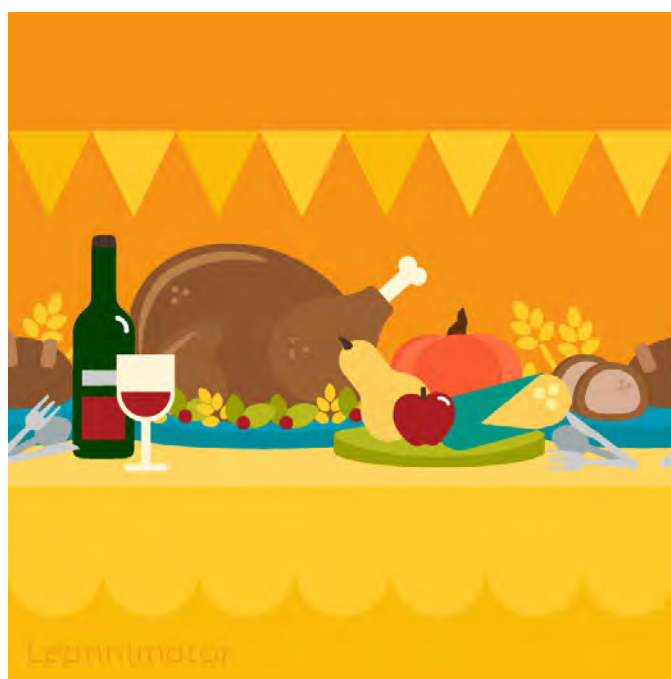


Positive Pulse

Your monthly dose of advice on healthy living

November 2020

Thanks for the Tip Part 1: Thanksgiving Activities

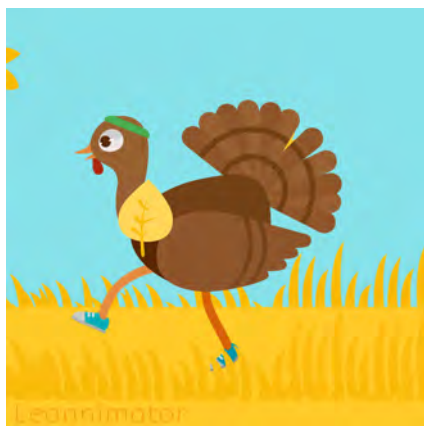


This is part one of Thanks For the Tip, giving you some advice on how to enjoy a healthy Thanksgiving holiday with activities that help you and others stay healthy year-round.

- Burn some calories instead of gaining them by participating in a Turkey Trot.
- Thanksgiving is all about being grateful for the good in your life, so make sure to take some time to focus on the positive.
- If all is well in your life, take the opportunity to help others in need.

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Turkey Trot

Origin of the Turkey Trot

- The inaugural trot took place 124 years ago in Buffalo, New York.
- The 8K cross-country race, hosted by the local YMCA that Thanksgiving Day, drew just six participants, and only four of them made it to the finish line.
- One runner excused himself after two miles; another dropped out when his “late breakfast refused to keep in its proper place.”
- The winner, Henry A. Allison, crossed the line in 31 minutes and 12 seconds, averaging a six-minute-per-mile pace.
- It’s been held every single year since, which makes it the oldest continuous footrace in North America.

Still Going Strong

- In recent years, Turkey Trot participation across the country has continued to boom.
- According to Running USA, more than 901,753 people finished a trot in 2015, up from 684,334 in 2011, marking a more than 30% increase in four years.
- And while each iteration introduces its own unique elements, common themes emerge:
 - It’s a fun, family-friendly race.
 - There is often a charitable component
 - There is almost always a focus more on the ritual of the trot and the togetherness it inspires rather than a hardcore, competitive spirit.

Reasons to Turkey Trot

- It’s a chance to have a bonding tradition with friends and family.
- Trotting provides a feel-good, active start to a day otherwise spent lounging around, socializing, or cheering on your favorite team.
- It’s nice to go and do something physical before you sit down to watch football and eat a feast over the holiday.

Turkey Trot Throwback

- We held a Turkey Trot in 2017 at the Watchung Reservation.
- We hope to hold another Turkey Trot in the future!



SOURCE: <https://www.runnersworld.com/races-places/a20862856/how-the-turkey-trot-became-the-most-popular-race-in-america/>



Be Thankful

Create a Gratitude Ritual

- Close your eyes and take a couple of minutes to think of the people and things you are grateful for.

Send a Thank-You Note

- It's nice to get a little note thanking you for something you did. You don't need to send someone a formal thank-you card (although that's a nice touch), but just a little note (or email) saying thank you for a specific thing the person has done for you can go a long way. And it only takes a minute!

Give a Hug

- Only do this when appropriate... but if you have a loved one in your life, give

them a hug. Often we can go too long without showing our affection and gratitude, even to those who are closest to us.

Give Thanks for Today

- You don't even have to thank a person... you can thank life itself. Wake up, and greet the day with gratitude. Be thankful you're alive!
- Here's a gratitude prayer by the Dalai Lama, who tells us: "Everyday, think as you wake up, 'Today I am fortunate to have woken up, I am alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others, to achieve enlightenment for the benefit of all beings, I am going to have kind thoughts towards others, I am not going to get angry or think badly about others, I am going to benefit others as much as I can.'"

Do Someone a Favor

- Without expecting anything in return, do something nice for someone. Just something small. Get them a drink or a coffee, do a chore for them, offer to do an errand, anything they'd appreciate, really. Think of what the person likes, wants or needs, and try to do something (even something small) to help them. Actions speak louder than words, and doing something nice will show you're grateful more than just saying it.

Give a Little Gift

- It doesn't have to be fancy or expensive, but a little gift can be a tremendous gesture.

Make a Gratitude List

- Take 5 minutes and make a list of 10 or 50 things you love about someone, or things they've done for you that you appreciate.

Share Your Praise

- Find a way to acknowledge the contributions of someone, to show your gratitude, in a public way: in your office, among friends and family, on your blog, in your local newspaper.

Surprise Someone with Kindness

This is similar to doing a favor, but with a twist: surprise the person. That little extra step of surprising them can make a big difference. When your wife comes home from work, have a lovely dinner prepared. When your mom walks out her front door in the morning, have her car nice and clean. When your daughter opens her lunch pail, have a little note and a treat waiting for her.

Say Thanks, Despite Negativity

- This is the hard part. When things go wrong, when we're not happy, when people are mean to us, when we are worn down by everyday life, we don't want to say thank you. But in truth, this is the time when it matters most.

NJSAP Gratitude Journal

- Don't forget about the NJSAP Gratitude Journal!
- Use this template to express your gratitude each day.

Today's date: _____

My Gratitude Journal

☀ In The Morning ☀

Right now, I am grateful for:

1. _____
2. _____
3. _____

I am so **lucky** and here is just one reason why:

The **people** in my life I am grateful for are:

Something I can do to make today **great** is:

🌙 In The Evening 🌙

Today I **appreciate**: _____ Today I **forgive**: _____

Here is **one nice thing** I did for myself or someone else today:

Three things that **made my day**:

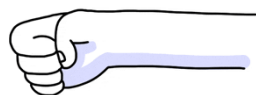
1. _____
2. _____
3. _____



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SOURCE: <https://zenhabits.net/10-great-ways-to-show-youre-grateful-today/>



Help Others

Pay Five, Give Five

- If you can afford it, making a donation at the grocery check-out when you shop.
- Food banks are struggling and can use the donations during the pandemic.
- Small acts of kindness go a long way.

Transit(ion) To Donation

- Many people are not using public transit money or gas money to go out as much.
- Collect some of the funds from your transit and make donations to charities you believe in.

Physical Distance, Not Social

- In public areas, many folks are avoiding conversation and eye contact these days.
- Going out of your way to say hello and just trying to connect can brighten

someone's day.

- It's important to make sure we don't forget how to be humans while also keeping distance.
- Pets will also appreciate a hello!

Wholesale Orders

- Many family-run produce wholesalers have found that the restaurants they sell to have cancelled all their orders.
- They're now selling direct and will even deliver to keep their staff employed.
- These wholesalers appreciate the support so their business can remain throughout this crisis.

Masks for All

- Hold an N95 and surgical mask drive for health care professionals who need them.
- If anyone has any unused boxes/packages to spare from some home project they never got around to, you can pick them up from your porch and do a delivery.
- You can also make or donate masks for those in your community that still need them.

Food Pick-Up or Delivery

- Order food from local restaurants to try to support them.
- Make sure to do either curbside pickup or contactless delivery (to protect them and yourself from potential transmission).
- Give a healthy tip if you can!

Giftcards

- A number of small local businesses have asked that customers purchase gift certificates during this time.
- Some may also have a Worker Relief Fund you can donate to.
- Let someone know about your favorite local business and support them, even if you may not be able to purchase anything right now.

Start Your Own Fundraiser

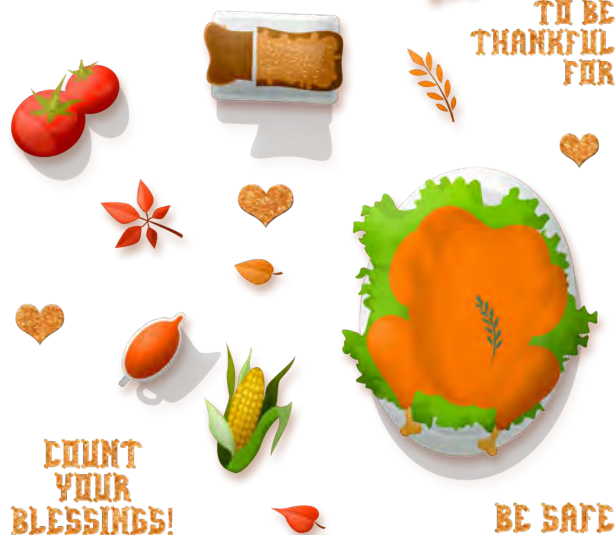
- Create a fundraising initiative to support COVID-19 relief efforts in your area.
- Share amongst the networks you have, and you could create something really impactful!

SOURCE: <https://earthjustice.org/blog/2020-april/8-ways-you-can-help-your-community-amid-the-covid-19-crisis>

Let's Stay Thankful & Healthy!

HAPPY
THANKSGIVING!

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FOR



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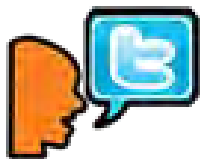


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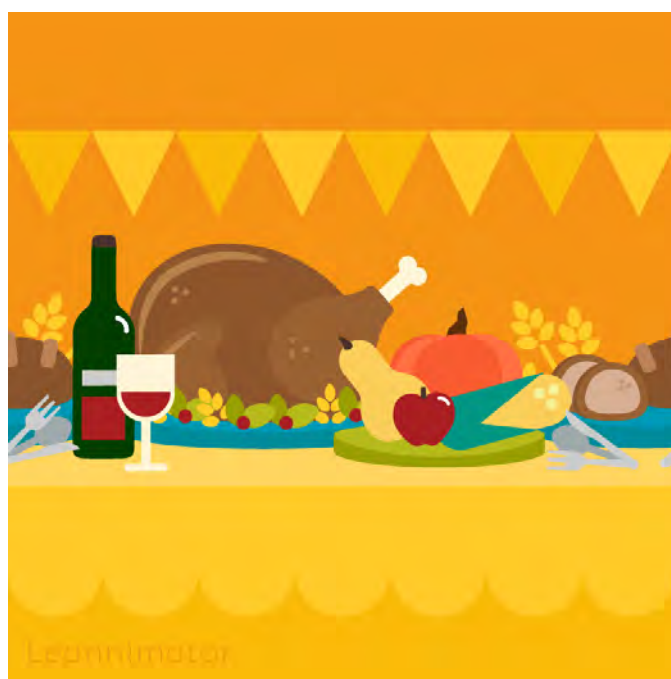
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Positive Pulse

Your monthly dose of advice on healthy living

November 2020

Thanks for the Tip Part 2: Eat This, Not That



This is part two of Thanks for the Tip, giving you some advice on how to have eat healthy during the holidays and beyond.

- Ordering delivery or picking up food from a restaurant can be

healthy if you approach it with a few healthy tips in mind.

- Cooking at home provides more control over your meal and there are many healthy substitutions you can make to improve the nutrition of your meals.
- Try these Thanksgiving themed substitutions over the holiday or year-round!

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Tips on Dining Out

Be Prepared

- Check out the menu to see if there are healthy options before you settle on a location.
- Make a reservation so you aren't waiting around for a table. Waiting around and getting hungrier will make you want any food in front of you instead of making healthy choices.

Don't Mistake Thirst for Hunger

- Sometimes when you feel hungry you might actually be thirsty. Drink some water to see if that helps you feel better.
- There are many additional benefits to being properly hydrated, so it can't hurt to drink more water.
- Choose water, fat-free or low-fat milk, unsweetened tea, and other drinks without added sugars to complement your meal.

Manage Your Meal

- Start with a salad to help you fill up on healthier foods first.
- When dining out, pack up half of your meal to go as soon as it comes out. Portion sizes at restaurants are often a lot bigger than what is recommended.
- Share a meal with someone else to manage your portion sizes and save money!
- Ask for your sauces on the side. Using your sauce as a dip will help you eat less instead of if it is poured on. It will lower the calories on your meals.
- Order a side dish or an appetizer-sized portion instead of a regular entree. They're usually served on smaller plates and in smaller amounts.

Be Ready on the Go

- Pack fruit, sliced vegetables, low-fat string cheese, or unsalted nuts to eat during road trips or long commutes.

- Just because you are not home doesn't mean you need to order food if you have healthy snacks that are ready-to-eat.

Avoid Meal Traps

- Have an item from the menu and avoid the “all-you-can-eat” buffet. Steamed, grilled, or broiled dishes have fewer calories than foods that are fried in oil or cooked in butter.
- Don't be shamed into cleaning your plate. It's okay to save some for later, you won't be hurting anyone's feelings.

SOURCE: <https://www.choosemyplate.gov/ten-tips-eating-foods-away-home>



Eating at Home

Healthy Food Swaps

- You can use substitutions to make your food choices healthier if you are preparing your own food.
- Make sure that you are prepared and have the substitutions you need at home, for use at anytime.

For Recipes

You can make many of your favorite recipes healthier by using lower-fat or no-fat ingredients. These healthy substitutions can help you cut down on saturated or trans fats, while noticing little, if any, difference in taste.

- Instead of whole milk (1 cup), use 1 cup fat-free or low-fat milk, plus one tablespoon of liquid vegetable oil.
- Instead of heavy cream (1 cup), use 1 cup evaporated skim milk or 1/2 cup low-fat yogurt and 1/2 cup plain low-fat unsalted cottage cheese.
- Instead of sour cream, use low-fat unsalted cottage cheese plus low-fat or fat-free yogurt; or just use fat-free sour cream.
- Instead of cream cheese, use 4 tablespoons soft margarine (low in saturated fat and 0 grams trans fat) blended with 1 cup dry, unsalted low-fat cottage cheese; add a small amount of fat-free milk if needed.
- Instead of butter (1 tablespoon), use 1 tablespoon soft margarine (low in saturated fat and 0 grams trans fat) or 3/4 tablespoon liquid vegetable oil.
- Instead of unsweetened baking chocolate (1 ounce), use 3 tablespoons unsweetened cocoa powder or carob powder plus 1 tablespoon vegetable oil or soft margarine; since carob is sweeter than cocoa, reduce the sugar in the recipe by 25%.

For Snacks

- Instead of fried tortilla chips, enjoy baked tortilla chips (reduced sodium version).
- Instead of regular potato or corn chips, enjoy pretzels or low-fat potato chips (reduced sodium version).
- Instead of high-fat cookies and crackers, enjoy fat-free or low-fat cookies,

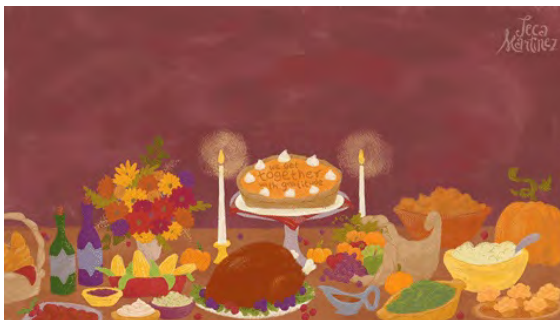
crackers (such as graham crackers, rice cakes, fig and other fruit bars, ginger snaps and molasses cookies).

- Instead of regular baked goods, enjoy baked goods, such as cookies, cakes and pies, and pie crusts made with unsaturated oil or soft margarines, egg whites or egg substitutes, and fat-free milk.
- Instead of devil's food cake, enjoy angel food cake.
- Instead of ice cream bars, enjoy frozen fruit bars.
- Instead of pudding made with whole milk, enjoy pudding made with fat-free or low-fat milk.
- Instead of ice cream, enjoy sherbet, ice milk or frozen, fat-free or low-fat yogurt.
- Instead of a doughnut, enjoy a bagel or slice of toast.

For High Fat Items

- Instead of cream-based soups, try broth-based soups with lots of vegetables
- Instead of quiche and salad, try soup and salad.
- Instead of buffalo chicken wings, try peel-and-eat shrimp.
- Instead of bread, muffins, or croissants, try melba toast, pita bread, or whole-grain rolls.
- Instead of a fried chicken sandwich, try a grilled chicken sandwich.
- Instead of chicken fried steak, try a veggie burger.
- Instead of french fries, try baked potato, brown rice, or steamed vegetables.
- Instead of potatoes and gravy, try potatoes without gravy or a baked potato.
- Instead of creamy coleslaw, try sautéed vegetables, steamed vegetables or a tossed salad.
- Instead of a hot fudge sundae or ice cream, try nonfat yogurt, sherbet or fruit ice.

SOURCE: <https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/cooking/smart-substitutions-to-eat-healthy>



Thanksgiving Meal Swaps

“Eat This NOT That” Thanksgiving Edition

Try these substitutions for Thanksgiving classics!



 Roasted Sweet Potatoes	Candied Yams 
 White Meat Turkey	Dark Meat Turkey 
 Green Bean Casserole	Cream Soup Casserole 
 Whole Wheat Rolls	White Flour Rolls 
 Cider	Eggnog 
 Pumpkin Pie	Pecan Pie 
 Whole Wheat Stuffing	White Bread Stuffing 
 Vegetable Gravy	Turkey Gravy 
 Fresh Cranberry Relish	Canned Cranberries 



Created by NJ Self-Advocacy Project
www.njselfadvocacyproject.org

Healthy Lifestyles Project is funded by a
 grant from The Horizon Foundation for
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www.healthylifestylesproject.org

SOURCE: <https://www.everydayhealth.com/diet-and-nutrition-pictures/healthy-holiday-food-swaps.aspx>

Let's Stay Thankful & Healthy!

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THANKSGIVING!

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BE SAFE

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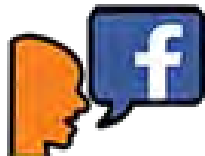
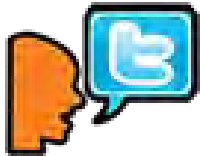


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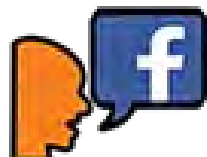


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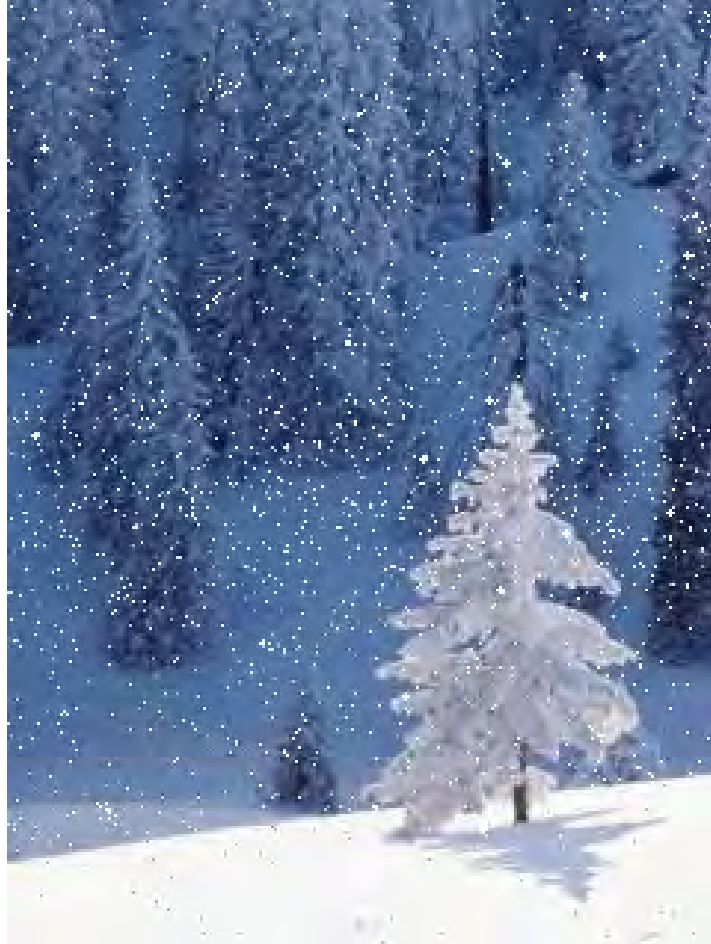


Positive Pulse

Your monthly dose of advice on healthy living

December 2020

Cold Weather Health Part 1: Winter Workouts



This is part one of Cold Weather Health, giving you some advice on how to stay fit and healthy during the winter.

- You can workout safe and warm inside without a home gym.
- You can still workout outside and there are many ways to make this more enjoyable than it may sound.
- It is important to follow some safety guidelines when you are outside in the cold weather.

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Indoor Workouts

Jump Rope

- You may think jump ropes are for little kids, but they are a great activity for any age.
- If you want a good cardio workout in a matter of minutes, try a jump rope.

Stair Stepping

- Stair stepping is a great exercise to do in your home, even if you don't have a set of stairs available.
- Find the biggest book you own (or a sturdy chair), put it in front of the TV, and step up and down while watching your favorite show.
- You may not work up a sweat like you would with a jump rope, but you will be keeping your body in motion.

Planks

- If you don't have a lot of time but you want to build up your core muscles, planks are the exercise for you!
- Get into a push-up position, but instead of bending your arms and moving down towards the floor, hold the position with your arms extended.
- Start off holding the position for 30 seconds, and add an additional 10 seconds as you get used to it.
- This is one of the most challenging exercises, but it's also one of the best for your core.

Dancing

- If you get bored with normal workouts, have a dance party.
- Once a week, pick out some music and just dance!
- Dancing is an excellent way to burn calories and get your heart rate going while having fun.
- If you are in the privacy of your own home, there is no need to look like a pro or impress anyone.

Lunges

- Bend the knees and lunge down while simultaneously lowering the torso towards the front thigh and bringing the weights down towards the floor.
- Keeping the back flat push back up through the front heel and straighten the torso. Bend the knee and push back up, straightening the torso.
- Try it whenever you go down the hall, or from room to room.
- If that gets too easy for you, hold weights in your hands to make the lunges more challenging.

Cleaning

- Cleaning can be very physical, especially vacuuming and mopping.
- If you are unable to go out one day to ride your bike or go for a run, set up a house cleaning schedule and clean your house instead.

Water Bottle Weights

- If you are looking to do some arm, shoulder, and back strength training, you can make your own weights by filling up water bottles.
- If using water bottles becomes too easy, use milk jugs.
- You can tailor the exercise to your level by filling the jugs to the exact weight that you need. For a greater challenge, increase the water amount just a little bit each time you workout.

High Knees

- To do this exercise, march in place or down a hall, and bring your knees as high as

they can go.

- High knees can really get your heart pumping, especially if you go double time.

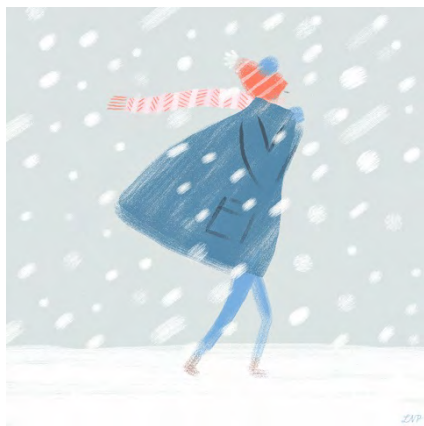
Jumping Jacks

- This is another elementary school throwback, but it offers a great cardio workout.
- If you are watching a TV show, get up during the commercials and do a round of jumping jacks.

Youtube Workouts

- There are a lot of workout routines on YouTube. You can search “workout,” or you can search by the specific type of workout that you would like.
- This eliminates the need to use workout DVDs, and it allows you to mix up what you are doing to avoid boredom and lose weight fast.
- YouTube is also great if you want to do a traditional workout with push-ups, squats, and crunches, but are unsure on how to properly do these types of exercises. There are tons of videos that instruct you on how to use correct form as you exercise.
- Try watching out [fitness playlist from Matt and Kristen of IHT](#), [NJSAP's workout webinar](#), or joining us for [fitness Fridays on HLP:LIVE!](#)

SOURCE: <https://www.brmsonline.com/blog/wellness/2018/winter-workout-at-home>



Outdoor Workouts

Make A Playlist

- Sometimes taking an extra five minutes to create your workout playlist makes all the difference.
- Listening to an energetic song and getting that runner's high will help you forget about the cold.
- [Try out the NJSAP Workout playlist!](#)

Crank Up The Intensity

- For every degree the body's internal temperature rises, the heart beats about 10 beats per minute faster.
- Elevating your heart rate is an important component of elevating body temperature. Staying in the higher heart rate zones will help you burn more calories in less time and keep you warm.
- Intensity is key. Play with the variables, such as reducing the rest time between sets.

Embrace Winter Chores And Activities

- Snow shoveling, snowball fights, and sledding are physical activities.
- Put on some snowshoes and continue hiking in the cold weather.
- Mixing up traditional exercise with chores and games keeps you motivated, since

you're less likely to get bored and fall off the bandwagon.

Make The World Your Gym

- Often we get stuck in a creative box by thinking our workout has to "look" a certain type of way with barbells and exercise machines.
- Go outside and look around. Find a set of stairs to run up. Put on gloves and do pushups in the park.
- The more creative you are, the more workout opportunities you'll find around you.

Added Vitamin D

- When training outside, you get beneficial vitamin D from the sun to support muscle strength, mass, and bone density.
- According to the Creighton School of Medicine, Vitamin D helps the body maintain healthy levels of calcium and phosphorous to prevent osteoporosis and brittle bones and also enhances the immune system to fight off disease and infection.

COVID and Flu Safety

- You're less susceptible to catching colds and the flu outside than in a crowded and stuffy weight room.
- Training outside allows you to perform more exercises without worrying about bumping into a bench, machine, or another person using equipment. You'll also be less likely

SOURCE: <https://whatsgood.vitaminshoppe.com/winter-workouts/>
<https://www.stack.com/a/winter-outdoor-workouts>



Winter Workout Safety

Check the Weather

- Check the forecast before heading outside.
- Temperature, wind and moisture, along with the length of time that you'll be outside, are key factors in planning a safe cold-weather workout.
- Wind and cold together make up the wind chill, a common element in winter weather forecasts. The wind can penetrate your clothes and remove the insulating layer of warm air that surrounds your body.
- If the temperature dips below zero F (minus 18 C) or the wind chill is extreme, consider taking a break or choosing an indoor exercise instead.

Stay Dry

- Consider putting off your workout if it's raining or snowing unless you have waterproof gear.
- Getting wet makes you more vulnerable to the cold. And if you get soaked, you may not be able to keep your core body temperature high enough.

Avoid Frostbite and Hypothermia

- Frostbite is an injury to the body that is caused by freezing. Frostbite is most common on exposed skin, such as your cheeks, nose and ears. It can also occur on hands and feet.
- Early warning signs include numbness, loss of feeling or a stinging sensation.
- Immediately get out of the cold if you suspect frostbite. Slowly warm the affected area — but don't rub it because that can damage your skin. Seek emergency care if numbness doesn't go away.
- Hypothermia is abnormally low body temperature. When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Exercising in cold, rainy weather increases the risk of hypothermia. Older adults and young children are at greater risk.
- Hypothermia signs and symptoms include:
 - Intense shivering
 - Slurred speech
 - Loss of coordination
 - Fatigue
 - Seek emergency help right away for possible hypothermia

Dress in Layers

- Dressing too warmly is a big mistake when exercising in cold weather. Exercise generates a considerable amount of heat — enough to make you feel like it's much warmer than it really is.
- The evaporation of sweat, however, pulls heat from your body and you feel chilled. Dress in layers that you can remove as soon as you start to sweat and then put back on as needed.
- First, put on a thin layer of synthetic material, such as polypropylene, which draws sweat away from your body. Avoid cotton, which stays wet next to your skin.
- Next, add a layer of fleece or wool for insulation. Top this with a waterproof, breathable outer layer.
- You may need to experiment to find the right combination of clothing for you based on your exercise intensity. If you're lean, you may need more insulation than someone who is heavier.

Protect Your Head and Extremities

- When it's cold, blood flow is concentrated in your body's core, leaving your head, hands and feet vulnerable to frostbite.
- Wear a thin pair of glove liners made of a wicking material (such as polypropylene) under a pair of heavier gloves or mittens lined with wool or fleece. Put on the mittens or gloves before your hands become cold and then remove the outer pair when your hands get sweaty.
- Consider buying exercise shoes a half size or one size larger than usual to allow for thick thermal socks or an extra pair of regular socks. And don't forget a hat to protect your head or headband to protect your ears. If it's very cold, consider wearing a scarf or ski mask to cover your face.

Don't Forget Safety Gear and Sunscreen

- If it's dark when you exercise outside, wear reflective clothing. And if you ride a bike, using headlights *and* taillights are a good idea. To stay steady on your feet, choose footwear with enough traction to prevent falls, especially if it's icy or snowy.
- Wear a helmet while skiing, snowboarding and snowmobiling. Consider using chemical heat packs to warm up your hands or feet, especially if you have a tendency to have cold fingers and toes or if you have a condition such as Raynaud's disease.
- It's as easy to get sunburned in winter as in summer — even more so if you're exercising in the snow or at high altitudes. Wear a sunscreen that blocks both UVA and UVB rays and a lip balm with sunscreen. Protect your eyes from snow and ice glare with dark glasses or goggles.

Drink Plenty of Fluids

- Don't forget about hydration, as it's just as important during cold weather as it is in the heat. Drink water or sports drinks before, during and after your workout, even if you're not really thirsty.
- You can become dehydrated in the cold from sweating, breathing, the drying power of the winter wind and increased urine production, but it may be harder to notice during cold weather.

SOURCE: <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20045626>

Let's Stay Warm & Healthy!



Happy Holidays

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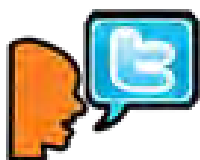
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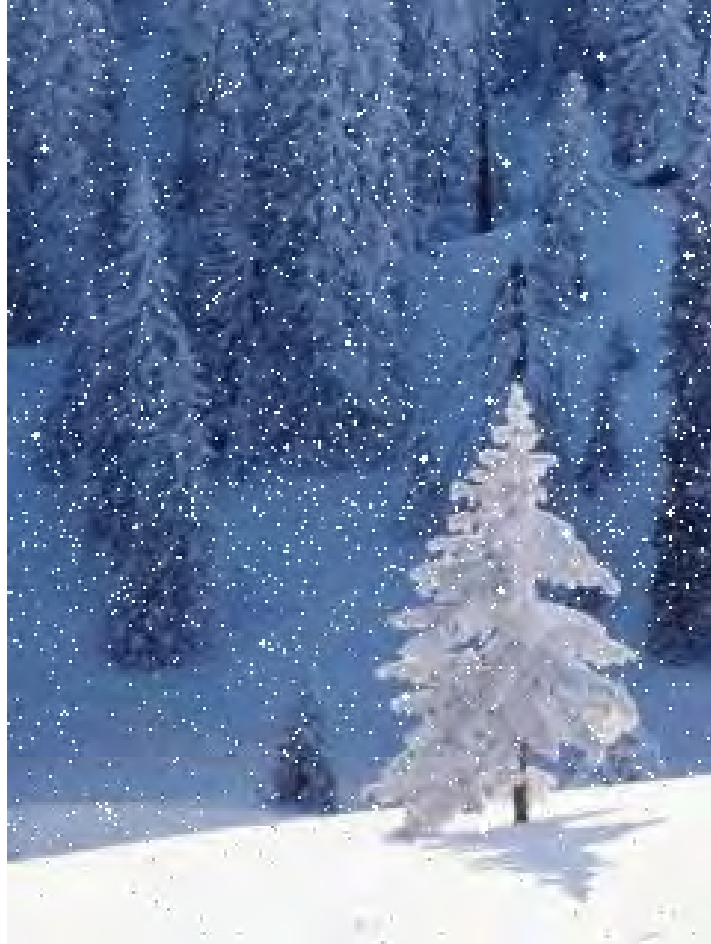


Positive Pulse

Your monthly dose of advice on healthy living

December 2020

Cold Weather Health Part 2: Warm Winter Recipes



This is part two of Cold Weather Health, giving you some advice on how to make some healthy food this winter.

- Try eating spiced oatmeal for breakfast to start your morning with warmth & energy.
- For lunch, try a cold weather classic: soup.
- For dinner, skip the meat (and maybe the bun, too) and try grilling up a spicy veggie burger.

After you're done reading, [don't forget to listen to our webinars every Tuesday! You can find registration links and recordings here.](#)

We are also holding Healthy Lifestyles Project: LIVE events, every Wednesday at 11 AM and Friday at 1 PM. [Register here.](#)



Breakfast: Try Oatmeal

High in Fiber

- Oats contain both soluble *and* insoluble fiber.

- Soluble fiber forms a viscous gel that helps to lower cholesterol and maintain your blood sugar.
- The insoluble fiber in oats helps you avoid constipation and improve your intestinal health.

Protect Your Heart and Your Colon

- A variety of antioxidants known as avenanthramides are found exclusively in oats.
- Avenanthramides have been shown to exhibit anti-inflammatory and anti-itching abilities.
- They may also provide additional protection against coronary heart disease, colon cancer, skin irritation, and high blood pressure.

Easy, Balanced Breakfast

- One cup of cooked oats contains about 150 calories, four grams of fiber (about half soluble and half insoluble), and six grams of protein.
- You can incorporate even more protein by adding peanut butter or almond butter to your oatmeal.
- Nutrient-rich oatmeal contains thiamine, magnesium, phosphorus, zinc, manganese, selenium, and iron.

Control Your Weight

- Oats can keep you feeling fuller longer, thereby helping you control your weight.
- Carbs are often shunned and feared by those looking to drop a few pounds, but whole grains can squash hunger.
- As with any other food, be mindful of portion sizes.

Oats Can Be Savory, Too!

- Although oats are usually paired with sweet foods like brown sugar and cinnamon or fruit, oats also make a perfect savory side dish.
- Oats provide a texture similar to buckwheat, and their bland taste is like a blank canvas for a variety of seasonings and spices.
- You can combine oatmeal with your favorite veggies or last night's leftovers, and top with an egg or a sprinkle of cheese to enjoy breakfast for dinner.



Chai-Spiced Oatmeal

Serves 4 to 6

INGREDIENTS:

For the oatmeal:

4 cups water
2 chai tea bags
1 cup steel-cut oats
Scant 1/8 teaspoon kosher salt

For serving:

Heavy cream
Honey
Coarsely chopped roasted almonds
Ground cinnamon

INSTRUCTIONS:

1. Bring the water to a boil in a medium saucepan over high heat.
2. Remove from the heat, add the tea bags, cover, and steep for 5 minutes.
3. Remove the tea bags and discard.
4. Stir the oats and salt into the tea and return it to a rolling boil.
5. Reduce the heat to low and simmer over low heat, stirring occasionally and scraping the bottom of the pan, until the oats are very tender and the oatmeal is as creamy as you like it, 20 to 30 minutes.
6. Serve immediately in bowls topped with a splash of heavy cream, a drizzle of honey, and a sprinkle of roasted almonds and cinnamon.

SOURCE:

- <https://www.everydayhealth.com/columns/bonnie-taub-dix-nutrition-intuition/reasons-why-you-should-eat-oatmeal-every-day/>
- <https://www.thekitchn.com/recipe-masala-chai-spiced-oatmeal-234429>



Lunch: Try Soup

Get Your Vegetable Servings

- The American Heart Association recommends adults consume eight or more servings of fruits and vegetables every day. That's 4 ½ cups.
- Almost any vegetable lends itself to use in soup, from creamy squash or tomato bisques to vegetable beef or chicken vegetable soup.
- Add fresh or frozen vegetables to canned soups to increase the servings of vegetables and add flavor.

Nutrient Dense

- Soups made with beans and lean meats such as fish provide lean protein.
- Beans also give you fiber.
- Tomatoes are a good source of lycopene, an antioxidant that may help reduce the risk of cancer, particularly prostate cancer, according to Penn State University.
- Vegetables in soup contain many vitamins, such as A and C.
- Cream soups supply calcium and vitamin D.

Low Fat

- Most soups, if made with lean meat, are low in fat, making them a good choice

for anyone concerned about fat in their diet.

- Use fat-free broths and lean meat to reduce the fat content of soups.
- Use skim milk for cream soups; or, instead of milk, you can use pureed white beans to thicken soup.
- To further reduce the fat content of your soup without sacrificing flavor, chill it and skim off the fat before reheating and serving.

Soups Fill You Up and Provide Hydration

- Because soup contains so much water, they fill you up with fewer calories.
 - When Barbara Rolls, Ph.D., conducted research at Penn State University, she discovered that students who ate chicken and rice soup instead of a chicken and rice casserole, consumed fewer calories yet reported being equally satisfied.
 - The water in soup broth will provide additional hydration for your body in addition to the water you drink.
-



Butternut Squash Soup

Serves 4

INGREDIENTS:

2 tablespoons butter
1 small onion, chopped
1 stalk celery, chopped
1 medium carrot, chopped
2 medium potatoes, cubed
1 medium butternut squash - peeled, seeded, and cubed
1 (32 fluid ounce) container chicken stock
salt and freshly ground black pepper to taste

INSTRUCTIONS:

1. Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned.
2. Pour in enough of the chicken stock to cover vegetables.
3. Bring to a boil.
4. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.
5. Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency.

6. Season with salt and pepper.

SOURCE:

- <https://www.livestrong.com/article/254373-what-are-the-benefits-of-eating-soup/>
 - <https://www.allrecipes.com/recipe/77981/butternut-squash-soup-ii/>
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Dinner: Try Veggie Burgers

Low-Fat and Low-Calorie

- If you're trying to lose some weight but you don't want to drastically change your diet, a veggie burger makes an ideal addition to your daily menu.
- Veggie burger patties are low in saturated fat, making them a great diet food. A regular lean beef patty contains about 10 grams of fat, while the average veggie burger patty only has about 3 grams of fat.
- Many veggie burgers also contain fewer calories than beef burgers. Some veggie burgers contain as few as 70 calories, compared to the average beef burger which can exceed 200 calories per serving.

Less or No Preservatives

- Preservatives are additives that you will commonly find in processed foods.
- Preservatives are added in order to extend a product's shelf life.
- Preservatives such as those in meat burgers contain sodium nitrites, which can be harmful if consumed in abundance.

Rich In Fiber

- A veggie burger contains a high amount of fiber.
- Fiber can help you maintain weight, avoid bacterial infection and prevent serious diseases such as colon cancer.
- Fiber is also good for the heart.

Help Avoid Some Diseases

- Soy (which is usually an ingredient in veggie burgers) is known to contain phytochemicals that help lower your body's LDL cholesterol, also known as the "bad" cholesterol.
 - This cholesterol can clog arteries and block blood flow, causing heart disease or a heart attack.
 - The soy in veggie burgers can also help you avoid osteoporosis and other bone diseases, by helping your bones retain calcium.
-



Black Bean Burgers

Serves 6

INGREDIENTS:

2 (14 ounce) cans black beans, drained, rinsed, and patted dry
1 Tablespoon extra virgin olive oil
3/4 cup finely chopped bell pepper (1/2 of a pepper)
1 cup finely chopped yellow onion (1/2 of a large onion)
3 garlic cloves, minced (about 1 Tablespoon)
1 and 1/2 teaspoons ground cumin
1 teaspoon chili powder
1/2 teaspoon garlic powder
1/4 teaspoon smoked paprika
1/2 cup bread crumbs or oat flour
1/2 cup feta cheese
2 large eggs
1 Tablespoon Worcestershire sauce
2 Tablespoons ketchup, mayo, or BBQ sauce
pinch salt + pepper

INSTRUCTIONS:

1. Preheat oven to 325°F (163°C).
 2. Spread beans evenly onto a lined baking sheet and bake for 15 minutes until slightly dried out.
 3. Meanwhile, sauté olive oil, chopped pepper, onion, and garlic over medium heat until peppers and onions are soft, about 5-6 minutes.
 4. Gently blot some of the moisture out. Place in a large bowl or in a food processor with the remaining ingredients (cumin, chili powder, garlic powder, smoked paprika, bread crumbs, cheese, eggs, worcestershire, ketchup, salt, and pepper). Stir or pulse everything together, then add the black beans. Mash with a fork or pulse the mixture, leaving some larger chunks of beans.
 5. Form into patties- about 1/3 cup of mixture in each.
- To bake: Place patties on a parchment paper lined baking sheet and bake at 375°F (191°C) for 10 minutes on each side, 20 minutes total.

- To grill: Place patties on greased aluminum foil and grill 8 minutes on each side. Heat temperature is personal preference as all grills differ. Generally, black bean burgers should grill on medium-high heat about 350°F (177°C) - 400°F (204°C).

Serve with your favorite toppings. Try eating it on a whole wheat bun or chopping it up and putting it on a salad! Store leftovers in the refrigerator for up to 5 days.

SOURCE:

- <https://www.fitday.com/fitness-articles/nutrition/healthy-eating/4-reasons-to-choose-a-veggie-burger.html>
- <https://sallysbakingaddiction.com/best-black-bean-burgers/>

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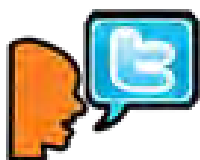
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