

**At press time, ALL VISITATION IS RESTRICTED for the protection of residents' health.**

## Six Reasons to Write to a Pen Pal

June 1 is the nationally recognized day to celebrate pen pals. Nothing beats receiving a personal letter in the mail! Whether it is an old friend, a family member, or someone you have never met, receiving a personal correspondence can brighten up your whole day. With our current social distancing guidelines, now is the perfect time to put pen to paper and reach out to and become pen pals with a resident of a senior living home, grandchild, family member, an old friend or neighbor.

### Here are five reasons to write to your pen pal:

1. Reflection promotes self-care.
2. Enjoy new friendships, or maintain old ones.
3. Express creativity.
4. Connectivity with those you cannot see in person.
5. Opportunity to deepen your understanding of people from different walks of life.

## Eat Healthy to Help Reduce Anxiety

Due to necessary lifestyle requirements resulting from ever-changing health and safety guidelines, many people across the country are having to deal with significant anxiety. Anxiety is a normal reaction to change and stress, but when anxiety becomes excessive or irrational, it can become disabling. At this time, people often turn to food for comfort, causing them either to overeat, neglect to eat, or make poor food choices.

**Although food can't cure an anxiety disorder, studies have shown that a healthy diet may lessen the signs and symptoms of anxiety.** Always check with your physician first, but consider the following dietary suggestions:

**Incorporate complex carbohydrates into your diet.** These foods increase the amount of serotonin, a calming transmitter in the brain.

### Skip or reduce alcohol.

Overindulgence may lead to insomnia and dehydration.

**Stay hydrated.** Dehydration may lead to fatigue, headaches and stress.

**Avoid or limit caffeine.** Caffeine may speed up heart rate and disrupt sleep.

**Eat a well-balanced diet** of fruits, vegetables, high-fiber starchy foods, dairy or dairy alternatives, and protein that provide vitamins and minerals.



## June 21: Father's Day

Celebrate dads, grandfathers, uncles, and father-figures who have made a positive impact on a child's life. Studies show that men who play an active role in their children's lives stimulate all aspects of development: emotional, academic, behavioral, and social, even when those men don't live in the same home as their children. This Father's Day, let us remember the father's role. Let us celebrate our fathers and honor them for making a difference in our world.

You don't have to be a dad to tell a "Dad joke."

**How does a penguin build its house?**

A: Igloos it together.

**I had a really great boomerang joke.**

A: It'll come back to me.

**What did the shy pebble wish?**

A: That she was a little boulder.

**The past, the present, and the future walk into a bar at the same time.**

A: It was tense.

## Online Safaris and Underwater Adventures



What is your favorite wild animal? Elephant? Lioness? Or maybe it's a penguin? Have you ever wondered how long sea turtles live? Or know that otters use "tools" to eat their food? Watch your favorite animals through live webcams, explore habitats, learn about diets and discover underwater ecosystems and species from around the world by taking an online zoo safari or deep-sea aquarium dive from the comfort of your own home.

Start your exploration today at the following zoos and aquariums. If you don't see your favorite listed, be sure to google additional locations. Some of these sites also offer at-home activities to keep the fun going!

### Zoos

**Smithsonian's National Zoo and Conservation Biology Institute.**

Watch the giant pandas, cheetah cubs and more. [www.nationalzoo.si.edu](http://www.nationalzoo.si.edu)

**Detroit Zoo.** Grab a dose of "Virtual Vitamin Z" with educational online videos and live habitat cams. [www.detroitzoo.org](http://www.detroitzoo.org)

**San Diego Zoo.** Hang out with apes, elephants, koalas, tigers and more. [www.zoo.sandiegozoo.org/live-cams](http://www.zoo.sandiegozoo.org/live-cams)

### Aquariums

**Shedd Aquarium.** Learn about how the Shedd rescues and rehabilitates endangered species. [www.sheddaquarium.org](http://www.sheddaquarium.org)

**Monterey Bay Aquarium.** Meet their new African penguins or watch a live cam of rescued otter pups. [www.montereybayaquarium.org](http://www.montereybayaquarium.org)

These online encounters are not only educational and entertaining to watch, but they also may offer a relief from boredom, overeating and anxiety, so go online and learn some new fun facts about your favorite land or sea creatures.

## Resident Assistants Needed

**We  
Need  
You!**

During this time, resident assistants are needed more than ever to help care for seniors. No experience necessary; paid training available. We also offer tuition reimbursement to further your career as a CNA, or eventually into a nursing position. Start a rewarding healthcare career today with us!

**Call  
Us Today!**