



MAY 2020 Senior Adult Wellness Newsletter



Hope everyone is doing well and staying healthy during this social distancing period. It's been a long time, and we are all anxious to get our programs and activities up and running again—we miss seeing all our patrons!

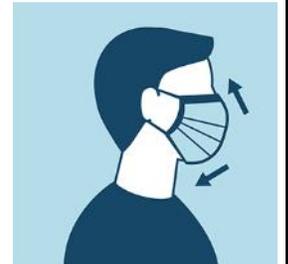


We are looking for volunteers to assist as we prepare to return to work; specifically we will need multiple masks for Foothills' staff. If you or anyone you know has the ability, time and willingness to make masks please contact Tami Schlieman at: tamia@fhprd.org or 303-409-2114

CDC Recommendations Cloth Face Coverings

Click above link for important details::

- How to wear a cloth face covering
- Homemade cloth face coverings
- Cleaning tips
- Proper removal
- Sew & No Sew Tutorials



Since 1949, Mental Health America and affiliates have led the observance of May is Mental Health Month by reaching millions of people through media, local events and screenings with the goal of spreading the word that mental health is something everyone should care about.

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. In 2020, our theme of [Tools 2 Thrive](#) will provide practical tools that everyone can use to improve their mental health and increase resiliency regardless of the situations they are dealing with. We now believe that these tools – even those that may need to be adapted for the short term because of COVID-19 and social distancing – will be more useful than ever.

Owning Your Feelings

Identifying your feelings can help you better cope with challenging situations. Tips for Success:

- Allow yourself to feel
- Don't ignore how you're feeling
- Talk it out
- Build your emotional vocabulary
- Try journaling
- Consider the strength of feelings
- See a mental health professional—seek professional help if the above tips aren't enough.

Connecting with Others

Connections enrich our lives and get us through tough times; right now it's more important than ever so make time to connect through phone calls, text messaging, emails and video chats to maintain relationships. You may be helping others more than you know.

Foothills Fitness at Home

Staying active is crucial to physical fitness and health but did you know it also impacts mental health? Physical activity is one of the best ways to decrease stress and improve moods overall so make it happen. Get out and enjoy the wonderful Colorado weather by with neighborhood walks—be sure to maintain social distancing and wear masks to protect yourself and others. We don't know when we'll be able to get back to in-person fitness so please enjoy the variety of virtual classes curated by Foothills' staff.

[Click here for Fitness at Home videos!](#)

Calm your mind with Yoga, Stretch or Pilates Mat
Dance it out with Zumba Gold

Find strength endurance with Fit for Life or Happy Hour Intervals
Improve functional movement with chair-based Defer the Disease

If you need help determining which offering might be best for you, please contact: anns@fhprd.org

[Click here for the latest updates regarding closures](#)

Just for fun...

by Geri Young

Send recipes and pet photos to geriy@fhprd.org



Staying positive right now is a very important ingredient in the recipe of successful coping in a crisis. Speaking of recipes...cooking & baking is a positive activity for many people.

Please send your favorite recipe to contribute to a Foothills Recipe Book.

Healthy Leek Soup

Keep your immune system boosted!
-recipe by Donna Lusky



Ingredients:

- 1 diced onion
- 3 minced cloves garlic
- 1 tbsp. minced ginger
- 3-4 strips of bacon-cut 1/2" pieces
- 3-4 leeks (the white portion) slice down center of leek-open leeks up in basin of water & gently rinse to clean
- 1 tsp. cumin
- 1 tsp. cumin seeds
- 1 tsp. coriander
- 1 tsp. turmeric
- 1-2 tsp. of sea salt
- 6-8 C filtered water
- *1-2 organic chicken breasts (optional)
- 1/4 C organic Arborio rice
- 1/4 C organic peas
- 1 lime (juiced)

****Optional:** Add any of the below vegetables to increase color & nutrient density if desired.

- 1 diced carrot
- 2 finely sliced kale leaves
- 1/2 C of chopped cauliflower

Cooking Directions:

In a large soup pan, sauté diced onion & garlic. Within a few minutes, add all spices including ginger & salt to the mixture. After several minutes add bacon, stir pot-let cook for 3-4 minutes. Then, add leeks to pan, chopped in 1/2" pieces. Cover pan and allow to cook for 5-7 minutes. After 7 minutes pour in 4 C of filtered water-stir. In a few minutes add 2 to 4 more C of filtered water.

****Optional** At this time add extra vegetables if desired.

*Chicken breast-In another pan include cleaned, rinsed chicken breast (or 2). Add water to cover chicken breast. When chicken breast water begins to boil, cook chicken (in slow boil) for 20-25 minutes. Can add a lid.

Shred chicken after completely cooked and add to soup pot.

At this time, rinse rice and add to soup pot. Cook soup for 30 minutes more or so.

Add peas to soup within 5 minutes of serving time.

Serve: Add a squeeze of lime juice to each poured bowl. Serve with warm corn tortillas or corn bread.

Golf Course Updates

Foothills Golf Course and Meadows Golf Club reopened with aggressive policies to address health and safety to help reduce the spread of COVID-19.

[Click here for full details :](#)

Payment for Tee Times, Rules for Play, Arrival Procedures, What You Should Bring & more..



Foothills Golf Course
303-409-2400

Meadows Golf Club
303-409-2250



Benefits of Pets!

The benefits of pet ownership for health and wellbeing are

well-documented - reducing loneliness and anxiety, lending daily structure and lifting mood. And that's in normal circumstances. In quarantine, pets are proving a lifesaver for many, providing companionship, consistency and even joy. The increase in people staying home or working from home means many happy furry friends! Pet adoptions have increased and dogs in particular have helped to keep their owners active, demanding daily walks, pandemic or no. Take your dog for a walk! He or she will love you even more if that's even possible.

Send a picture of you & your happy furry friend!

