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## *Making longer lives, better lives.*

Week of September 21, 2020

Dear Senior Center Friends – Curbside Meals Week Twenty-Seven



### **THEME of the WEEK: Health Edition Part II**

Recently I read a study from the Center for Disease Control, indicating that 41% of older adults are delaying or avoiding medical care because of COVID 19. We are hearing from health providers, that chronic conditions, going untreated, are evolving into acute emergencies. It is so important to pay extra special attention to your health during this time. Be sure you get up and move around, do simple exercises, take a walk, just move your body. Move all parts of your body. Don't forget to stretch your neck, do head turns and shoulder rotations. Did you know we can experience symptoms of vertigo, from sitting too much? We need to keep our joints limber, our muscles stretched and our brains active. Do puzzles, read, look at old family photos and stimulate your memory. Having less to do "outside" of our homes, gives us more time to things "inside." When we "clean our house" we clean our souls. Look around your home with a critical eye, what could you do to make your home safer? Are you using throw rugs? (not recommended) Do you have corners of clutter that you could recycle? Toss out what you don't need. The extra space that you create, will help you feel less overwhelmed and there's nothing like that feeling of productivity. If your closets are anything like mine, giving them a good overhaul has been long overdue. I found clothes I haven't worn in 20 years! Good Grief! Goodwill and Salvation Army are taking donations and it couldn't be easier to pull up and unload. We all know, this precious time we have to "clean house" will pass. "Cleaning" house, clears our minds – take care of what matters most to you.

### **NEXT WEEK'S THEME: Autumn Splendor**

Our thanks to Meals on Wheels for collaborating with us to prepare the Curbside Meal Services during COVID 19. If you are unable to get out or know someone who can't, please contact Meals on Wheels at 231-947-3780 to see about being put on the delivery route. Monthly, Meals on Wheels will send out statements indicating how many meals you picked up with instructions on how to make a **donation** to cover cost, if you are inclined to do so. Please understand there is absolutely **NO OBLIGATION** to pay for the meals. We understand this is a difficult time for everyone. We would be devastated to learn of anyone who wasn't taking meals due to cost.

*Lori Wells*