

HENRY FORD VILLAGE



CONNECTED, APART

Now more than ever we need to stick together, even while we're spending time apart. We've got 10 great activities and ways to get the conversations going with family and friends in this article.

KITCHEN SINK COOKING

What ingredients have you got just hanging around the kitchen? Chances are they're going to taste delicious in this use-it-up frittata. Dig in!



A YOU TO-DO LIST

Put you at the top of your to-do list. We've prepared a list of wonderful things you can do to learn something new, try something new, and be someone new—if you've got the drive. We think you do.

THE MEDITATION STATION

Clear your mind and relax your body with a free guided practice. Meditation is the ultimate de-stressor, let us walk you through a session.



HENRY FORD VILLAGE

Senior Living



Managed by
Life Care Services®





STAYING CONNECTED WHILE STAYING HOME

The COVID-19 outbreak requires us to change our daily habits, stay indoors unless absolutely necessary, and—if we have to go outside—maintain significant physical distance from other people. These restrictions may exacerbate an already growing problem for older adults: social isolation. Social isolation can (but does not have to) lead to loneliness and studies have shown that both isolation and loneliness can put older adults at higher risk for heart disease, dementia, mental health issues, and stroke.

But limiting physical interaction does not have to mean stopping social interaction altogether. Doing a variety of activities online can help you remain connected with, and even expand, your social circles.

We've gathered tips—some high-tech, some low-tech—from our Aging Mastery Program® to help you stay active and involved:

- E-mail a friend with whom you haven't been in touch in a while and rekindle your friendship.
- Read a book to a grandchild or family friend over the phone or via video chat.
- Share memories (and clean out a closet at the same time). Take out that box of photos that you've been meaning to sort through. Then, get in touch via e-mail or phone with the people in the photographs and reminisce about your shared experiences.
- Do an online workout. Choose from one of the thousands of fitness routines available on YouTube and work out together, but in separate locations, with your exercise buddy.
- Volunteer online. This is a great way to do good for others right from your home. Options include supporting projects at the United Nations, assisting the Smithsonian Institution, or helping people in need at the Crisis Text Line.
- Host a virtual get-together. If you can't meet your friends in person for coffee or lunch, move the gathering online via a group video chat.
- Teach others your skills. If you've been waiting to show the world your special talents, now's your chance. Use your phone to create short teaching videos and post these online.

Remember that despite the potential negative effects of social isolation, the COVID-19 outbreak demands we all practice it to protect our health and well-being. Try out some of our tips or come up with creative ideas of your own to use technology to help you stay connected to your social circles.

Learn more about moving and the maintenance-free lifestyle that residents at Henry Ford Village enjoy every day.



USE-IT-UP FRITTATA

Kitchen economy: Use any leftover cooked veggies, grains, or herbs in your fridge for this frittata, then use any leftover frittata for a sandwich the next day.

INGREDIENTS:

- 6 large eggs
- 6 ounces leftover roasted vegetables, cut into ½ inch pieces (about 1 1/2 cups)
- ½ cup leftover cooked grains
- 1 ounce coarsely grated or crumbled cheese
- 1 tablespoon finely chopped tender herbs
- Kosher salt
- Freshly ground black pepper
- 2 tablespoons extra-virgin olive oil

STEPS:

- 1: Whisk 6 eggs in a medium bowl until streak free
- 2: Add veggies, grains, cheese and herbs with salt and pepper. Mix.
- 3: Heat oil in a medium nonstick skillet over medium. Swirl to coat the entire pan
- 4: Add egg mixture and cook until edges are set. About 30 sec.
- 5: Using spatula, agitate eggs by scraping bottom of skillet in a small circular motion and bringing edges toward center of pan to form large curds, then let mixture sit undisturbed until edges are set again, about 1 minute.
- 6: Reduce heat to low and continue to cook, tilting skillet and lifting edges up with spatula to allow uncooked egg to flow underneath and around sides, until surface is wet but center is mostly set when you shake the pan, about 5 minutes.
- 7: Shake skillet to loosen frittata. Place a large plate over skillet and invert frittata onto plate.

- 8: Heat remaining 1 Tbsp. oil in skillet over medium, swirling to coat. Slide frittata back into skillet; reduce heat to low. Cook until set all the way through, about 3 minutes.
- 9: Let frittata cool in skillet 5 minutes, then invert onto a cutting board.
- 10: Season frittata with salt and pepper. Cut into wedges to serve

Learn more about the benefits of a live-well lifestyle that residents at Henry Ford Village enjoy every day.



10 MORE THINGS TO DO IN ISOLATION

1. Learn to play the guitar, bass or ukulele: Fender, world renowned guitar maker is offering three months of free guitar, bass or ukulele lessons through your phone, tablet or computer! Dust off that old 6-string and tune up your skills at <https://try.fender.com/>.
2. Keep Learning: We've mentioned some of the free classes being offered in past issues—but there is a website keeping track of all of the free collegiate classes available right now; everything from photography classes to technology, language and literature! There is even a section for classes about COVID-19, including a class titled Mind Control: Managing Your Mental Health During COVID-19 from the University of Toronto. Gain some knowledge at <https://www.classcentral.com/> (click "Free Learning due to Coronavirus" at the top of the page for the complete list!)
3. Create a Vision Board: A vision board is a tool used to help clarify, concentrate and maintain focus on a specific life goal or set of goals. Literally, a vision board is any sort of board on which you display images that represent whatever you want to be, do or have in your life. Cut phrases out of magazines, print them off of the internet, or write them out on a poster. Ideas—create a vision board featuring the things you'd like to do when social isolation is over, or the things you'd like to work on during this time!
4. Read a Rare Book: What is a bibliophile to do when their sanctuary, known as a library to most non-book aficionados, is closed because of the COVID-19 pandemic? It's the Internet Archive to the rescue. The group has created what it calls a National Emergency Library, removing any waitlist on more than 1.4 million books until June 30, or the end of the national pandemic. The website? www.archive.org
5. Practice Self Care: Never underestimate the power of a bubble bath – especially one that involves a slice of cake and a big glass of wine. Or if face masks, body scrubs and mani-pedis are more your thing, 10 MORE Things to Do During Isolation 5 then get busy primping and preening in that department too. Paint your nails, soak your feet - if makes you feel good right now, take time to do it. (Just don't try to cut your own hair! That never turns out well!)

6. Visit the Grammy Museum in LA: The Grammy Museum is now offering an entirely digital experience on its website, which features new artist public programs, education and virtual exhibits. www.grammymuseum.org
7. Find a Podcast that you love: A podcast is a serial audio show. If you have an interest, you can pretty much guarantee that there is a podcast about it! Podcasts are free to listen to—from an iPad or iPhone just select the purple Podcasts app, on a computer or other devices you can download Spotify, which is free to use but does offer a premium subscription that removes commercials. For a list of Podcast suggestions, check the Odyssey Portal or contact Leslie.
8. Sharpen your Technology Skills: Techboomers.com is a free educational website that teaches older adults and other inexperienced internet users with basic computer skills about websites that can help improve their quality of life. They offer classes on shopping online, social websites and technology basics. They can be found at www.techboomers.com
9. Focus on Inner Peace: We've talked about practicing meditation in this section before—but the benefits of practicing mindfulness cannot be understated at times like this for its benefits of anxiety reduction. There is a beautiful website called We Meditate that hosts a free live meditation website daily, but also has recorded meditations and even a way to set up a custom meditation by adjusting settings like "I wish to feel..." and selecting the amount of time you have available to spend. The website is www.wemeditate.co (there's no "m" at the end—just .co)
10. Become a Citizen Scientist: Project Noah is website designed to help people connect with the natural world and learn about wildlife. Launched out of NYU's Interactive Telecommunications Program, the project began as an experiment to mobilize citizen scientists and build a digital butterfly net for the 21st century. Project Noah enables amateurs and professionals alike to create and share multimedia nature journals. The Project Noah community includes 350,000+ nature journals, 825,000+ wildlife sightings and 1.5 million+ geotagged wildlife photographs. Experiment with it at projectnoah.org.

To Learn more about how Henry Ford Village encourages wellness of the mind, body and spirit and all of its forms give us a call.



ENJOY THIS MEDITATION VIDEO BROUGHT TO YOU BY THE NATIONAL INSTITUTE FOR FITNESS AND SPORT

At Henry Ford Village, we are focused on the overall well-being of our residents and offer a multi-dimensional approach to supporting a healthy lifestyle. Today's wellness tip is focused on your spiritual wellness.

Strong spiritual wellness gives meaning to a person's life. Whether traditional or alternative, spirituality allows people to make sense of the everyday, find peace and security during times of struggle, and remain confident in their decisions.

We would like to share with you a brief Guided Meditation video that can help positively impact your spiritual wellbeing. We hope that taking part in this exercise will help improve your mind-body connection and establish a sense of peace and relaxation.

To access the video, click on the link below:

<https://nifs.wistia.com/medias/ysz71gg692>

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