



THE EFFECTS OF ISOLATION

We're spending less time together, so what are the effects? What you need to know, and what you can do to keep that upbeat mindset and wellness.

GET PUMPED: CANDIED PRETZELS

Y-U-M. These make-at home candy coated pretzels are to die for—make em and love em!



TRICK OR GREET

Dress up your door for Halloween with this awesome craft. Bet you haven't seen this before!

IT'S ALL ABOUT CONNECTION

Fitness programs, weekly college-level seminars, Zoom activities, TV programming, technology assistance—everything at Henry Ford Village is designed to keep you engaged, thinking, active, and above all else—connected.





SOCIAL DISTANCE

If you're feeling stressed out, sad and lonely because of the COVID-19 pandemic, you're not alone. We're all feeling the effects of social isolation.

Isolation can have lasting negative effects on your mental health, but there is good news: it's easier than ever to stay connected with people who care about you.

THE EFFECTS OF ISOLATION

Even before COVID-19, nearly 50% of Americans surveyed said they experienced loneliness. That figure is only expected to climb because of COVID-19, and it's well proven that loneliness can have a major impact on mental health. It adds to depression, anxiety and stress, and can interfere with your ability to get a good night's sleep.

What's more, loneliness can even affect your physical health. To put things in perspective, studies have shown that feeling isolated is just as harmful to your physical health as smoking 15 cigarettes every day. It affects the human body twice as much as obesity does, putting you at a higher risk for health complications like heart disease and stroke.

Those are all scary statistics, especially on top of the health crisis we're facing. The important thing to remember is that you're not alone. Everyone is thinking the same thoughts that you are, feeling the same worries. We're all in this together — and by sticking together we'll all make it through this.

It's important to take care of your mental health when you're feeling socially isolated and lonely. Here are some tips to combat loneliness:

YOU'RE NOT ALONE

Humans are a social species — it's no wonder we've come up with so many ways to stay in touch, even during social distancing! Video chatting has really taken off in the last few months. Here are some of our favorite ways people have found to spend time together over video:

- Weekly lunch dates with co-workers
- Games like trivia and charades

- Creative art sessions to start the morning
- Happy hour on Fridays
- Streaming yoga and other fitness classes

If you don't know where to start with video chatting, just pick up the phone. Call someone to catch up, especially elderly relatives who can be prone to loneliness. No matter how you choose to stay connected, hearing voices and seeing faces can really help you feel more connected even if you can't see your loved ones in person.

GO OUTSIDE

Another great way to stay connected happens to be great for your health in other ways, too. We are having a beautiful summer in Central Indiana, and currently the precautions around COVID-19 allow us all to enjoy it as long as we practice social distancing.

Grab a friend and just take a walk for an hour. Trails like the Monon and the Cultural Trail can get pretty crowded, so try taking a path you've never taken before. Walk down a different street or along a new trail to keep your mind stimulated and your feet busy.

As you're walking, notice the people — walking their dogs, delivering carry out, sitting on their porches. Just by witnessing all the life that's happening around you can make you feel connected to your neighborhood and the people living nearby.

If you're looking for more ways to beat isolation and stay connected, you can help your community. Caregivers and patients facing COVID-19 need resources like face masks and donated blood, and you can be part of the solution. We're all in this together!

Learn more about the community focused lifestyle that residents at Henry Ford Village enjoy every day.

<https://www.ecommunity.com/healthminute/2020/how-beat-loneliness-during-covid-19>



PUMP UP YOUR PRETZEL

Three ingredients and 15 minutes are all you need to whip up a batch of pumpkin pretzels. Since they're so quick to make, this treat is ideal when you need a last-minute Halloween snack or movie night treat. You can also make this with large pretzels—consider using a piece of green licorice for the stem if you go big.

INGREDIENTS

- 1/2 cup green candy-coated sunflower seeds (or green M&Ms)
- 12 ounces orange candy coating
- 3 cups small pretzel twists

RECIPE PREPARATION

1. Gather the ingredients.
2. If you are using green M&Ms, cut them in half and set them aside for now.
3. Prepare a baking sheet by lining it with waxed paper or parchment.
4. Place the orange candy coating in a microwave-safe bowl and microwave in 30-second intervals, stirring after every 30 seconds to prevent overheating. Take it out of the microwave when there are still a few unmelted bits remaining and stir until the final pieces melt.
5. Drop the whole pretzel in the coating and submerge it slightly. Use a fork or dipping tools to pull the pretzel out of the candy coating. Let the excess drip back into the bowl, then place it on the prepared baking sheet.
6. While the coating is still wet, press a green candy-coated sunflower seed or half of an M&M into the top of the pretzel to represent the pumpkin stem. Repeat until all of the pretzels are dipped.
7. Place the pretzels in the refrigerator for about 15 minutes to set the coating.
8. Serve and enjoy!

For another deliciously good time, schedule a virtual visit at Henry Ford Village today!

<https://www.thespruceeats.com/pretzel-pumpkins-520951>



DRESS UP YOUR DOOR

To make eyes, paint black circles on two 8" foam half balls; let dry. Paint white highlight. Cut black foam eyelashes and eyebrows. From three yards faux purple fur, cut two 16" squares and hot-glue each around a 12" foam wreath. Glue eyeballs in center and eyelashes across top. Add a horizontal string across back of each eye for hanging. Frame door with strips of fur using tacks or hem tape. Use Command Hooks to hang eyes above. Tack or hem tape eyebrows in place. For teeth, use foam cones, and then attach to top of door frame with hem tape. Draw and cut tongue shape from floor mat. Spray-paint red; let dry.

Schedule a virtual visit today, and we'll show you all the doors you could ever want to see.

<https://www.womansday.com/home/crafts-projects/how-to/g309/9-devilishly-fun-decorating-projects-110896/?slide=31>