



**EXTRA! EXTRA!  
READ ALL ABOUT IT!!**



Issue 3

MARCH 2022

## Your "GOOD TO KNOW" Many Mansions Resident Info Newsletter for MARCH 2022

### The Power of Mindfulness Exercises- Part One:

Once we have tapped into mindful exploration of the self, mindfulness has the power to heal on numerous levels. As a human collective, we are beginning to understand how interconnected the mind and body really are, making mindfulness practices incredibly beneficial for physical ailments. On the level of the human body, mindfulness has countless positive benefits:

Reduction of one's experience of pain, nausea, and fatigue; Lowered levels of the stress hormone, cortisol; Increased levels of GABA, a calming brain neurotransmitter; Increased gray matter density in brain regions associated with emotional regulation, learning, memory, and perspective; Improved sleep habits and reduction of insomnia; Improved immune system functioning; Reduced blood pressure and lowered risk of heart disease.

BACK TO Workshops For the New Year ! Check your monthly Property Events Calendars for times and dates.

|            |                     |
|------------|---------------------|
| MARCH 1ST  | MARDI GRAS          |
| MARCH 2ND  | ASH WEDNESDAY       |
| MARCH 13TH | DAYLIGHT SAVINGS    |
| MARCH 17TH | ST. PATRICK'S DAY   |
| MARCH 20TH | FIRST DAY OF SPRING |

NATIONAL DAYS

ZOOMS ARE ON THE 1ST & 3RD FRIDAYS @ NOON



A FREE WEBSITE FOR MINDFULNESS EXERCISES:

<https://mindfulness Exercises.com/free-mindfulness-exercises/>



## Live Online Learning

We have teamed up with GetSetUp to provide hundreds of live online classes to keep you mentally, physically and socially active. Classes are interactive, easy to join, offered day and night and free for our community

Explore free classes

go to: [www.getsetup.io/schedule/browse](http://www.getsetup.io/schedule/browse)

Or give a call to:(888)-559-1614 For additional information

As the pandemic continues, many of us feel stressed, depressed, anxious, and overwhelming worry about the future. Ventura County Behavioral Health (VCBH) encourages anyone who is feeling this way to visit : [wellnesseveryday.org](http://wellnesseveryday.org).

The Senior Support Line is free for residents age 60+ that provides compassionate, confidential conversation and emotional support over the phone at 800-235-9980.

### "The Warm Line"

A new peer support phone line for a warm and friendly person to webchat or talk with !

[www.mentalhealthsf.org/peer-run-warmline/](http://www.mentalhealthsf.org/peer-run-warmline/)

## MR. C.'s CARTOONS AND CRACKUPS"

Silence is Golden – Unless you have kids, then,  
Silence is Suspicious.

Pre internet chat room using  
An old version of windows...



People: Get Dogs, They'll Guard Your House  
The Dogs -



Studies show that cows produce more milk when the farmer talks to them. It's a case of in one ear and out the udder.

Brain cells, hair cells & skin cells – they all die constantly, but freaking fat cells seem to have eternal life.



"RESIDENT  
SPOTLIGHT"



I became homeless in 2010 when my father passed away and our family home in Oxnard was sold. I transitioned in and out of shelters in Ventura County over the years, which resulted in my relationships with my daughter's becoming very distant and non existent. Getting into Mercy House in Oxnard a few years ago, started my path into housing. Thanks to Mercy House and Many Mansions, I am now living in my very own apt. in Simi Valley and I have reunited with my daughters, and feel very fortunate to have a place called Home. Thank you Many Mansions!

[Sabrina T. @ Casa de Paz/LaRahada](#)