

So What's New?

Issue 3

August 2020

National Days

Aug. 2nd	National friendship Day
Aug. 4th	Chocolate Chip Cookie Day
Aug 8th	Bowling Day
Aug. 16th	Tell A Joke Day
Aug. 21st	Senior Citizens Day

What's Your Favorite Day?

Your Monthly "FUN TO KNOW" Resident Info!

10 historic sites you can virtually tour from the couch during the coronavirus outbreak :



1. The Louvre- <https://www.louvre.fr/en/visites-en-ligne>
2. Sistene Chapel- <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/cappella-sistina/tour-virtuale.html>
3. Van Gogh Museum- <https://360stories.com/amsterdam/oldamsterdam/story/vincent-van-gogh>
4. Yosemite National Park- <https://www.virtualyosemite.org/about-virtual-yosemite/>
5. The Great Wall Of China- <https://www.thechinaguide.com/destination/great-wall-of-china>
6. Smithsonian National Museum of Natural History- <https://naturalhistory.si.edu/visit/virtual-tour>
7. Museum of Modern Art- <https://artsandculture.google.com/partner/moma-the-museum-of-modern-art>
8. San Diego Zoo- <https://animals.sandiegozoo.org/live-cams>
9. Yellowstone National Park- <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
10. NASA Space Program—<https://www.nasa.gov/nasa-at-home-virtual-tours-and-augmented-reality>

"Art washes away from the soul the dust of everyday life."

— Pablo Picasso

Please stay safe, wear masks, stay 6 ft. distanced apart from each other, Use sanitizer/hand washing and continue to encourage your neighbors. We ALL need to be a "broken record" on this! Our communities depend on it.

Cheesy Garlic Broccoli

Ingredients

- 3 crowns broccoli
- 1 ³/₄ cups shredded cheddar cheese
- 3 cloves garlic, crushed
- salt, to taste

Preparation:

1. Preheat oven to 375°F (190°C).
2. Spread out broccoli in a medium rectangular casserole dish.
3. Stir the garlic and cheddar cheese together in a separate bowl.
4. Sprinkle the cheese evenly over broccoli and add salt and pepper to taste.
5. Bake for 25 minutes.

Mr. C , our Resident Elder Statesman, says, "Let's start with some smiling thoughts":

- # 1. Can you cry under water?
- # 2. Why does a round Pizza come in a square box?
- # 3. What disease did a cured ham actually cure?
- # 4. Why is it that people say, "They sleep like a baby:" when a baby wakes up - like every two hours?
- # 5. Did you ever notice that when you blow in a dog's face, they get upset at you, but when you take them out for a car ride, they will always stick their head out the window - so the air can blow on their face?



NOW: Do you really know why, when, and how to wash your hands and face?

Every time you go out and come back into your apartment you must wash your hands & face very carefully.

The COVID-19 Virus is **airborne** and goes where the wind blows it. (It is exceedingly small) So when you touch something in a store or around people breathing; you never know if the Virus is active there.

When you come home take your mask off and spray it with a disinfectant and let it air out. Do not put it in a container or a box right away. When you are breathing into your mask, its collecting moisture in it. Also, your pores get clogged up with sweat, dust and whatever else the wind is blowing your way on your face.

This is why it is so important to really wash your face & hands very carefully when you come back home; with a good soap for 20 seconds all over your hands, (top, bottom, sides and between your fingers) and your face. So as NOT to not spread the Virus to your loved ones.

Why are these 5 ways to boost your body immune system IMPORTANT?

First things first: These suggestions will not prevent or cure COVID-19 Virus; It will help you to build up your body's defenses. It is especially important now, to keep your immune system healthy, so that your body is better able to fight the virus.

1. SLEEP. The less sleep you get the weaker your immune system becomes and the easier it is to catch the virus. **Sleep** helps not only your immune system, but also how you feel the next day.

2. MOVE YOUR BODY: If you can get out: WALK-WALK-WALK. If you cannot walk; put on some dancing music and Dance-Dance-Dance !

3. Learn to RELAX: The more stress you put on yourself, - the more anxiety you develop- leads to anger—leads to making negative emotional decisions- the weaker your immune system gets and ultimately leads to depression. **BREATHE !!!**

4. Supplements: Most of us do not eat enough healthy organic foods. That is why we need to take a good-strong Multi-Vitamin/Mineral supplements to help support our immune system and nerves, in this crazy quarantine times we are living in.

5. STOP or Lower Negative Foods and Drinks: Again, you might think you can escape reality, but your body knows different; when you eat junk foods, eat lots of sugar products, drink alcohol and even do smoking. You may think it can help for the moment; but all you are doing is breaking down your immune system.

I would like to close by indicating how lucky we all are to be living in a **Manny Mansions Complex**. Not only for living in a safe apartment, but also for all the support that is offered here. Do not be bashful to ask for assistance. There are great-caring-informed staff here to guide us in these stressful times of uncertainty and not knowing what direction to go in the future. There is no shame in asking for help. We are so blessed to have so many resources available here at Many Mansions, that so many other people do not have. **"We need to be grateful for what we have - not upset for what we do not have."**

"People often become what they believe themselves to be. If you believe you cannot do something - It makes you incapable of doing it. But, when you believe you can - Then you will acquire the ability to do it even if you did not have it at the beginning."



"RESIDENT SPOTLIGHT"

Cari T. of La Rahada



I found my home in a cat and an apartment that I couldn't have afforded anywhere else. A supportive family and new friends. I'm thankful for everything that has kept me safe here at Many Mansions. When I close my eyes at night, I know the secrets I keep. I realize that with support I have a life I can believe in. When I feel depressed I use my tools, and with any situation affect and effect give a really helpful storyline to accept what is my role in my life and with the people around me. I've lost 75 pounds and learned about food. That brings me joy. Eating food that teaches me about how I look and feel. I learned how to eat fats and the result wasn't weight gain. My life hasn't always been what I need it to be yet I have learned to show up. I can show up as an unfinished person and I'm thankful for that. Now I know. I've always wanted something that is mine. It takes work right now and I accept that challenge. Cari T.