

March 2020

**COVID-19 SPECIAL
EDITION**

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Resources Websites

<https://www.foodbankwny.org/>

(Food Bank)

<http://www.mhachautauqua.org/>

(Mental Health Association)

<https://www.chautauquachamber.org/buy-safe-small-local.html>

(buying local)

<https://www.chautauquachamber.org/covid-19-and-the-workplace.html>

(Chamber of Commerce)

<https://chqgov.com/public-health/novel-coronavirus-covid-19>

(Chautauqua County Department of Health)

**Smoking Cessation
classes are starting
April 28, 2020!**

Wellness Committee

Fostering a workplace culture that supports healthy lifestyle choices for all

Quarterly Newsletter

"SAY WHAT?"

You want me to wash my hands for a whole 20 seconds? Yes, we do. It is recommended from the CDC to wash your hands frequently in an effort to keep from infecting yourself and others with COVID-19. It may seem tedious, however, there are several ways in which you are making sure you are washing your hands long enough. Try singing the chorus to the following songs:

Raspberry Beret (Prince), Love on Top (Beyonce') Jolene (Dolly Parton), Africa (Toto), Truth Hurts (Lizzo), Landslide (Fleetwood Mac), Lose Yourself (Eminem), Unwritten (Natasha Bedingfield), Heaven on Earth (Belinda Carlisle)

SING AWAY!

HEALTHY LIFESTYLE TAKEAWAYS

Making a mask is not as difficult as it may seem. You can use old t-shirts, denim, canvas, paper towels or bed sheets to make yourself a mask. Below is a short tutorial on how to make a mask out of a sock that you may have at home. To keep yourself and those you love safe, this is an option for a mask.

<https://www.bing.com/videos/search?q=make+a+sock+face+mask&&view=detail&mid=DDC9E9AECA94918B0333DDC9E9AECA94918B0333&&FORM=VRD GAR&ru=%2Fvideos%2Fsearch%3Fq%3Dmake%2Ba%2Bsock%2Bface%2Bmask%26%26FORM%3DVDV VXX>

THINGS TO DO WELLNESS CHAMPION

Stuck at home? Yup, we all are. There is only so much one can do when one is encouraged to stay home. Below are websites with things to do when you are not able/ shouldn't leave your house.

<https://www.todaysthebestday.com/50-things-to-do-for-yourself-during-a-quarantine-coronavirus/>

<https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-to-do-while-trapped-inside/5054632002/>

Our Wellness Champion for this quarter is our 2020 Leprechaun Challenge winner, Jackson Graham. Amidst the pandemic, Jackson was able to "step" 190+ miles across Ireland in the month of March (actually going much further). He won a prize to help fuel him for his current endeavors AND he is the holder of the Blarney Stone for this next year. Congrats Jackson!



SUGGESTION ANSWERS

OUR RESPONSE

We may not always have control as to what happens around us. What do we have control of in these times of COVID-19?

We have control over **how we respond** to these circumstances.

Think about this: how are you responding to what is happening around you?

– What are you taking control of? How are you thinking?