

Volunteer

Newsletter

Volume 3, Issue 3



STEP Website

www.stepcorp.org

STEP Centers for Healthy Aging Wellness Resources

bit.ly/STEPcenters

Penn State Extension Master Gardener Program

[https://extension.psu.edu/programs/
master-gardener](https://extension.psu.edu/programs/master-gardener)

Community Arts Center Virtual Tour

<https://r2.dmtrk.net/4MOB-AGOI-4E1QI3L258/cr.aspx>

This has been a crazy couple of weeks. Everyone is feeling the "Quarantine Blues" – including our Center Coordinators. We thought we would share with you what we have been doing while waiting for the world to come back to some sort of normalcy.

Erin Bissman – Renovo Center - My oldest son had his 18th birthday and graduates this year. Trying to figure out how to celebrate for him. Cooking way too much and eating way too much. My husband still has his normal work schedule, so we are still getting along. Ha Ha. The dogs wish everyone would get back to their normal routines so they can sleep the day away.

Tara Coleman – CCCC Center - I have been spending time with my baby – Emily. She is eleven months now – watching and seeing all her little milestones, like crawling.

Tammy Frye – Lincoln Center – I have been catching up on all my reading.

Becky MacIntyre – Mill Hall Center – I have learned how to cut hair (not really – but we have no other choice). My husband, my teacup poodle, my Yorkie and myself. It's not pretty, but my husband looks better bald (the clippers were set a little too short) than a middle aged hippy.

Brenda McDermitt – Jersey Shore Center - I spend Mondays and Fridays at my center and the other 3 days I am in Elizabethtown helping take care of my granddaughter and working from there so my son and daughter-in-law can work from home, also.

Adam Derck – Meck Center - During this stressful time, I have been spending my time with my son Asher. He is 10 months old. Our relationship has grown stronger during this time which I am extremely grateful for.

Jessica Vance – Riverwalk Center - I started a sourdough starter! However, I haven't successfully made bread with it yet. I did bake two different sourdough bricks.

Kathryn Stevenson – Loyalsock Center - I have been staying extremely busy by making masks and calling all my center participants.



Things to do while in QUARANTINE

You hear the word "quarantine" and automatically hear the long list of things we are not allowed to do these days. Perhaps you should think of all the opportunities this slower lifestyle offers. Instead of sitting around worrying, use your downtime to learn new skills, pamper yourself, and reconnect with what makes you happy.

Below is a list of ideas to help you get through this tough time with your sanity still intact

- **Meditation** – Meditation is one of the best things you can do right now to relieve stress and improve your wellbeing.
- **Write a Journal** – Sitting at home binge watching TV may not feel like you are doing much, but you are living through a major historical event that people will learn and talk about for generations.
- **Learn to Knit** – Needle arts used to be a staple for passing time while making something useful and pretty. You can learn to knit, cross-stich, embroider or crochet.
- **Plant a Container Garden** – Just because you have to stay inside, doesn't mean you can't get started on your gardening.
- **Take the Best Bath Ever** – Bath lovers rejoice! Self-quarantining is the perfect time to take the long, luxurious bath of your dreams.
- **Take a (Virtual) World Tour** – Ever wanted to see the Alps up close? Stroll through Barcelona? Hike Mount Everest? You can do all that without worrying about a thing. The internet is filled with exciting things to do.

Remember – it's called "Downtime" for a reason. Stay safe and we all hope to see you all soon!!!!

Looking to take a trip?

Visit these virtual zoos!

The Cincinnati Zoo

Check in around 3 p.m., because that's the time the zoo holds a daily Home Safari on its Facebook Live Feed.

<https://www.facebook.com/cincinnati zoo>

Atlanta Zoo

The Atlanta Zoo keeps a "Panda Cam" livestream on its website.

<https://zooatlanta.org-cam>

Georgia Aquarium

Sea-dwellers like African penguins and Beluga whales are the stars of this aquarium's live cam.

<https://www.georgiaaquarium.org/webcam/beluga-whale-webcam>

Houston Zoo

There are plenty of different animals you can check in on with this zoo's live cam, but we highly recommend watching the playful elephants.

<https://www.houstonzoo.org/explore/webcams>

The Shedd Aquarium

This Chicago aquarium shares some pretty adorable behind-the-scenes footage of their residents on Facebook.

<https://www.facebook.com/sheddaqarium/>

San Diego Zoo

With what may be the most live cam options, this zoo lets you switch between koalas, polar bears, and tigers in one sitting.

<https://kids.sandiegozoo.org/videos>

Monterey Bay Aquarium

It can be Shark Week every week thanks to live online footage of Monterey Bay's Habitat exhibit.

<https://www.montereybayaquarium.org/animals/live-cams>





Face Mask Requirements & Tips

Wearing a face mask has become a new part of our normal lives. Whether it is cloth or medical grade material, it is one of the best ways to keep you and your family protected while in public. However, there is a right and a wrong way to wear one. It is very important to make sure the mask covers both your nose and mouth. Yes, the mask may be a little snug, but that is a good thing.

Acceptable Masks for Public Use

1



Homemade

Scarf, handkerchief, or other cotton material face covering. Exhalation and droplet ejection can be reduced.

2



Medical

Loose fitting medical masks, also referred to as surgical masks, provide barrier protection against droplets including large respiratory particles.

3



N95 Respirator

Tight fitting, reduces wearer's exposure to particles including small particle aerosols and large droplets.

According to the CDC, your face mask should do the following when put on correctly:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape. (Wash cloth masks after each use).
- Cover mouth and nose with no gaps between your face and the mask.

The World Health Organization's tips:

- Before putting on a mask, clean hands with alcohol-based hand rub or soap and water.
- Avoid touching the mask while using it; if you need to, clean your hands with alcohol-based hand rub or soap and water.
- Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.
- To remove the mask: remove it from behind (do not touch the front of the mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water.

If you are having issues with foggy glasses, soap and water may do the trick. Also folding a tissue and placing it on the bridge of your nose and underneath your glasses also helps reduce condensation as the tissue will absorb the moisture from your breath.

If you are really struggling with wearing a mask during exercise or walking the dog, remember, the CDC does not require masks while on a solitary run or walk. Additionally, people who live together are not required to wear masks while on a walk or a jog, or while driving a vehicle with the window closed.

As sheltering in place continues and grows tedious, it's worth noting that the CDC guidelines are designed to protect not just you but the people around you, especially if you are a carrier but show no signs of the virus.

HEALTHY HABITS



Wash hands and all kitchen surfaces thoroughly

Pay attention to personal hygiene: wash your hands for 20 seconds before, after, and while preparing food. Also, keep countertops and cutting boards clean.



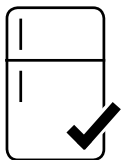
Clean and separate food items

Wash fresh produce before eating or cooking. Separate raw meat, seafood, and poultry from ready-to-eat foods. And, while the Centers for Disease Control says there's no evidence that food or food packaging transmits the coronavirus, harmful germs and bacteria can survive in foods and on equipment unless you follow safe handling practices.



Cook and store food properly

Always cook food to its proper temperature using a food thermometer and keep any foods that need to be chilled in the refrigerator. Refrigerate leftovers within two hours. Many leftovers will keep up to four or five days in the refrigerator and up to six months in the freezer.



Inventory your pantry and refrigerator

Check and discard items past the “Use By” date. Remember the “Best if Used By” date indicates best flavor but is not a safety date. Most canned goods such as soups can last two to five years. For more specific information, check USDA’s FoodKeeper.

Nutrition Facts	
Serving Size 1/2 cup (125 g)	
Amount Per Serving	
Calories 100	Calories from Fat 40
% Daily Value*	
Total Fat 2 g	4%
Saturated Fat 1 g	2%
Cholesterol 0 mg	0%
Sodium 10 mg	2%
Total Sugar 10 mg	20%
Total Carbohydrate 12 g	4%
Dietary Fiber 1 g	2%
Sugars 1 g	2%
% Daily Value*	
Total Fat 2 g	4%
Saturated Fat 1 g	2%
Cholesterol 0 mg	0%
Sodium 10 mg	2%
Total Sugar 10 mg	20%
Total Carbohydrate 12 g	4%
Dietary Fiber 1 g	2%
Sugars 1 g	2%

Check the food label to make the best choice for you

Some food choices more than others can help you feel your best and stay active. The food label provides helpful information for those who are monitoring certain nutrients, such as those individuals reducing salt, cutting back on sugar or minimizing intake of highly processed foods.



Minimize trips to the grocery store and make healthy choices

Many supermarkets are responding to the coronavirus pandemic by creating special hours for vulnerable guests and older individuals. Make a point to shop during these hours and stock your basket with healthy choices from all food groups, including whole grains, lean meats, fruits, and vegetables. If fresh is not an option, choose frozen and canned alternatives which are often more budget friendly.