

Milton's Golden Gazette

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The south parking lot at the Milton Community Center will soon be paved to provide an improved parking area as one of the improvements taking place at the center.

No slow down at center

Despite the Milton Community Center being closed due to the COVID-19 pandemic there is still a lot of things going on behind the scenes and some of it going on the south end of the building.

For a few years we have been opening the south end doors and allowing participants in the Milton Senior Program to park in the grass lot, that will soon

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come to an end.

During the closure the City of Milton has gone to work in the parking area and installed a sidewalk along the south edge of the community center and is following that up with paving the grass area for additional parking. This lot will feature lined spaces, but it will

also feature additional handicapped parking spaces next to the building.

"This has been something we have wanted for a long time," said Milton Senior Program Coordinator Joe Paschal. "We have been wanting to get many things done, but this step will help us until

the funding is available to expand the center.

"As we offer more programs and gain more participation parking has become a premium at times and this addition will help solve some of those issues."

Other items are coming to the center once it reopens as the Milton Community Center looks to return to what will be a new normal.

These items involve

offerings and other improvements around the building.

"We are looking forward to everyone's return," said Paschal. "Unfortunately for everyone's safety we had to take the extreme precautions.

"Now we want to show that same standard as we look forward to returning to serving our participants in the senior community."



Beef & Bean Sloppy Joes

This healthy recipe of comfort food trades beans for some of the meat to add up to 7grams of fiber. Also, cutting the amount of ketchup in this sloppy joe makeover saves you 12 grams (that's 3 tsp) of added sugar!

Ingredients:

- 1 tsp light brown sugar
- 1 c. tomato sauce
- 3 T Ketchup
- 1 T Worcestershire
- 2 tsp spicy brown mustard
- 2 tsp chili powder
- ½ tsp garlic powder
- ½ tsp onion powder
- Pinch of cayenne
- 1 lb of 90% lean ground beef
- 1 medium onion, chopped
- 1 c. black beans, rinsed

Instructions:

Heat oil in a large nonstick skillet over medium-high heat. Add beef and cook, breaking it up with a wooden spoon, until lightly browned but not completely cooked through, 3 to 4 minutes. Using a slotted spoon, transfer the beef to a medium bowl, reserving drippings in the pan.

Add beans and onion to the pan; cook, stirring often, until the onion is softened, about 5 minutes. Add chile powder, garlic powder, onion powder and cayenne; cook, stirring constantly, until fragrant, about 30 seconds. Stir in tomato sauce, ketchup, Worcestershire, mustard and brown sugar.

Return the beef to the pan. Bring to a simmer and cook, stirring often, until the beef is just cooked through and the sauce has thickened slightly, about 5 minutes. Serve on buns.

This recipe is courtesy of the Santa Rosa County Extension Office located on Dogwood Drive in Milton.

Senior Tips COVID-19 Aware

These coping strategies embrace and approach our stressors head-on to build resolve, grit, and resiliency. It is normal to find it difficult to be consistent when starting a new routine. Give yourself plenty of self-compassion because, when it comes to coping, the most important step you can take is always the next one.

Strategy #1: Assess the Four Pillars

Ensuring we have a rock-solid foundation for basic health needs is a must. These four pillars are the foundation for emotion regulation, and they are like the legs of a table. The four pillars consist of sleep hygiene, nutrition, staying physically active, , and social support.

Strategy #2: Emotion-Based Coping

Here is the good news about emotions: Emotions are momentary. Emotions can rise up to be tidal waves, but they will pass. Emotion-based coping strategies help you stay upright through the emotional waves by matching your actions to your feelings.

Strategy #3: Grounding

When we have intense emotional pain or overwhelming anxiety, grounding helps anchor us to the reality that is occurring in the present moment. In short, grounding provides distance between us and our negative feelings.

Strategy #4: Deep Breathing

Deep breathing, also called diaphragmatic breathing, is a sure-fire method of managing your body's response to anxiety and stress. Anxiety and stress attack your nervous system and send you into a "fight, flight, or freeze" response that wears down your body with a multitude of physical symptoms (e.g., shortness of breath, racing heart, trembling, dizziness, sweating).

Strategy #5: Mindfulness

Mindfulness boosts our immune system, increases positive emotions while reducing stress, and facilitates healthy relationships in couples and families. Mindfulness is a mental superpower of being mentally active, accepting, and open to the moment to moment process. In short, we tune in to what we are sensing, feeling, and thinking as it occurs in the present moment without giving it any judgments of "good" or "bad."

These tips come from Psychology Today, April 2, 2020 by Jamie D. Aten, Ph.D

Get ready to volunteer

It is now mid-May. Hopefully in a few more weeks we can all be safely back together. As we continue to be safer at home, please remember to eat healthy and stay active daily, just because we are apart doesn't mean we have to be isolated from others, make phone calls, use social media like facetime, if you have it. While we are still staying at home it is a good time to start to prepare for hurricane season by starting to assemble your disaster kit and make a family disaster plan. If you need information about how to make these give us a call at the RSVP number (850)983-5220.

A thank you to the volunteers who have continued to volunteer through all of this, by making masks for people, helping

with food giveaways, getting food to those in need, trips to doctors, and making calls just to check in with others.

Over the next few weeks, we will be trying to contact all volunteers to make sure contact information is correct. Please if you get a phone message from Faye or Kiwi, return our call so we can update our records. If you do not receive a call from us by the end of May please call in because we may not have your correct phone number and this needs to be updated so you can receive important information in the future.

Remember you are very important to us and to our community, and you are very much missed. Looking forward to seeing everyone soon.

STAY UP TO DATE

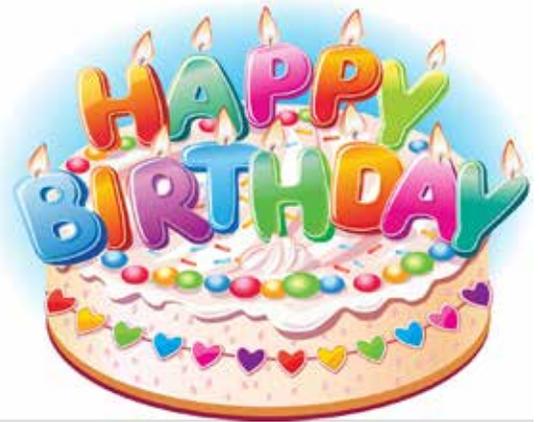
Keeping the correct
personal information on hand
with the Milton Community
Center & RSVP can:

1. Help notify your family in case there is an emergency involving you.
2. Let us share important messages with you involving the community.
3. Help us serve you better!

THE KEY TO THIS IS...

HELPING YOU

Make sure you keep your Milton Community Center participation information up to date at all times.



May Birthdays

Happy birthday to:

Connie Hall - May 2

Robert Andrews - May 5

Amy Hancock - May 7

Judy Housley - May 7

Jacqueline Schmidt - May 10

Bebecca Owings - May 11

Pat Schramm - May 12

Lowanda Vargo - May 15

Angie Leckie - May 17

Dan Dangelo - May 20

Judith Ingram - May 24

Beverly Brooks - May 25

Carol Woods - May 25

Suzie Martin - May 28

June Pinkham - May 29

Nancy Wilson - May 29

Strphen Dieggenwierth - May 30

Prevent COVID-19

-it's in your hands!

FloridaHealth.gov



Wash your hands often with soap and water. If you don't have soap and water, use a hand sanitizer that is at least 60% alcohol based.



Clean and disinfect frequently touched surfaces.



Stay home when you're sick, and keep your children home when they're sick.

Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.



Try not to touch your face with unwashed hands.

Don't touch or shake hands with people who are sick.



Financial Tips during COVID-19

If you are facing financial difficulties due to the Coronavirus pandemic, listed below are a few financial tips to consider for support:

1. United Way of Northwest Florida—If you need food, paying bills, accessing free childcare, or other essential services, please call 211, or visit www.211nw-fl.org, to connect with the referral hotline.

2. Find cash for short term solutions—If you have a whole life or universal life insurance policy, it could be used for cash value or borrowing. Call your life insurance representative for more information.

3. Contact your lenders about mortgage, auto loans or credit card companies—If you are not able to pay your bills on time, contacting

your lenders can help. If you cannot make a payment now, need more time, or want to discuss payment options, let them know about your situation. Sometimes payments can be deferred for a short period of time even though interest may still accrue. When contacting your lenders, be prepared to explain:

a. Your financial

and employment situation

b. How much you can afford to pay
When you are likely to be able to restart regular payments

c. Be prepared to discuss your income, expenses, and assets

State and local governments vary in programs and offerings to assist those financially impacted by Coronavirus.

You can look to

your state's unemployment policies to identify current options for benefits at www.floridajobs.org.

The recently passed CARES Act allows states to extend benefits to self-employed and gig workers, and to provide an extra \$600 per week as well as an additional 13 weeks of benefits. Go to hhs.gov/coronavirus for more information.

**PLEASE
STAY SAFE!
WE MISS
YOU!**

**MILTON
PARKS AND RECREATION**