

Milton's Golden Gazette

September 2020, Vol. 2; Number 9 An e-letter published by the City of Milton Senior Program and RSVP Santa Rosa County

Seek out fun despite pandemic

For many people, the summer of 2020 has been like no other in recent memory. Public health restrictions caused by COVID-19 pandemic have led to canceled festivals, concerts and other events. Many vacations and large celebrations have been limited or put on hold.

Despite the changes caused by the COVID-19 pandemic, there's still plenty of fun to be had. In fact, seeking out fun activities may be even more important now. Doing something you enjoy can distract you from problems and help you cope with life's challenges.

When activities are near where you live and allow plenty of space between you and others, outdoor activities pose a lower risk of spread of the COVID-19 virus than indoor activities do.

Why choose outdoor activities?

The COVID-19 virus is primarily spread from person to person through respiratory droplets released into the air when talking, coughing, or sneezing. When you're indoors, you're more likely to inhale these droplets from an infected person, especially if you're in close contact, because you're sharing more air than you do outdoors. Poor building ventilation can cause droplets to hang in the air for a longer period of time, adding to the potential for infection.

When you're outside, fresh air is constantly moving, dispersing these droplets. So, you're less likely to breathe in enough of the respiratory droplets containing the virus that causes COVID-19 to become infected.

Being outside offers other benefits, too. It offers an emotional boost and can help you feel less tense, stressed, angry or depressed.

Low-risk ways to move more

Coming into close contact with people who don't live with you increases your risk of being exposed to someone infected with the virus that causes COVID-19. That's why, in general, any activity that allows you to keep a social distance of at least 6 feet (2 meters) from others is lower-risk.

There are many activities you can enjoy close to home, whether you're visiting your favorite public park or even spending time in your neighborhood. Get moving with these low-risk outdoor activities during the pandemic:

- Walking, running and hiking
- Rollerblading and biking
- Fishing and hunting
- Golfing
- Kayaking, boating and sailing
- Fitness classes, held outside, that allow distance

Avoid crowded sidewalks and narrow paths and choose routes that make it easy to keep your distance. Wear a mask when you can't maintain at least 6 feet (2 meters) from people you don't live with. Don't wear a mask during activities in which it might get wet, such as swimming.

Low-risk social activities

Many other outdoor activities can be good choices, too:

Picnics. Pack food from home or pick up takeout from your favorite restaurant or food truck and take it to enjoy at your favorite public park.



Farmers markets. Wear a mask and maintain a social distance of at least 6 feet (2 meters) from others.

Gathering with friends. Allow for social distancing between people from different households and skip the hugs and handshakes. Plan activities that don't require close contact, such as sidewalk chalk for kids and games like Frisbee. And offer hand sanitizer.

Remember that just getting together for a chat at a safe distance can offer a valuable opportunity to be with people you care about — and boost your mood at the same time.

Drive-in movies. The COVID-19 pandemic has launched a drive-in movie theater comeback in the U.S. It's something many people can enjoy together with plenty of physical distance.

Think safety and enjoyment

As the COVID-19 pandemic continues, it's important to take care of yourself and those around you. Practicing good hand hygiene such as washing your hands, not touching your face with unwashed hands, social distancing from others, and wearing a mask when you can't avoid being near other people are all good steps to take. These steps are especially important for those with a higher risk of serious illness from COVID-19.

At the same time, well-being also includes doing things that make life worth living. With the right information, you can make thoughtful choices about ways to bring a sense of normalcy and joy to your life during the COVID-19 pandemic.



Avocado Egg Salad

Ingredients:

- 4 Egg whites, hard cooked and chopped
- 1 Avocado, pitted and diced
- 2 Tablespoon of onion, diced
- 1 Teaspoon of light mayonnaise
- 1 Teaspoon of light sour cream
- 1 Teaspoon of Dijon mustard
- 1/8 Teaspoon of salt
- 1/8 Teaspoon of pepper

Instructions:

1. In a medium bowl, combine all the ingredients and mix well
2. Chill and serve

Makes 4 servings

Nutrition:

One serving is 100 calories, 8 grams of fat, 0 milligrams of cholesterol, 100 milligrams of sodium, 6 grams of carbohydrates, 3 grams of fiber and 5 grams of protein

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

Senior Tips Healthy Eating tips for Seniors

Here are 10 healthy eating tips for seniors from Sunrise Senior Living

1. Consume more liquids

As you age, your sense of thirst becomes lessens. To combat this, MyPlate, a healthy eating initiative by the U.S. Department of Agriculture, suggests drinking plenty of water throughout the day to stay hydrated even if you don't exactly feel thirsty.

2. Eat a variety of foods

Consuming a variety of foods will ensure you're getting all of the nutrients you need. According to the National Council on Aging, a healthy meal should consist of a lean protein, fruits and vegetables, whole grains and low-fat dairy.

3. Plan your meals

If you plan your meals throughout the week, you'll be less likely to stop following your healthy eating habits. Consider preparing a week's worth of dinners, then keeping them frozen until you need them.

4. Minimize your use of table salt

As you age, your sense of taste declines. More often than not, you'll want to season your dishes with salt to increase the flavor. Unfortunately, the U.S. Food and Drug Administration reports that consuming too much salt can lead to health issues.

5. Season with herbs and spices

Instead of seasoning your foods with salt, use fresh herbs and spices. Cayenne pepper, basil, sage, rosemary and turmeric are healthy choices that are packed with flavor.

6. Read nutrition labels

When shopping for packaged and canned foods, check the nutrition label before making the purchase. Even if it's advertised as a healthy choice, it could be loaded with added fat, sodium and sugar.

7. Follow recommended servings

In order to maintain a healthy weight, it's very important to follow the recommended serving sizes.

8. Reduce sugar consumption

Refined sugars are loaded with empty calories that offer no nutritional value, according to Helpguide. Slowly reduce the sugary treats in your diet and start eating whole foods that are naturally sweet

9. Choose healthy fats

You shouldn't cut all fats from your diet. Instead, just eliminate the saturated and trans fats. Healthy mono-unsaturated and polyunsaturated fats can help protect your body against disease.

10. Consider supplements

Eating fruits and vegetables is the best way to get the nutrients you need, but sometimes, it's not enough.

In need of good helpers

Scam alert There are people that are calling seniors telling them that their social security number has been compromised and that you will not receive your next social security check until this is cleared up. They are asking you to verify you name, birth date, social security number and the banking information your check should be deposited into, if you tell them you don't want to give out information they get very pushy and say repeatedly that you will not get you next check. This is a scam they are emptying senior's bank accounts as soon as your check is deposited. Hang up on them. Remember that if there is a problem with social security or Internal

Revenue, you will not get a phone call or text it will come as a letter. Please don't be one of the thousands of people these scammers have scared into giving them your information.

Service opportunity – National Night out on October 6th. The event needs workers to:

1. pack school supplies on Sept 28th,
2. sort and pack food on Oct. 6th
3. hand out food and school supplies at the event

Call the Office @ 850-983-5220 or Faye @850-516-9367 for more info or to sign up to help.

As always stay safe and healthy until we are all back together.

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.



Sept. Birthdays

Happy birthday to:

Kayla Arp - Sept. 3

Pat Cook - Sept. 6

Jerry Hood - Sept. 7

Jane Basel - Sept. 8

Patricia Hood - Sept. 9

Debra Garlo - Sept. 11

Caroline Nelson - Sept. 11

Janet Shelly - Sept. 14

Patricia Schaffer - Sept. 15

Lorena Johnson - Sept. 16

Marilyn Wells - Sept. 17

Mary Brewer - Sept. 18

Krim Muller - Sept. 21

Mary Colling - Sept. 23

Reha Parsons - Sept. 25

Harriet Boren - Sept. 28

Vincent Therrier - Sept. 30

PLEASE

STAY SAFE!

WE MISS

YOU!



RSVP NEEDS YOU!

CAN YOU...

**DRIVE
PACK DISASTER KITS
HELP AT A LOCAL FOOD BANK
AND MUCH MORE!**

CALL RSVP AT 983-5220!

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.

