

ROOTED *in* RESILIENCE



FACING CHALLENGES & HARDSHIPS

Everyone faces challenges and hardship at times; especially during a pandemic and other events in 2020. **Resilience** is your ability to cope with and bounce back from stress and adversity, and hopefully, even grow through the experience. Often, it is referred to as “thriving” ... and not just surviving. Resilience is not a fixed state of being. You may be more resilient at different times in your life than others. Most importantly, resilience can be learned, practiced, developed and strengthened. During 2021, BCDA hopes to assist you in the development of your health through its **“Rooted in Resilience”** program.

AUGUST 2021 *Chilling Out*

In August, our theme of **“Chilling Out”** helps us get through the dog days of summer by lightening our perspective on life with humor, forgiveness and continued relaxation practices.

This month we work on not sweating the small stuff, shrugging our shoulders when things do not go our way and laughing whenever we can. It is the month to learn new ways to make yourself smile and not take things outside your control so personally. Through mindfulness, we can catch those times when we are holding stress in our mind and bodies and, intentionally - let it go. At the end of this month, you will not have to “take a chill pill” because you will have all the skills you need to keep cool!



START THE CHALLENGE by working on the *Checklist located on the back of this newsletter*, and participate in the *programming listed below* related to Chilling Out:

AUGUST ROOTED IN RESILIENCE INITIATIVE ACTIVITIES INCLUDE THE FOLLOWING:

Rooted in Resilience Kick-Off

Monday, August 2 @ 11 a.m.

Relax with Tech Classes

August 2 - August 13

<https://bcwebservices.wufoo.com/forms/rc02e7clrgam5j/>

Keep Chill with an Ice Cream Social, Trivia & Fun Facts

Friday, August 6 @ 11 a.m.

Yoga Nidra with Brook Mulholland

Saturday, August 7 @ 4 p.m.

Mid-Summer Mid-Afternoon Movie Music-theme Virtual Concert

Sunday August 8 @ 3:30 p.m.

Resilience Series: Humor

Monday August 9 @ 1 p.m.

The Spirit in Your Writing

Friday, August 13 @ 1 p.m.

Fun Night with John Carrington, Magic Man

Friday, August 13 @ 7 p.m.

Beginner Zentangle Class

Wednesday, August 18 @ 1 p.m.

Chair Yoga with Brooke Mulholland

Wednesday, August 25 @ 2 p.m.

Rooted in Resilience Wrap-Up

Friday, August 27 @ 11 a.m.

Your name will be entered in an end of the month raffle every time you join one of the activities listed to the left. We encourage you to discover other programs being offered by Baltimore County senior centers in August. Contact your local center or 410-887-2040 for program links or more details.

This month's sponsor of the THREE \$25 gift cards is Baltimore County Federal Employee Credit Union.

Your Finances. Our Promise.
Baltimore County Employees
Federal Credit Union



Chilling Out Checklist Challenge

- r Find some new jokes on the next few pages
- r Be mindful when you are sweating the small stuff and release those worries
- r Collect music or make a playlist that helps you relax
- r Drink a glass of cold water
- r Close your eyes and do some deep breathing
- r Do a guided meditation
- r Take an early morning walk
- r Do some gentle stretching before bed
- r Try to do something repetitive such as knitting, gardening or sanding
- r Observe animals in nature
- r Take a moment to observe all of your senses (*what you see, hear, feel, taste and smell*)
- r Prepare a favorite meal and really enjoy it with no distractions
- r Shrug your shoulders when frustrated, smile and say “oh well”
- r Spend time with children
- r Make yourself a snowball with chopped ice and your favorite syrup flavor
- r Go for a swim if possible
- r Hum to yourself whenever possible
- r Try to cut down on process foods
- r Practice gentle yoga in a chair or the floor
- r Do head rolls and shoulder shrugs to release tension in neck and shoulders
- r Take a hot/cold shower known as a contrast shower to relax muscles
- r Watch the sunrise
- r Go for a nature walk
- r Paint your imagination
- r Play a board game
- r Get a message or do a self-message
- r Spend time with a pet



Chilling Out Checklist Challenge *(cont.)*

- r Take a salt water bath
- r Put on your favorite chill out music and move your body to the rhythm
- r Buy or make a smoothie with fresh fruit and/or veggies
- r Go on a long scenic drive
- r Keep a journal of activities or things that relax you
- r Talk to a spiritual leader if you are comfortable doing it
- r Explore rocking activities such as a rocking chair, hammock or swing
- r Go shopping for antiques or your local farmer's market
- r Let go of resentments
- r Do some star gazing
- r Stop and smell the roses
- r Play a Tibetan singing bowl
- r Try a new restaurant
- r Go to the beach or park
- r Visit an ancient temple
- r Practice gratitude
- r Hug or cuddle with someone or a pet
- r Create something
- r Allow yourself to daydream
- r Draw a Mandala
- r Visit an aquarium
- r Use essential oils such as lavender
- r Create more space
- r Enjoy a good conversation with someone, ask questions and listen
- r Try cycling
- r Take a nap
- r Enjoy some iced herbal tea



Resilience Humor

And by the way, instead of an aspirin, laugh your headache away. Try “ten” of the following and call me in the morning.”

KITCHEN STUFF

- I would cook dinner but I can't find the can opener.
- My house was clean last week; too bad you missed it.
- A balanced diet is a cookie in each hand.
- Help keep the kitchen clean – eat out!
- My next house will not have a kitchen – just a vending machine.
- The only reason I have a kitchen is that it came with the house.

HOSPITAL CHARTS

- Patient has two children but no other abnormalities.
- I saw your patient today who is still under our car for physical therapy.
- The pelvic exam will be done later on the floor.
- The patient refused autopsy.
- On the second day the knee was better; on third day it disappeared.
- She is numb from her toes down.

JUST WONDERING

- Why do croutons come in airtight packages? Aren't they just stale bread to begin with?
- If Fed Ex and UPS were to merge – would they be called Fed Up?
- I was thinking about how people seem to read the Bible a whole lot more as they get older. Then it dawned on me – they're cramming for their final exam.
- If it is true that we are here to help others then what are the others here for?
- Whatever happened to Preparations A though G?
- Does pushing the elevator button more than once make it come faster?
- OK! So what's the speed of dark?
- I signed up for a fitness class and was told to wear loose fitting clothes. If I had any loose fitting clothes I would not have signed up in the first place.
- If a word is misspelled in the dictionary how would we ever know?
- Why is the third hand on the clock called the second hand?
- If Webster wrote the first dictionary where did he find the words?
- Why do we say something is out of whack? What's a whack?
- If work is so terrific why do they have to pay you to do it?
- How come abbreviated is such a long word?

- Why do we wash bath towels? Aren't we clean when we use them?
- Until I was ten and the oldest child I thought my name was “somebody”.
- I don't feel old. I don't feel anything until noon then it's time for a nap.
- The early bird may get the worm but the second mouse gets the cheese.
- I almost had a psychic girlfriend but she left me before we met.
- How do you tell when you are out of invisible ink?
- Mechanic – I couldn't fix your brakes so I made your horn louder.
- What happens when you get scared half to death – twice?
- Why do psychics have to ask you your name?
- Experience is something you don't get until after you need it.
- Chocolate comes from cocoa; cocoa is a tree; that makes it a plant; therefore chocolate is a salad. And if they don't have any in heaven I'm not going.
- What did the drummer call his twin daughters? Anna One, Anna Two
- I just burned 2000 calories. That's the last time I leave Brownies in the oven while I take a nap.

WHAT? ME? OLD?

- You have to stay in shape. My grandmother started walking five miles a day when she was 60. She's 97 now and we don't know where she is.
- Being a little older, I am very fortunate to have someone call me and check on me every day from India. He is very concerned about my car warranty.
- During the latter part of the pandemic they said we could have gatherings of eight people without issues. I didn't know eight people without issues.
- During the pandemic who would have thought we could smoke weed at a family gathering and the illegal part would be the gathering.
- We are not aging; we are ripening.
- I feel like my body has gotten totally out of shape so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent twisted, gyrated, jumped up and down for an hour. But by the time I got my leotards on, the class was over.
- Reporter interviewing a 104 year old woman “And what do you think is the best things about being 104?” “There's no peer pressure”.