



# News & Info from HSC

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## Giggle of the day!

*This too will pass.  
Maybe like a kidney  
stone - but it **WILL** pass!!*

## July is Healthy Life Style Month

- A focus on Nutrition & Physical Activity

### Nutrition

- Two more "Make Veggies Fun with Monica" recipes are attached.
- This website is a wealth of tips, tricks and healthy eating information:  
[www.choosemyplate.gov/eathealthy/WhatIsMyPlate](http://www.choosemyplate.gov/eathealthy/WhatIsMyPlate)

### Physical Activity

- Reeve-RxRelax Adaptive Yoga
  - A six-week FREE class
  - See flyer for more information attached.

## Telephone Call In Activities

You don't have to have a computer to take part in Virtual Activities! See the **YELLOW** flyer in this package for activities that have a telephone dial-in option and when they are. Join us!!

## How much water should you drink

Each day you need about 1/2 ounce per pound of body weight. So if you weigh 120 lbs you need 60 ounces of water a day, which is about 8 glasses.



Even slight dehydration can cause cognitive and physical negative effects. At a loss of 2% of your water weight there is a significant impairment. Drink water!!

## Greeting Cards

This month they are from Young Men's Service League, Vienna -Oakton chapter. Thank you!!

## Herndon Senior Center "fun" facts

As we enter the 18th week of being closed here are some "fun" facts:

- Including today, we have delivered almost 11,000 meals.
- All staff are doing well and so are our families. This closure is keeping us very busy and we are learning a lot.
- Kevin has been working out of Lorton Senior Center.
- Kathy has been working out of our center as her center building, Pimmit, is closed.
- Sasha and her peers are doing an amazing job with the Virtual Activities program.
- Susan G has continued to care for our garden and it looks amazing. One of our amaryllises decided to bloom.



## Until next week....



Fairfax County is committed to nondiscrimination in all county programs, services and activities. To request reasonable accommodations or to receive this information in an alternate format, call 703-324-4600, TTY 711.



# Mindfulness

*Ruth "stole" this from ...*

**Washing dishes can lower your stress level by 27%, according to a study by Florida State University.**

Approach the task (or any routine task) mindfully. Focus on the details – feel the shape of the dishes in your hands, the smell of the soap, the temperature of the water. The focus is what calms your mind and eases stress.

Pick a task and concentrate on the steps and the process. Some people crochet, some knit. I find doing ikebana (Japanese-style flower arranging) helps me relax. I am sorry to say dish washing does NOT do it for me!

**I would love to hear what task YOU choose to do mindfully this week!**

Please share by email to  
[NCSHerndonSeniorCenter@fairfaxcounty.gov](mailto:NCSHerndonSeniorCenter@fairfaxcounty.gov)  
and we will include the list next week with no names attached!

## **Our staff reduce stress by**

- \* Mindful walking
  - smell the flowers, looking at flowers, sunset and sunrise views, and of planets in the sky.
- \* Getting lost reading a good book.
- \* Listening to history or science podcasts while doing mindless chores
- \* Listen to a good book while driving through beautiful surroundings.