

GRAND CENTER  
FEBRUARY 2022

Happy  
Valentine's  
Day

It is so nice to see “new” people come in to the center and to see “old” people come back. Feels like almost back to where we were two years ago. Thank you to those of you who have reached out to our new additions and made them feel welcome. It is so important to not feel alone in these trying times. A smile or a friendly face brings joy to everyone.



As I approach my second month as Director I want to thank you all for the continuation of support. I especially want to thank the rest of the Grand Center team for helping me navigate through the learning curve.

In each room is a book, in this book are sheets to “sign in”. Tracking the room and facility usage helps with our funding. When you use a space please sign in. Even if it's the same group every time, knowing how many and how often the space is being used has helped us keep up our current funding and allows for more funding opportunities in the future. Plus it's nice to see what spaces are being enjoyed!

The Council on Aging is an advisory council that advises the County on matters related to the needs of the County's aging population. The council currently has a couple of spots open. If you are interested in joining the council, or just want to know more about it please feel free to reach out! I am happy to discuss any ideas or address any concerns you may have.

Happy February!  
Alishia

As we try to get back to some semblance of our new normal, and hopefully spring is just around the corner, our minds naturally go to what new activities can we find to fill our time with. We would like to bring back our Get up and Go Committee back up and running. If you would like to be part of this or have ideas of what activities you would like to do. Please let us know and we can start scheduling some monthly meetings and activities. Also any crafts you would be interested in doing. Projects? Games? Parties you would like to have, holidays to celebrate?

### Ways to Beat the Winter Blues

#### Exercise Classes

Monday, Wed and Friday 8:20 A group walks to a tape, followed by strong women

Tuesday and Thursday

Dancing with Deana

10:00 –11:00 AM

Wednesday

Tai Chi 10:00 AM

Qui Jong 11:00



### Rescheduled Craft Day February 3rd 10 AM

We have materials, and will provide lunch to the crafters.

# Tips to manage stress and anxiety

If you're feeling anxious and stressed over the recent adversity and hard times, I feel you. Thousands of Americans are in the same boat. You are not alone.

Whether you're worried about the unsettled economy, your job, or the "not so peaceful" protests, each of these are disturbing. If ignored, they can affect your mental and physical health.

Stress can be a physical reaction to feeling confused and frustrated by a situation. It will affect your sleep, eating patterns, and emotional health. Over the years, I've discovered a few ways to help myself through troubling times. I'd like to share them in hopes you can find peace and relaxation to ease your mind and emotions

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**.Practice Meditation or Prayer** – Sit and breathe deeply for a minute or two. Then visualize white light or a sense of goodness flowing through your body and into each of your cells while continuing the deep breathing. Do this for at least 10 minutes. At the end send your love and peace out to the world.

**Exercise** – Walk outside for at least 30 minutes a day. Being outside in nature helps me stay healthy and releases negative thoughts and tension. Fresh air is good for the body.

**Eat Nutritious Foods** – Diet is so important when mitigating stress. Add more vegetables, fruit, legumes and healthy snacks and less sugar and meats. High levels of sugar and carbohydrates can raise your stress level and play havoc on the immune system.

**Take a Break from the News** – The latest news can throw your stress in a tizzy. So, don't tune in all day. Go outside and look at greenery and flowers.

**Journaling** – My favorite way to rid my stress is to record my feelings and to write about my confusion, frustration, and anger. With everything that's happening, it's easy to feel anxious or confused. However, there is always something to be grateful for. I end my morning "pages" with gratitude. I write three uplifting things that happened that morning or the day before. This helps change my perspective and reminds me where I need to put my energy.

**Talk with a Friend** – Just talking to someone about how you feel can be helpful. Talking distracts me from my stressful thoughts and releases built-up tension by discussing it. Having constant tension clouds my judgement and can prevent me from seeing things clearly. Talk things out with a friend, or a trained professional. You will find solutions to cope with stress and put your problems into perspective.

Carol Marak, aging advocate, and editor at [Seniorcare.com](http://Seniorcare.com). She's earned a Certificate in the Fundamentals of Gerontology from UC Davis, School of Gerontology.

## Happy Birthday



Wilda Morrison	February 2
Odena Bluemel	February 6
Joe Chacon	February 7
Virginia Hurtado	February 7
Roger Berg	February 14
Clifford Voss	February 15
Genevieve Hernandez	February 15
Bobby Long	February 18
Regina Franklin	February 21

### Contact Us

Center

259-6623

Alisha

259-4102

Brooke

259-4999

Yordy

259-8553

### *Caregiver Support Group*

*Thursday 3*

*4:00 pm*

*Call Yordy with Questions*

*435-259-6623*

*Caregiving is one of the most difficult jobs you will ever do, also one of the most rewarding. Please join us for understanding, support, sharing, laughter and tears*

