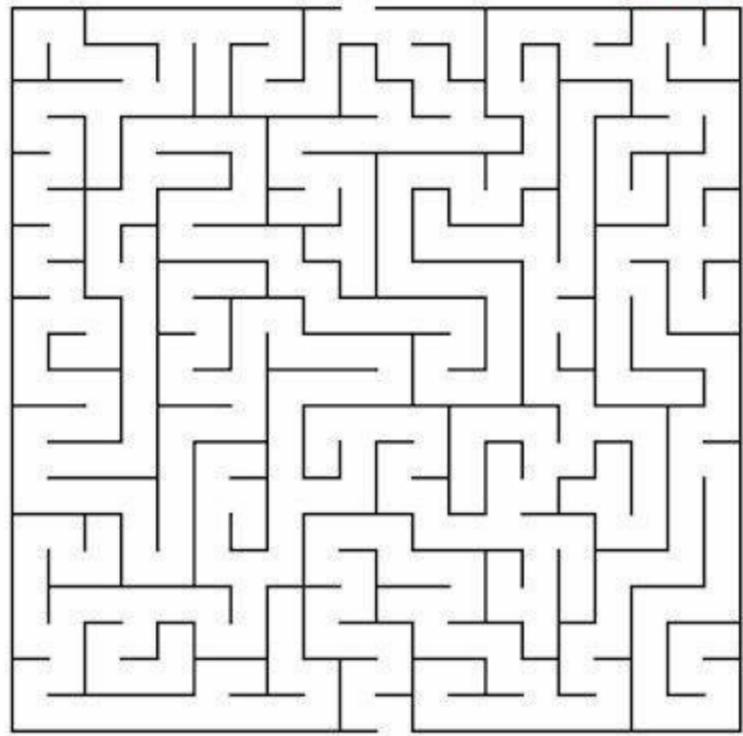


Spring Maze

Help the bird find a path through the maze to their nest.



© www.ActivityVillage.co.uk - Keeping Kids Busy

Activity
village

If you put a bird feeder out in the spring... @earthmounds



It can serve as a pitstop for migrating birds!



CARTOONSTOCK

Search ID: smb080331

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LIFE-NWPA
Living Independence For the Elderly



Participant News EXTRA

March 15, 2021

HAPPY SOCIAL WORKER MONTH TO YOUR LIFE-NWPA SOCIAL WORKERS!



←
Hello from
Ashleigh in
Crawford



Hello from
Kim
in Erie →



↖
Hello from Joe in Mercer



↖
Hello from Kimberly In
Clarion & Clearfield



↖
Hello from Sierra
In Warren

Choose a better frozen dinner~ Healthy Eating Tips from your LIFE-NWPA Dietitian!

Choose wisely

How do you pick a healthful frozen dinner? With so many options to choose from, you may feel like you'll be staring at the frozen food case for hours. Use the following tips as a guide:

- Choose frozen dinners that contain between 300-500 calories.
 - Choose meals with no more than 30% of calories from fat.
- Aim for a meal that has no more than 2 gm of saturated fat and 0 gm trans fat
 - The frozen meal should have at least 15 gm protein
- Watch the sodium. Try to keep it to no more than 600 mg per meal
- Look for fiber. Choose dinners with more than 2 gm of fiber per meal.

Round out your dinner by adding a salad or extra vegetables or a piece of fruit.



LIFE-NWPA Centers
844-456-5433

On-Call
844-452-0911

CLINIC CORNER

Tips for A Healthy Spring



Spring feels like a new beginning and a fresh start. Let the regenerative powers of sunshine, warm weather and more sunlight restore you and inspire you to spring-clean your world.

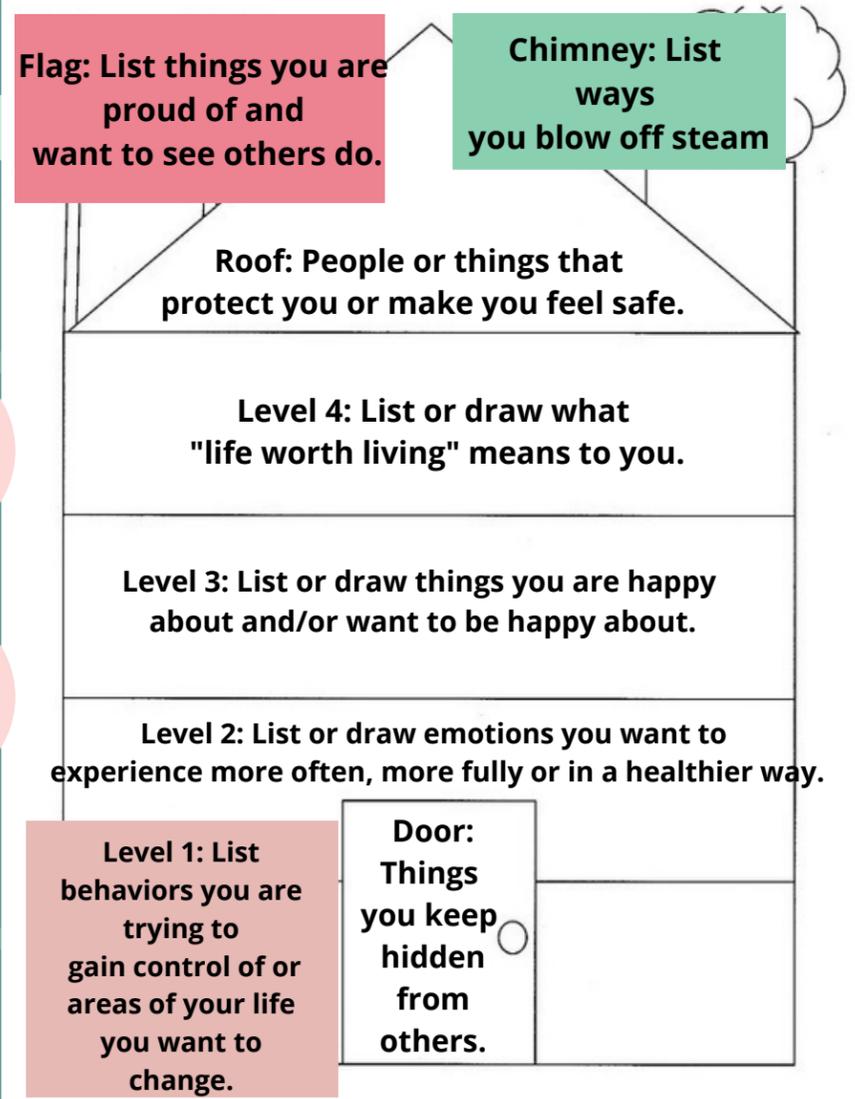
Here are some ways to jump start your spring:

- **Shake up your fitness routine:** Take advantage of those warm spring days & go outdoors and do some exercises!
- **Rethink your diet:** Make sure your getting a balanced diet. Most nutrition experts agree that choosing whole, unprocessed foods, and reducing added sugars and portion sizes will improve your nutrition.
- **Schedule time for yourself:** What you choose to do doesn't have to be complicated. Try soaking in the tub with a good book, enjoying a morning cup of coffee, taking a walk or putting in the garden.
- **Check your medication cabinets:** Examine everything in your cabinet, including ointments, supplements and vitamins. Discard any item that are beyond its expiration date or is more than a year old.

Take Care Corner....

brought to you by your LIFE-NWPA Social Worker!

Dialectical Behavioral Therapy (DBT) is a technique used to help individuals identify negative thought patterns and encourage positive behavioral changes. Shown here is the "DBT House." Answer the questions on each level of the house to help you identify thoughts and behaviors you would like to change. This activity will guide you in creating a path for setting and accomplishing goals that promote positive behavioral changes.



Self Care

STAYING ACTIVE & ENGAGED AT HOME



We are all finding new ways to stay social and active the best that we can. Here are some ideas for you to try!

- **Phone calls-** Call your family and friends just to chat! They probably would benefit from it just as much as you will!
- **Video Chat-** Video chat is like a phone call, but you use your smart device with a camera to be able to see each other! If you are unfamiliar with how to do a video call, please ask your centers' Activity Coordinator or any LIFE staff for more info! We will all be glad to help!
- **The internet -** if you have access to a smart device such as a phone, tablet or computer you might have access to the internet! Things you could try are YouTube, card games, BINGO, social media, or you can download apps for almost any type of activity you desire.
- **At-Home Activities Provided by LIFE -** Things your Activity Coordinator offer for home use are word searches, crossword puzzles, coloring pages and utensils, number puzzles and any sort of "paper and pencil" activities.
- **Safe Community Events -** Events in the community are starting to happen again, places are re-opening and people are starting to gather more. Spring is almost here and the weather is going to be nice before we know it! You are encouraged to engage in socialization opportunities and events but please remember COVID IS REAL and it is still out there. Always wear your mask, wash your hands, carry sanitizer with you and stay 6 feet apart! We want you to remain social and active, but we also want you to remain safe and healthy!

Scam Alert!!!

The Department of Human Services issued a healthcare fraud alert regarding COVID-19 vaccines. Fraudsters may be engaged in scams by making phone calls to you or even making door to door visits to you! Do not provide your personal information or payment information!

Don't fall for these false claims:

- Advertisements or offers to early access to vaccines upon payment or deposit
- Requests asking you to pay out of pocket for your vaccine or to put your name on a wait list
- Offers to undergo medical testing or procedures when obtaining your vaccine
- Offers to participate in a clinical vaccine trial to obtain the vaccine