



Mental Health, You & Covid-19

Source: mayoclinic.org

It's impact can be overwhelming. The pandemic has likely brought many changes to how you live your life. With this comes uncertainty, altered daily routines and social isolation. You worry about getting sick, how long this will last and what the future will bring. Information overload, rumors and misinformation can make your life feel out of control.

You may experience stress, anxiety, fear, sadness, and loneliness. Mental health disorders, including depression, can worsen. Here are a few self-care strategies.

Take care of your Body
Get enough sleep, participate in regular physical activity, eat healthy, avoid tobacco, alcohol and drugs. Limit screen time on electronic devices, relax and recharge by setting aside time for yourself.

Take care of your Mind
Keep a regular routine, limit exposure to news media, stay busy and focus on positive thoughts. Use your moral compass or spiritual life for support and set priorities.

Connect with Others
Make connections, and do something for others, like send an email, text or call to check on your friends, family members and neighbors. Try to support a family member or friend that you know is isolated.

Get help when You need It
Call or use social media to contact a close friend or loved one - even though it

may be hard to talk about your feelings.

Contact a minister, spiritual leader or someone in your faith community. Thank God for a wonderful summer as I look forward to more blessings.

Call your primary care provider or mental health professional to ask about appointment options to talk about you anxiety or depression and get advice and guidance. Some may provide the option of phone, video or online appointments.

Contact organizations:
National Alliance on Mental Health Illness (NAMI) at 800-950-6264, M-F 10 am - 6 pm ET, or visit, nami.org, or text "NAMI" to 741741 (24/7 confidential, free crisis counseling). Local Email: info@naminy.org, Website: www.naminy.org

Substance Abuse and Mental Health Services Administration (SAMHSA) at 800-662-HELP (4357) (24/7) for help and guidance. You can use findtreatment.gov or findtreatmentsamhsa.gov.

If you feel suicidal or thinking about hurting yourself, seek help right away.

Contact your primary care provider or a mental health professional or call a suicide hotline.

National Suicide Prevention Lifeline at 800-273-TALK (8255) or use its webchat at suicidepreventionlifeline.org/chat. samhsa.gov

Continue your Self-Care
You can expect your current strong feelings to fade when the pandemic is over, but stress won't disappear from your life when the crisis of COVID-19 ends. Continue your self-care practices.

Taking Care of Ourselves PART 3

By Sarah B. Caliman-Walker

There are spikes in New York. Continue to wear masks, stay 6 ft. apart and wash your hands.

January is National Glaucoma Awareness Month.

The health of your eyes and vision tend to change as you age, and differences in how well you see become more apparent. As important as annual eye exams are throughout life, they become much more important in our golden years.



In addition to yearly eye exams, you should have your prescription checked there may be a change in your vision.

Common vision problems to be aware of are: Cataracts, Glaucoma, and Age-Related Macular Degeneration and Ocular Hypertension.

If its been quite a while since your last full eye exam, make an appointment soon. info@glaucomafoundation.org

February is American Heart Month. Traditionally the time for all heart related health issues and reminders for us to take care of our heart. Yes, the month too with the love bug factor,

This annual celebration began in 1963 to encourage Americans to join the battle against heart disease. It is the leading cause of death in Americans 65 and older (Pre COVID-19). Since 2004, February has been the signature month



for the American Heart Association's "Go Red For Women" campaign, and the message that heart disease is not only a man's problem. This year, the National Wear Red Day will be celebrated on February 5. Get your hearts checked, it really works hard for you. (AHA at heart.org, or customer service 800-AHA-USA, (242-8721) M-F 7a-9p, SAT 9a-5p CST)

March is National Kidney Month, a time to bring awareness to kidney disease. In America, 30 million adults are affected by this condition. Our body depends on the kidneys to: regulate electrolytes (salt) concentrations, and to regulate blood pressure and the amount of fluids in our body.

Therefore, think about this:
 1. Have I been tested for kidney disease and how healthy are my kidneys?
 2. Am I ignoring any signs of my kidneys' functioning?
 Kidney Foundation at helpline@kidneyfund.org



Leftovers



TURKEY-COBB

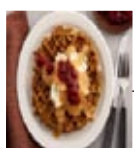
Ingredients - yields 3 cal/serv 455 3 pitas

1 1/2 C cubed leftover turkey
 1 C chopped butter lettuce
 1 avocado & 4 small tomatoes
 red onion & 1 oz blue cheese
 2 strips of torn bacon
 2 tbsp mayo & 1/2 tbsp balsamic vinegar & 1 tsp pepper & 1/2 tsp salt.

Directions: In large bowl mix first 7 items together. In small bowl whisk the mayo, vinegar, salt and pepper.

Add to large bowl and toss to coat. Cut pitas in half and fill with 1/2 cup salad.

Lighter - Use only white meat turkey, reduce bacon and cheese. Replace mayo with 1 tbsp olive oil. Save 74 cal & 8 grams fat.



LEFTOVER STUFFING

WAFFLES yields 2-4 Ingredients - 120 Cal

Vegetable oil for waffle iron
 4 1/2 C leftover stuffing
 1/4 C chopped parsley
 2 large eggs beaten
 2 C mash potatoes, warm
 1/2 C leftover gravy, warm
 1/4 leftover cranberry sauce
Directions: Preheat the waffle iron. Mix stuffing, parsley and eggs in a bowl. Evenly and firmly pack the waffle iron with some of the mixture. Close the iron and cook until waffle is golden and can be lifted out easily, 4 to 6 minutes. Transfer each waffle to a plate, top with a scoop of mashed potatoes, then cover with gravy. Finish with a dollop of cranberry sauce.



LEFTOVER TURKEY CHILI

Yields 4 - 252 Cal

1 tbsp vegetable oil
 1/2 med onion, & 1/2 green bell pepper diced & 1/2 small jalapeno, seeded & minced
 1 clove garlic chopped
 1/8 cup chili powder
 1/2 tbsp ground cumin
 1/2 tbsp dried oregano,
 Kosher salt, ground pepper
 1-2 C leftover turkey white/dark, chopped or pulled into 3/4 inch pieces
 14 oz can diced tomatoes
 1 C chicken broth or water
 15 oz can pinto beans
 Leftover rice or mashed potatoes, sour cream, and scallions for serving.

Directions: Heat oil in large pot over med heat. Add onion, bell pepper and cook stirring occasionally until soft, about 6 minutes. Stir in jalapeno, garlic and cook until soften slightly about 1 minute. stir in chili powder, cumin, oregano and salt/pepper to taste. Add turkey and stir until coated in spices. Pour in tomatoes and chicken broth stir well. Simmer on med-low uncovered until liquid reduces, about 1 hour. Add beans w/liquid and warm through about 10 minutes. Serve in bowl over potatoes or rice with a dollop of sour cream and sprinkles of chopped scallions.

Chairperson Corner



Rita Carrington

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This bright new day, complete with 24 hours of

opportunities,

choices,

attitudes;

a perfectly matched set of 1440 minutes

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exchanged,

replaced.

or

refunded,

so handle it with care.

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William Hamer
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