

BUZZ, BODY & BITES

A newsletter for actively aging adults

Virginia Cooperative Extension Family
& Consumer Sciences

November, 2020 Newsletter

Buzz



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FEELING CLOSE, WHEN YOU CAN'T BE CLOSE

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The holidays are a special time to meet with family and friends. What can we do when the pandemic restricts gathering for Diwali, Thanksgiving, Hanukkah, Christmas, or Kwanza? Although precautions are required for health and safety, that does not mean we must be separated socially from loved ones. Keeping in touch is important for mental health and happiness. Physical activity affects the mind.

Feeling that someone cares is also important for physical health. Research shows that people who stay involved socially are likely to be healthier and live longer.

Here are some ideas for kindling that warm, close feeling:

- Schedule video or phone calls for catching up, storytelling, or singing.
- Send a quick email or text greeting.
- Start a round-robin newsletter, recipe exchange, or photo album with friends and family adding their part as it is sent around.
- Create an email poem, story, or cartoon. Each person adds a line, paragraph, or picture panel, then sends it on to the next person.
- Hold porch or driveway catch-up conversations.
- Try old-fashioned Christmas caroling from a safe distance or video call.
- Schedule a drive-by greeting with loved ones; wave as you/they pass by.
- Share a link to a virtual travelogue, museum tour, or inspiring music, then talk about it on a phone or video call.
- Host a virtual book club. Discuss a book everyone has read on a video call.

If you think it is safe to visit in-person because everyone is healthy, does not have COVID-19 symptoms, nor been around anyone with symptoms or a diagnosis of COVID-19:

- Follow local health guidelines concerning gatherings.
- Avoid traveling to places with high COVID-19 cases.
- Wear a face covering over your nose and mouth; make sure others do too.
- Create a small social pod and celebrate with them—people who wear masks, wash hands, avoid crowds, AND interact only with others in the pod.
- Visit outdoors or open windows or doors for indoor ventilation.
- Seat household members together and seat those from different households at least 6 feet away.
- Have one person serve food onto all plates to reduce utensil handling.

Remember: The more people, the closer they are, and the longer they interact, the higher the risk of COVID-19 spread.

Easy Mashed Sweet Potatoes

Sweet potatoes promote a healthy heart, digestive tract, and vision!



Ingredients:

- 3 medium sweet potatoes
- 1 tablespoon butter
- 1 tablespoon brown sugar
- ½ teaspoon cinnamon
- ½ teaspoon salt
- Add pepper to taste

Instructions:

1. Rinse the sweet potatoes.
2. Place the sweet potatoes in a microwave-safe bowl with a little bit of water.
3. Cook the sweet potatoes in the microwave for 6 minutes, turning them halfway through. Check for doneness by inserting a fork.
4. Slice the sweet potatoes lengthwise, and scoop out the filling into a mixing bowl.
5. Add the remaining ingredients and stir to mix.
6. Place in a nice serving bowl, and sprinkle with a little cinnamon to garnish.

Body



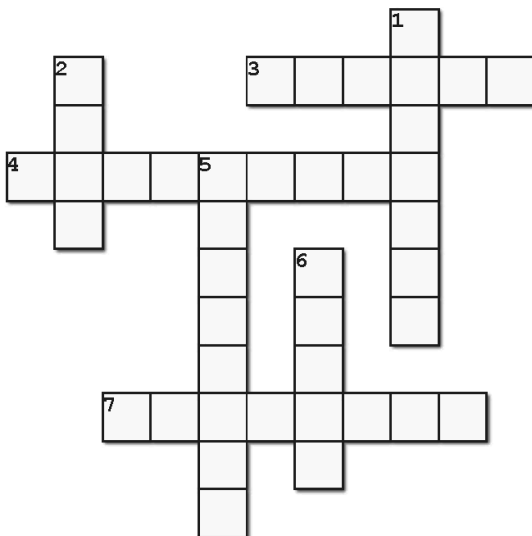
Overhead Press

Works chest, shoulders, arms, and upper back

1. Stand or sit in a sturdy armless chair. Keep feet flat on the floor, shoulder width apart.
2. Raise hands with handweights from your sides to shoulder height with palms facing forward.
3. Slowly breathe out as you raise both arms over your head like you are punching the ceiling, keeping elbows slightly bent.
4. Hold position for one second, then breathe slowly and lower arms to shoulders.
5. Repeat 10 - 15 times.
6. Lower arms, rest 15 seconds, then complete one more set of 10 - 15 lifts.

Mind Games

Emotional Health



Across

3. the condition of being protected from or unlikely to cause danger, risk or injury
4. a call made via a mobile phone with a camera and a screen, so the participants can see each other as they talk
7. a group of people who meet regularly to discuss books that all the members have read

Down

1. indicative of, conducive to, or promoting good health
2. send a letter or package using the postal system
5. in or into the open air; outside a building or shelter
6. a covered shelter projecting in front of the entrance of a building

Crossword Answers: 1. healthy 2. mail 3. safety 4. video call 5. outdoors 6. porch 7. book club

RESOURCES

Natural History Museum Virtual Tool
<https://naturalhistory.si.edu/visit/virtual-tour>

National Gallery of Art
<https://www.nga.gov/>

National Institute on Aging
<https://www.nia.nih.gov/health/exercise-physical-activity>

Lifelong Improvements through Fitness Together (LIFT) - Contact your local Extension office for program availability.

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