

# In Bloom

October/ November 2020

Social Physical Emotional Spiritual Financial Vocational Environmental Intellectual

## Gratitude

Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. Harvard did a study on gratitude and had one group of people daily write things they were thankful for and another group write things that aggravated them. After 10 weeks, those that wrote about gratitude were more optimistic and felt better about their lives. Surprisingly, they also exercised more and had fewer doctor visits than those who focused on aggravations. With gratitude, people acknowledge the goodness in their lives and allow for positive physical and mental change to happen!

## Environmental Wellness

On average, the distance food travels from farm to consumer is 1500 miles. This season, let's reduce our carbon footprint by purchasing local produce. When you purchase local produce you allow farmers to be compensated for their products which means they're less likely to sell their land to developers! Now is the time to visit a local farm and enjoy the crisp fall weather while supporting the needed farms around the area.

## Nutrition

Did you know **Iron** plays a key role in keeping your immune system functioning properly? Having too little **iron** can weaken your body's first line of defense against pathogens. To keep your healthy **iron** intake, here are some foods that supply your body with the key micronutrient: **spinach**, red meat, legumes, **shellfish**, **pumpkin seeds**, turkey, broccoli, and **dark chocolate**.

## Key Dates

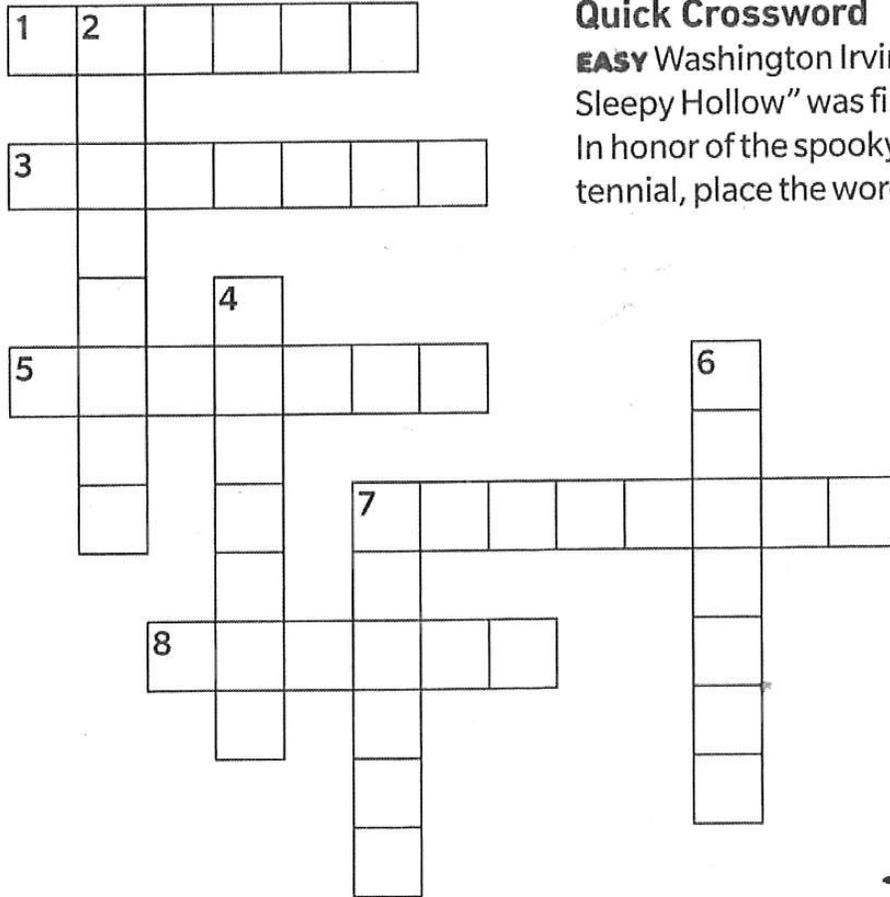
October 31st: Halloween Dress Up! Costume Idea: Skittle (dress in all one color!)

Veterans Day Video Presentation: November 10th at 6:30pm

Thanksgiving: November 26th

November 13th: Caregiver Appreciation day

# BRAIN GAMES



## Quick Crossword

**EASY** Washington Irving's "The Legend of Sleepy Hollow" was first published in 1820. In honor of the spooky tale's upcoming bicentennial, place the words below in the grid.

- HOLLOW
- CHURCH
- KATRINA
- ICHABOD
- GOBLIN
- HORSEMAN
- TEACHER
- PUMPKIN
- HEADLESS

### Class/ Gym Schedule

Monday

Functional Fitness **9:00am**

Strenuous Walk **9:30am**

Advanced Aerobics **10:00am**

Leisurely Stroll **10:30am**

Tuesday/ Thursday

Gym and pool available by sign up

**7:45a-11:30a & 2:00p-3:00p**

Wednesday

Functional Fitness **9:00am**

Advanced Aerobics **10:00am**

Core Balance **10:30am**



*Tired of getting all those papers in your box? See Nicole, the Concierge, for how you can opt out of those and receive the information digitally.*

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