



Focus on ALL types of WELLNESS

Wellness is defined as - *The quality or state of being in good health especially as an actively sought goal.*

There are seven basic dimensions of wellness and they are social, emotional, spiritual, environmental, occupational, intellectual, and physical. Setting and achieving goals in these areas can help you to lead a lifestyle of wellness. **Shellie will be discussing SOCIAL, Gina will be covering PHYSICAL and I will touch on EMOTIONAL.**

Your emotional wellness, also known as mental wellness, is your own ability to understand and accept yourself and to successfully cope and deal with the challenges and obstacles that life brings. Emotional wellness is being able to identify how you are feeling and why: it's about acknowledging and effectively channeling anger, fear, stress, sadness, love, happiness, frustration, hope, etc. The National Institutes for Health provide six strategies for improving your emotional wellness: Brighten your outlook, Reduce stress, Get quality sleep, Cope with loss, Strengthen Social Connections and Be mindful. Finding balance in these areas and educating yourself on different practices that support these ideas can help you on your journey to achieving emotional health

P.S...One way to Strengthen your Social Connections is to join our Turn Socials each week. This week's TurnSocial topic is provide us with one of your favorite quotes/sayings and why you enjoy it or what it means to you.

This week's Turn Social will be done over the Zoom video chat platform. You should have received an email invitation for the Zoom conference room. You will also receive a reminder email the day of your scheduled time with the information as well. Don't worry if you don't want to do your hair or get out of your PJ's..there's a call-in feature with Zoom so you can still join in the chat. SEE you soon!



Wellness with Gina

When you read The Turn's mission statement, you see the word WELLNESS. The first thing people tend to think of when they hear this word wellness is their physical health, but it is so much more than that. Every staff member is concerned about each area, but my focus happens to be your physical wellness.

Rule # 1 – Stay active. When you became a member of the turn, you decided to do so knowing you were going to increase your activity rather than lead a more sedentary lifestyle. Look for other ways to stay active on days that you don't have program.

Rule #2 – Take care of your body. Make sure you are getting regular exercise and keep up with your doctor appointments, especially your yearly physicals.

Rule #3 – Eat a healthy diet. Your diet is dependent on your medical status. What's good for one person, is not necessarily for another. Your physician or registered dietician can put you on the right path.

Rule #4 – Watch your metabolism. By finding that balance between diet and exercise, your more apt to keep those pounds from adding up.

Rule #5 – Build healthy habits. Get more exercise outside the program and take advantage of the extracurricular activities the Turn offers. Manage your sleep patterns, quit smoking, and try to reduce stress. Try some of the meditation tips I gave you.

Rule #6 – Finally, maintain a healthy weight to reduce your chance of developing heart disease, type 2 diabetes, and certain types of cancer. I promise I won't forget weigh-ins when we get back!

Reach Out & Be SOCIAL



Hello Turn Members,

It was a little cooler out last week so we did not get out of the house as much as we would have like for a walk and some fresh air.

It's difficult being cooped up in your home for such a long period of time. Just because you are physically distancing doesn't mean you have to socially separate!

Please join us for our weekly Turn Socials for great conversations with the Turn staff, members, and volunteers. We have enjoyed different ideas on how to stay busy, healthy, and organized! Each week we have a few more members join us! It's a great way to hear how your Turn friends are doing and you can let them know how you are!

Reaching out to friends and family especially those who live alone just to listen and share means a lot to them and will lift your spirits!

Last but not least we are working on the next schedule which will cover May thru September. We will post it on the website within the next week or two.

Your Program Coordinator - Shellie

MEMBER SURVEY

What have you missed most from The Turn during the stay-at-home order?

1. Golf Activities
2. Fitness Activities
3. Social Interaction

Email Erin at ecraig@jointheTurn.org with your answers!

