



# Colonial Living

July 2020

[www.Community-First.org](http://www.Community-First.org)



Celebrate the 4th with a good old fashioned parade! Let's get out the lawn chairs and wave your flags as the cars go right past your front door! Organized by the Presbyterian Church on Front Street, it's a great way to start your holiday!

*Parade begins*

**10:00 am at Westover**

*And continues at*

**11:00 am at Berkeley Square**

*Flags will be distributed prior to the parade.  
Please practice social distancing and wear your masks.*

## **BERKELEY SQUARE**

100 Berkeley Drive  
Hamilton, OH 45013  
(513) 856-8600



## **WESTOVER**

855 Stahlheber Road  
Hamilton, OH 45013  
(513) 844-8004



# Berkeley Square

ALTHOUGH IT'S A DIFFERENT WORLD RIGHT NOW, WE CAN STILL ENJOY THE SIMPLE THINGS IN LIFE AND *celebrate* THE MILESTONES.

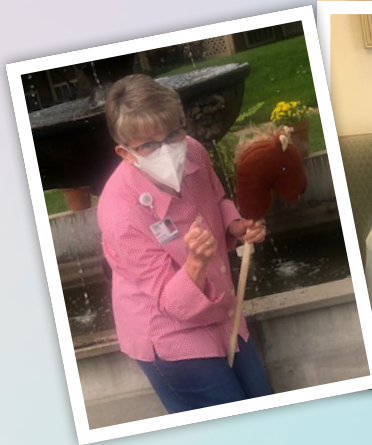




# Westover



## WESTERN DAY



## VISITING WITH NEW GREAT-GRANDSON VIA FACETIME



# 5 Tips to Normalize Life During the Pandemic

Many of us are feeling negative impacts of a new “normal” during the coronavirus pandemic. You may not be working, able to socialize, or perform everyday activities. However it’s important to remain physically and mentally active.

**Here are five tips for older adults to help normalize life during the pandemic:**



## 1. *Eat and drink wisely*

During stressful times, we often overeat or lean towards unhealthy options. Try to make an effort to plan your meals, stay hydrated, and limit or even eliminate alcohol. Another opportunity that you have right now is to cook creatively. Share recipes with friends and dig through your pantry to experiment with new dishes.



## 2. *Schedule daily activities*

Each night, make a “TO DO” list for the next day. When you wake up the next morning, your list will give you an hourly purpose, a sense of being effective, and will help distract you from stressful situations. Each activity, no matter how small, has a purpose, and if an item doesn’t get completed, there’s always tomorrow.



## 3. *Exercise*

If the weather is pleasant and it’s possible to avoid crowds, a walk around the neighborhood can provide sufficient exercise and improve your overall mood. If you’re interested in taking a class, free instructional videos can also be found online that are tailored specifically for older adults to improve balance, flexibility, core strength, and overall mobility.



## 4. *Visit your virtual library*

Now is the perfect time to get caught up in a good read—something that is not related to viruses and pandemics. The good news is that your public library has tons of e-books and audiobooks available for free by visiting their website! No library card? No worries! Library cards are free and easy to sign-up for online.



## 5. *Reach out to family and friends*

Make a list of friends and family members—even people you haven’t had contact with in the past several years. Use this time to reconnect. A simple phone call, text, or email can go a long way. Video platforms are also something to consider. Websites like Skype or Zoom are free and allow you to actually see one other. Try to reach out to someone every day.