



MEAP Quarterly

JUMPING INTO FALL WITH A GRATEFUL HEART

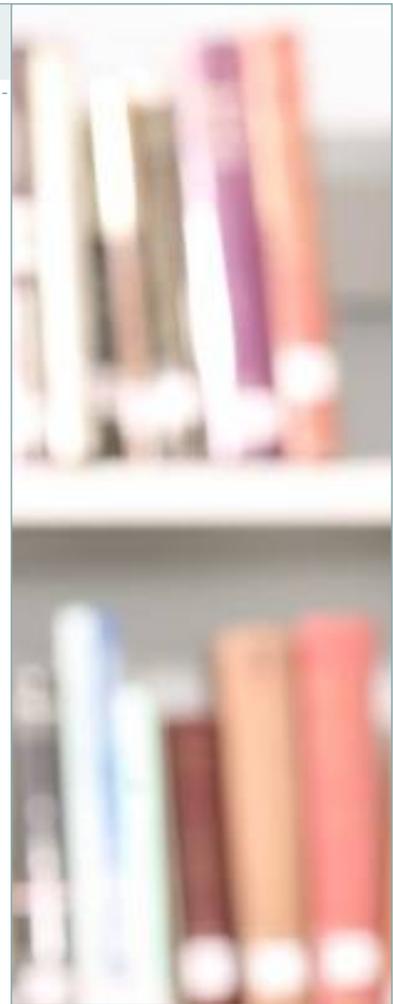
Research in positive psychology has shown that gratitude helps to improve how we feel, including decreasing levels of depression and stress. Gratitude has also been shown to improve heart health and sleep as well as decrease fatigue. To boost your happiness and wellbeing this fall, consider adding *gratitude* to your routine, a practice that can easily fit into a busy day. Gratitude practice includes various exercises, such as journaling, expressing appreciation, practicing mindfulness, and of course, saying thank you.

Integrate your gratitude practice into journaling by writing down five good things about your day. Take the time in the evening to reflect on your day and include simple moments that you appreciated– catching up with a friend, recognition at work, a good meal, accomplishing a task, etc. Write what you are grateful for and briefly explain why it brought you happiness.

You can express appreciation or say thank you in many ways, including a handwritten letter or card, a phone call, text, or email, or even an in-person visit. You can thank someone you are grateful to have in your life, someone who has made an impact on your life, or someone who did something nice for you recently. It is great to include specific details of what it is you appreciate about the person.

Gratitude can become a part of your mindfulness practice by simply taking a moment to appreciate the details of your surroundings. For example, you can go for a gratitude walk, paying special attention to each of your senses– sight, hearing, taste, smell, and touch. Take note of the leaves changing colors or the sun shining through the trees, a light breeze and the fresh air, the grass or leaves beneath your feet. In another setting, you may notice the sound of children playing or the whistle from a nearby football game, and you may see a beautiful building and take in the smells of a restaurant kitchen or someone’s barbecue.

These gratitude practices will increase your focus on positive experiences, and therefore, directly improve wellbeing. Many remark that their gratitude practice improves the quality of their relationships, leading to greater satisfaction in their social experiences. Begin a gratitude practice today ahead of the Thanksgiving holiday and enjoy the benefits!



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FOREVER LEARNING INSTITUTE

Forever Learning Institute (FLI) has been in our community for over 40 years and serves to engage seniors by continuing to expand their knowledge and participate in their community. Forever Learning is currently housed in the Parish Center of St. Therese Little Flower Catholic Church. Read on for details, and register for a class today!

Location: 54191 Ironwood Road, South Bend, Indiana 46635

Phone (574) 282-1901

Office Hours - Monday through Friday
In Semester 9 am-3 pm;
Out-of-Semester 9am - 1 pm.

Volunteer Board of Directors: A dedicated Board manages the affairs of Forever Learning Institute.

Students: Forever Learning is open to students 50 years of age and older of any race, color, religion, or national and ethnic origin. Over 1300 students enroll annually in classes.

Volunteer Faculty: Each member of the faculty volunteers their time to support life-long learning for our senior community,

Curriculum: Courses include topic areas of arts and creative crafts, business and finance, computer and technology, cooking, dance, geography, health and fitness, history, languages, literature, music, science and nature, special interests/skills, and spirituality and religion.

There are two ten week semesters—one in the fall and one in the summer. A six week interim session occurs in the winter.

Scholarships: FLI offers a limited number of scholarships which are based on financial or educational need as well as space availability.

Tuition: All classes are \$45, unless otherwise noted.

Visit: foreverlearninginstitute.org for more information.

“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.” - Henry Ford

“Gratitude unlocks the fullness of life.

It turns what we have into enough, and more.

It turns denial into acceptance, chaos to order, confusion to clarity.

It can turn a meal into a feast, a house into a home, a stranger into a friend.”

– Melody Beattie



GRATITUDE PRACTICE FOR KIDS

You can support children in a gratitude practice by helping them create a gratitude jar. The special jar can be made from a plain glass jar and then decorated with stickers, ribbons, magazine cutouts, sequins, etc. Once the gratitude jar has been personalized, blank strips of paper can be used as gratitude slips, where gratitude statements can be written and added to the jar at the end of the day. It can be especially helpful in the beginning to use prompts as the children learn about gratitude, such as the following:

Something I like about my family...

Something I am excited about or looking forward to...

I felt happy today when...

I was proud of myself today because...

Something funny that happened today...

Three friends who I appreciate....

Something I accomplished today...

Something about today that I'll always want to remember...

My favorite family tradition...

Something that made me smile today...

It is a good idea to have the children write down three different gratitude statements, each on a separate piece of paper. Take a moment to discuss each one before folding each statement and saving them in the jar. This can be integrated into a daily routine, whether at bedtime, after dinner, or another time that works well as a family.

More information and resources on this practice can be found at TherapistAid.com.



“How beautifully leaves grow old. How full of light and color are their last days.” -John Burroughs

IF YOU’RE LOOKING FOR A SPOOK



Have you checked out *Fear Itself at Legend Park*?

Mishawaka is home to one of the top rated haunted attraction shows in America. The location includes 5 large haunted attractions with over 150 actors. You can also find food and concessions, live entertainment, fireworks, games, and more. Attractions in 2018 included *Cuckoo’s Nest, Father Timeless Diaries– Dawn of a Nightmare, Rat Trap, Rock Monkey Caves, and Sinister Circus*. If you look forward to the spooks and screams of Halloween, look into visiting *Fear Itself at Legend Park*. It is typically open to the public on weekends, starting late September through early November.

For details, visit legendpark.com or call (574) 256-5656 between 9am-5pm Monday-Friday.



HIKING TIPS

A recent article put out by the Harvard Medical School outlines the physical and mental health benefits of hiking. Hiking can improve your cardiovascular fitness, strengthen your core muscles, and sharpen your balance skills. With regard to mental health, research has shown that spending time outside in nature provides stress relief. Because stress contributes to high blood pressure and heart disease, it is even more beneficial than to your physical health to spend time in nature to mitigate stress.

The article goes on to provide the following three tips for a great hike:

Bring a map and hike with a partner– hiking with another person is great for company as well as for safety!

Wear hiking boots– footwear with good ankle support is best for hiking!

Stay hydrated– drink plenty of water, and bring some along with you on the hike!

Find the article at health.harvard.edu.

AN APPLE A DAY...

...Keeps the doctor away, or so goes the saying. But what are the real health benefits of apples?

Reader's Digest best health magazine outlined 15:

1. Whiter, healthier teeth
2. Avoid Alzheimer's
3. Protect against Parkinson's
4. Curb all sorts of cancers
5. Decrease your risk of diabetes
6. Reduce cholesterol
7. Get a healthier heart
8. Prevent gallstones
9. Beat diarrhea or constipation
10. Neutralize irritable bowel syndrome
11. Prevent hemorrhoids
12. Control your weight
13. Detoxify your liver
14. Boost your immune system
15. Prevent cataracts

Read more at besthealthmag.ca.



COLLEGE FOOTBALL SEASON

College football season has kicked off! The season will be full of touchdowns, tackles, school spirit, rivalries, and of course, tailgates. Tailgates often include delicious barbecue (see recipe on next page), quality time with family and friends, yard games, and alcohol. Unfortunately, tailgates around the country have involved binge drinking, which is the most common, costly, and deadly pattern of excessive alcohol use in the United States. It is important to understand alcohol consumption and blood alcohol concentration to make informed choices and safely enjoy the college football season. The National Institute on Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings a person's blood alcohol concentration (BAC) to 0.08 grams percent or above. This typically happens when men consume 5 or more drinks or when women consume 4 or more drinks in about 2 hours. The risks associated with binge drinking include unintentional injuries such as car crashes, falls, burns, or alcohol poisoning in addition to violence, sexually

transmitted diseases, unintended pregnancies, chronic diseases such as high blood pressure or heart disease, and even alcohol dependence. If you choose to use alcohol this season, be mindful of low risk use, and plan ahead for the day, including transportation!

Low risk alcohol use:

Men- No more than **4** drinks on any day or 14 per week

Women- No more than **3** drinks on any day or 7 per week

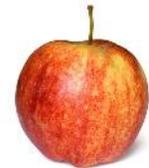
1 standard drink is equal to:

12 fl oz of regular beer (5% alcohol)

8-9 fl oz of malt liquor (7% alcohol)

5 fl oz of table wine (12% alcohol)

1.5 fl oz of 80-proof distilled spirits (40% alcohol)



NAPPANEE APPLE FESTIVAL

The Nappanee Apple Festival is celebrating its 44th year and will take place from Thursday September 19th at 5pm through Sunday September 22nd at 6pm. The festival is complete with a tractor pull, a wings and wheels show, stages of entertainment, a 7 foot baked apple pie, crafts, a parade with a military aircraft flyover, contests such as apple peeling and pie-eating, a 5k run, corn hole tournaments, a scholarship pageant, carnival rides, and more. Over 80,000 people will attend the festival, and many will go home with their favorite fresh apple products such as:

Apple pie, apple fritters, apple dumplings, apple turnovers, apple fry pies, apple bread, applesauce, apple cider, and apple butter.

Many others will enjoy the 150 exhibitors, 20 food vendors, and local non-profit organizations who participate in the event.

You can find more details at nappaneeapplefestival.org.



HAND HYGIENE

Ahead of cold and flu season, here are some tips for healthy hand hygiene to prevent illness. The Mayo Clinic recommends the following process for best handwashing:

- Wet your hands with clean, running water — either warm or cold— then turn off tap.
- Apply soap and lather well.
- Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails.
- Rinse well.
- Dry your hands with a clean towel or air-dry them

It is also recommended to wash your hands with your child to show him or her how it's done. To prevent rushing, suggest washing hands for as long as it takes to sing the "Happy Birthday" song twice.

Protect your health (as well as your loved ones) in the months to come by following this process for best hand washing!



FALL BARBEQUE: LEMON-HERB CHICKEN SKEWERS WITH BLUEBERRY-BALSAMIC

Ingredients:

- 1 garlic clove
- 1/4 cup chopped fresh flat-leaf parsley
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh cilantro (optional)
- 2 tablespoons olive oil
- 1/2 teaspoon grated lemon rind
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon kosher salt, divided
- 4 skinless, boneless chicken thighs, each cut into 6 pieces (about 1 pound)
- 1 cup blueberries, divided
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon honey
- 2 tablespoons finely chopped red onion
- 1 teaspoon minced jalapeño pepper
- Cooking spray

How to Make it:

1. Chop garlic in food processor, add parsley and next ingredients (through black pepper) until finely chopped in processor. Add 1/8 tablespoon salt and pulse to combine. Combine herb mixture and chicken in a medium bowl, tossing to combine. Cover and refrigerate for 1 hour. Wipe out food processor.
2. Combine 1/2 cup blueberries, vinegar, and honey in a small saucepan over medium heat. Bring to a boil; reduce heat to low, and cook for 10 minutes or until thickened, pressing down on the blueberries with a spoon to break them up. Place blueberry mixture in a medium bowl. Add remaining 1/2 cup blueberries to food processor and pulse 5 times. Combine chopped blueberries, 1/8 teaspoon salt, onion, and jalapeno pepper with vinegar mixture.
3. Preheat grill to medium-high heat.
4. Thread 6 chicken pieces evenly onto each of 4 skewers (8-inch). Sprinkle with remaining 1/4 teaspoon salt. Place chicken on grill rack coated with cooking spray and grill for 10 minutes, turning occasionally. Serve with blueberry salsa.



**LET MEAP BE YOUR FIRST
CALL THIS FALL SEASON!**

- ◆ PROBLEMS AT SCHOOL?
- ◆ MOOD CONCERNS?
- ◆ HOLIDAY STRESS?
- ◆ ADJUSTMENT TO CHANGE?
- ◆ ALCOHOL OR OTHER SUBSTANCE USE?
- ◆ RELATIONSHIP CONFLICT?
- ◆ WORK-LIFE BALANCE?

**CALL US WITH ANY
QUESTIONS OR
CONCERNS YOU OR
YOUR FAMILY MAY HAVE!**

GET TO THE LIBRARY WITH A SIMPLE SWIPE

If you have a public library card, you can browse and borrow available books from the comfort of your own home. Just download the *Libby, by OverDrive* app to your phone or tablet. From there, add your public library and account number. It only takes a few taps after that to find and borrow a book, either using the ebook reader or audiobook player. Using this app, you can enjoy the benefits of your public library while you drive, walk in the park, or relax on the couch. Save time and gas money on trips to the library!



"Books were my pass to personal freedom."

-Oprah Winfrey

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