

# In Harmony

A fresh approach to daily living  
(Special Edition: Surviving Social Distancing)



"Nothing ever goes away until it teaches us what we need to know." — Pema Chodron

## Healthy Habit

Practice Mindfulness – This can mean different things to different people. But, in our years working with older adults, attitude seems to be the #1 factor in successful aging. Mindfulness helps reduce stress and create gratitude. Successful seniors might journal on a regular basis, meditate, go for quiet walks, do yoga, say a daily prayer, keep a gratitude list.

## Beyond Bingo

- **Movie of the Week - *Three Men and a Baby (1987)***  
Three swinging Manhattan bachelors (Tom Selleck, Steve Guttenberg, Ted Danson) grow paternal minding a baby girl left on their doorstep.  
*Available on Xfinity on Demand, Amazon.*
- **Book of the Week - *The Woman in the Window by A.J. Flynn***  
Agoraphobic Dr. Anna Fox witnesses something she shouldn't while keeping tabs on the Russell family, the seemingly picture perfect clan that lives across the way.  
*Available at Amazon, Barnes & Noble, Target, & other retailers.*
- **Simplify Your Surroundings** - Clear clutter to avoid falls. Remove piles from floors such as newspapers and magazines that you have been meaning to read. Remove area rugs where possible as they can be quite a tripping hazard. Make sure that the pathways are free of obstructions such as furniture and make sure there is adequate lighting. Ask for help if needed to remove excess furniture and to replace light bulbs in difficult to reach fixtures.

## Reliable Resource

- **Maryland Access Point (MAP)**  
MAP is the gateway to long term services and supports in Maryland. MAP specialists work with caregivers, professionals, and all individuals with long term care needs to plan, identify, connect, and assist with accessing private and public resources for long term services and supports. <https://www.marylandaccesspoint.info> or 1-844-627-5465