

February 2021

Tips for Connection and Joy while Social Distancing

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Be "social" while Safely distancing. We need healthy human contact.	2 GROUNDHOG DAY Discuss this tradition with someone. Smile!	3 Try new ideas to combat negativity and loneliness. Keep learning.	4 Social connectivity protects your health & increases survival.	5 Social bonding improves with high quality engage- ment. Listen well.	6 Express gratitude often. Start a gratitude journal or collage.
7 Support an OSL friend with a phone call or "coffee date".	8 Share with a younger person how you came thru challenges.	9 Ask an older adult what helped them thru a difficult time in their life.	10 "It's OK to not be OK." Seek help from a trusted source. Call 211.	11 Connect online with social media friends in a meaningful way.	12 Learn something new. "Google it". Sign up for a webinar or class.	13 Visit the OSL Library online or in person.
14 VALENTINE'S DAY Express your love to someone today	15 Vacation Time! Pull out photos from past family trips. Tell stories.	16 MARDI GRAS (Fat Tuesday) Prepare for Lent	17 ASH WEDNESDAY Safely join your OSL family today	18 Take an online vacation. "Tour" art galleries or museums in Paris.	19 Making art can be social & healthy. Create something and share it.	20 Strengthen your identity thru sharing a craft or hobby project.
21 Connect with an OSL friend you haven't seen for a while.	22 Concentrate on any enjoyable task or project.	23 Use your whole body in a healthy activity like yoga, walking, swimming.	24 Use your hands to help improve mood & mental health. (Knit Carve Paint)	25 Reach out & help an older adult with critical life tasks. Shopping.	26 When helping oth- ers, listen for what is stressful. Show kindness.	27 Keep friendships alive with small acts of kindness. Drop off goodies.
28 Color an inspira- tional card and mail it to an OSL friend.						

March 2021

Tips for Connection and Joy while Social Distancing

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Humans were created for social connections. Try new interactions.	2 Engage with high-quality communication on social media.	3 Visit the OSL Library online or in-person. Meet Jana, new staff.	4 Write a note of encouragement and mail it to a friend or relative.	5 Communicate with a neighbor. Wave. Visit at the mailbox.	6 Start an outdoor neighborhood puzzle or board game exchange.
7 Look through the OSL picture directory. Phone a friend.	8 Consider a new way to be a Community Volunteer.	9 Online volunteers are needed. Check out options on Idealist.org	10 Be a helpful citizen. "See Something? Say Something."	11 Spring pot holes hurting your car? Call City Pot Hole number to report.	12 Sign up to be an OSL Pen Pal. Contact OSL Office.	13 Think of a random act of kindness and do it!
14 SPRING AHEAD! Reset clocks in your home and car	15 Step outside and breathe deeply. What do you notice?	16 Make a list of things that bring you joy. Focus on one of these.	17 ST. PATRICK'S DAY Visit the Irish Potato Man today	18 Sit in a chair and move arms and legs with gentle stretches.	19 Find a new walking path, indoors or outdoors. Walk with a friend.	20 SPRING EQUINOX Look for signs of spring outside.
21 Send a greeting card to an OSL friend.	22 Walk around your home or block. Pay attention. Breathe deeply.	23 What self-care appointments need to be made?	24 Visit the OSL Library online or in-person. Meet a volunteer.	25 Inventory your freezer. List contents to help with meal prep.	26 Clean and organize a drawer or closet. Donate Gently used items	27 Share with a friend: a recipe discovered during the pandemic
28 PALM SUNDAY Safely participate in worship service	29 Add a new movement or activity to your exercise routine.	30 Sort kitchen pantry items. Bring to OSL Campus Cupboard.	31 Learn a NEW puzzle, game or online technology challenge.			

April 2021

Tips for Connection and Joy while Social Distancing

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 MAUNDY THURSDAY (April Fool's Day)	2 GOOD FRIDAY Safely attend a worship service	3 Prepare for Easter as a family Dye eggs, make gift baskets.
4 EASTER Safely celebrate our risen Lord!	5 Walk around your block and look for signs of spring.	6 Turn your mind to spring and summer projects. Make plans on paper.	7 Visit the OSL Library. Donate used greeting cards here.	8 Give yourself permission to slow down and reflect. Pajama Day is OK	9 Strengthen your friendships with more frequent texting or calls.	10 Reduce negativity: Alienation, Anger, Anxiety. "Let it go".
11 Increase your sense of AWE. What do you find "awe-some"?	12 Notice amazing things in nature. (Winter or Spring robins nearby?)	13 Find the large Eagles' Nest on E Hwy 11 across from Husset's	14 How many sunrises or sunsets can you notice this month? Share photos.	15 Reflect on human stories of kind- ness that are "awe-some".	16 Reflect on God's creation, star system & vast universe. Pray.	17 Reflect what is "awe-some" about art, music, ideas, theories, books.
18 God sees us and loves us still. You are God's beloved child forever.	19 Stretch as tall as you can. Check posture in mirror. Hold and repeat.	20 We are all related (Lakota belief). How can we find common ground?	21 Make a simple collage of "awe- some" discoveries & share it.	22 What resources or gifts can I share with others?	23 Change your mindset. Is this trial temporary or permanent?	24 A "half" smile can improve mood. Check facial Expressions. Wink!
25 Sing a favorite hymn. Pay close attention to the words.	26 Increase self- compassion and self-care. Feel your heart beat.	27 Eat healthy foods. Sleep well. Walk & talk with a friend.	28 Be kind and gentle with yourself. You have been through A LOT!	29 You are not alone. Reach out for help and support. Call 211 or 911.	30 Reflect on source of love. Nothing can separate you from God's love.	