



## For overall wellbeing: **Power 9**

**L**ike the rest of the world, Blue Zones Project The Dalles is monitoring the Coronavirus situation closely. Our team members are following CDC and local public health department guidance as it pertains to events and social distancing to curb the spread of COVID-19. While scheduled upcoming events have been cancelled or postponed, community health and well-being is, and will always be, our number one priority. While in social isolation, we can still practice the Power 9 for overall well-being of our families. Here are some tips:

### • Family First:

— While in social isolation with your family, embark on a new art project together, get those dusty board games off the shelf or get some yard work done as a family. But first, get your home ready – to protect your family from COVID-19, see the CDC's home checklist.

— Been a while since you spoke with relatives, get caught up with a family phone call or use WhatsApp or FaceTime for a more personal experience.

— Feeling healthy and want to serve? Provide daycare, eldercare, or some child relief for families or individuals struggling to find services so they can work, go to appointments or run errands. If you are healthy and able, offer to watch their kids for a few hours, or arrange to sit with home-bound seniors or individuals. Make sure you are following the guidelines for social distancing, hand washing and frequent cleaning.

• **Downshift:** This is a great time for downshifting and de-stressing. It's okay to relax and do nothing, the CDC and DOH are asking you to do this. Stay home, chill and find creative ways to de-stress. There are a few great meditation apps or tutorials online that you could try as well.

• **Purpose:** We often push purpose to the side because we're so busy with our day-to-day lives. Take some time to jot down your gifts and talents. What do you love doing? What gifts were you given?

• **Move Naturally:** During social isolation, our dogs and furry friends still need to be walked! Go for a quick walk to get some fresh air, just remember to stay your distance from other walkers. Otherwise, the internet is a great resource for an at-home workout or living room yoga session. Cleaning house is a pretty good way to move naturally too.

• **Belong:** Virtually connect (via phone, text, email) with your faith-based group or other organizations to ensure everyone is okay. We're all in this together. Take time to dive into spiritual study.

• **80% Rule:** We should always be practicing this, but when we're under stress sometimes it's an easy Power 9 to forget and we overeat. During meals, remind everyone to eat until they are 80 percent full.

### • Plant Slant:

— Never have time to cook? Here's a chance to sharpen and have fun with your culinary skills. Check out the library of Blue Zones inspired recipes online. Try out a new healthy recipe or experiment with your family. We have a bunch of new, healthy instant pot recipes too, that are sure to be crowd pleasers, even with the kids.

— Support Local Restaurants and Businesses. Local restaurants and businesses have been severely impacted by the new statewide COVID-19 measures. Make a point to continue to do business with them. Call and order take-out, delivery or curbside pickup meals from local restaurants where available. Reach out and offer your support via Facebook, take time for those in the community working on the frontlines, like healthcare workers, law enforcement, emergency response, public health.

• **Friends at 5:** While we shouldn't be out and about at our favorite happy hour spot, we can try to connect with our Friends at 5 over FaceTime. Or why not have a virtual Friends @ 5 with them? This also gives us an opportunity to cook a plant-based meal and have a cup of tea with your significant other. Cheers!

### • Right Tribe:

— Haven't called your BFF in a while? Do it! Don't forget that thanks to modern-day technology, we can still connect with our buddies via calls, text or FaceTime. While we must be physically isolated, we can still be socially connected.

— Neighbor Check-10. Feeling healthy and want to serve? Set a goal to check-in with 10 of your neighbors or friends every few days. Encourage others to do the same. If we each take the time to Neighbor Check-10, we can significantly check on most of the residents around us. If you are able, call, text or knock (if you are healthy) on your neighbor's door to make sure they are doing ok. Offer to pick up groceries, run errands or deliver a hot meal. It is important to take care of one-another during this crisis.

### #VolunteersLiveLonger

If you're feeling well and would like to find ways to serve your community, here are a few relevant opportunities:

Donate Blood to a Red Cross Blood Bank - **Severe Blood Shortage Due to Coronavirus Outbreak**

The American Red Cross now faces a severe blood shortage due to an unprecedented number of blood drive cancellations during this coronavirus outbreak. Healthy individuals are needed to donate now to help patients counting on lifesaving blood. Donating blood is a safe process and people should not hesitate to give or receive blood. Right now, eligible and healthy donors are strongly urged to make an appointment to give soon.

**Stay Updated; Mid-Columbia Medical Center changes rules to stop potential virus spread.**

Visitors will no longer be allowed. This policy applies to all MCMC facilities including the main hospital and all outpatient clinics. Patients and loved ones are encouraged to communicate via phone and/or video calls. If you are a caregiver, a staff member will communicate with you by phone to coordinate care instructions and patient pick-up. Minimal exceptions are in place for end-of-life patients, laboring mothers, pediatric patients, and trauma and critically ill emergency room patients.

• Patients with respiratory symptoms, such as fever, cough, shortness of breath, should call their primary care provider's office. Please know that you may be asked to visit a clinic site different than your regular care provider's office, or to see a provider other than your own. As a precautionary measure, and to protect all of our patients, those with the above symptoms will be seen at our MCMC Family Medicine location, 1620 E. 12th Street. Those with an appointment for a routine exam at the Family Medicine location will be contacted by MCMC staff.

• All wellness visits—for children and adults—will be moved to either MCMC Internal Medicine or MCMC Pediatrics. MCMC Internal Medicine is located within Water's Edge at 551 Lone Pine Blvd. and MCMC Pediatrics is located at 1935 E. 19th. St.

• Elective procedures, surgeries and some diagnostic imaging procedures are being postponed beginning Wednesday, March 18, 2020. Urgent and emergency surgeries and imaging will continue as needed.

Be well,

The Blue Zones Project The Dalles



Bryan Sanchez, 23 and Giovanni Sanchez, 6, play with their dog, Red, at Sorosis Park on Wednesday. The family was staying well separated from others at the park, practicing good social distancing while getting some exercise and having fun.

Tom Peterson photo



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