



Like us on Facebook !



CITIZEN'S CHRONICAL

Citizens of Maine Newsletter

April 2020

KEEP CALM & STAY HEALTHY

- Wash your hands for at least 20 seconds (sing Happy Birthday song twice), using soap and warm water
- Do not touch public surfaces
- Use a tissue when you cough or sneeze
- Avoid touching your eyes, nose and mouth
- Keep a six foot distance between you and others
- Stay home if you are sick
- Clean and disinfect high touch areas in your home
- Stay active– go outside for some fresh air, go for a walk, explore your yard, walk your dog or pet rock, toss a ball, or dance!
- Stay connected– call your friends and co-workers, video chat with family, follow COM on Facebook– send us a message or pictures to stay in touch with us!
- Think positive

We are all in this together! This too shall pass

For more information on COVID–19 or resources in your area call
211 Maine,

Available 24/7 by calling 211, email at info@211maine.org

Motivational Quote

A new month, **P**ush yourself, **R**ejuvenate, **I**nspire others, **L**augh lots

A motivational quote for all to enjoy!



Eating Healthy!

More Veggies- potatoes & French fries don't count!

Fruits- of all colors

Drink- water, tea, or coffee with no or little sugar

Whole Grains- whole wheat bread/whole grain pasta

Healthy Proteins– fish, poultry, beans and nuts



Special Olympics News: Are you a Special Olympic Athlete or trying to stay active while safe at home? Join Special Olympics Maine in their "Weekly Warrior" Challenge.

Special Olympics Maine has introduced a whole new way to exercise... at HOME! Work out with videos posted by SO Maine to help you stay fit and reach your athletic goals. Follow Special Olympics Maine on Facebook or on their YouTube channel. After you have completed the challenge, print out the certificate and snap a picture to share with Lauren at LaurenL@somaine.org to be included in the weekly athlete collage!

Gardening: This would be the time of year COM members would be starting our garden. So maybe this is something you can do at home also?

Here are some tips to getting started: **1) Starting a garden is all about location.** Place it where you can see it so you'll be more likely to spend time in it. **2) Follow the sun.** many vegetables and fruits need at least 6 hours of sunlight a day. **3) Stay close to water.** Make sure a hose can reach your garden so you do not have to lug water jugs. **4) Start with great soil.** Invest in soil that is nutrient rich and well drained. **5) Consider containers.** If space is limited you can grow many plants in pots. **6) Choose the right plants.** Do your homework and pick varieties that will grow well where you live. **7) Learn your frost dates.** Planting too early or too late in the season can spell disaster. **8) Add mulch.** This will help reduce weeds and keep plants moist. **9) Feed plants regularly.** A month after planting begin feeding your garden with plant food.

Explore: If you have access to the internet, explore places you have always dreamed of visiting. Taking a virtual tour will keep you free of boredom while being safe inside.

Museums: The Louvre, Smithsonian National Museum of Natural History, Getty Museum or MoMA (The Museum of Modern Art).

Zoos & Aquariums: The Cincinnati Zoo, Georgia Aquarium, San Diego Zoo, National Aquarium.

Theme Parks: Walt Disney World, Legoland Florida Resort, SeaWorld Orlando.

COM misses you all and will see you soon!

Happy
BIRTHDAY!
to you.



Beverly- 2nd



Florian- 3rd



Nicholas- 4th



Eric- 6th



Scott- 8th



John David- 8th



Marileigh- 13th



Risha- 30th