

## Your Health is Important to Us

# AVOID A **TWINDEMIC** THIS FALL!

### FLU + COVID-19

#### SYMPTOMS OF FLU

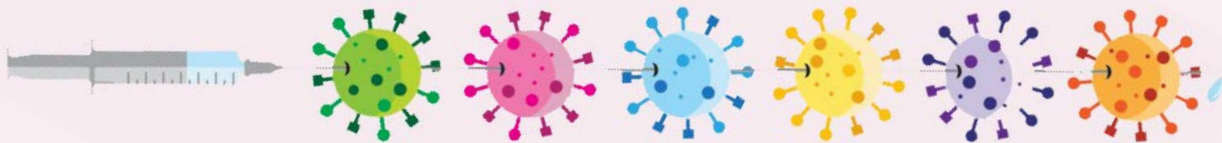
1 to 4 days after infection

- fever
- cough
- shortness of breath or difficulty breathing
- diarrhea
- fatigue
- sore throat
- runny or stuffy nose
- muscle pain and aches
- headache

#### SYMPTOMS OF COVID-19

2 days to 2 weeks after infection

- fever
- cough
- shortness of breath or difficulty breathing
- diarrhea
- fatigue
- sore throat
- runny or stuffy nose
- muscle pain and aches
- headache
- loss of sense of smell



**1.** get a **flu vaccine** as soon as possible

- go to: [www.vaccinefinder.org](http://www.vaccinefinder.org)

**2.** get your **vitamin D** level checked

- take necessary supplements

Join Our Online Community!



[www.bridgewayrehab.org](http://www.bridgewayrehab.org)

# Plan to Re-open Facilities

***Bridgeway will be re-opening facilities for limited face-to-face programming in October!***

**Here's what you need to know:**

- Safety protocols will be strictly followed by all Bridgeway programs.
- No one will be admitted to a Bridgeway facility without a new face mask, which will be provided.
- Mask wearing will be required at all times when inside a Bridgeway facility.
- Space used for one-on-one meetings will be disinfected by the staff person before and after meetings.
- Only single stall restrooms will be used. They will be disinfected daily.
- Rooms and offices have been arranged for social distancing.



**For Partial Care Programs:**

- All persons served will be contacted by staff to confirm individual program schedules.
- At start-up, individuals will be assigned to one room for the day so there is minimal movement .
- Restrooms will be cleaned and disinfected daily and supplies will be present for individuals to disinfect restrooms before and after each use.
- There will be a COVID-19 testing protocol. Details will be announced before start-up.
- Group rooms will be disinfected by staff daily, as well as before and after use.
- Van use will be modified to adhere to social distancing requirements.
- Symptoms of COVID-19 and Flu as listed on the cover of this newsletter should be reported to staff immediately.
- All programs continue to work diligently on methods of adequate disinfecting and circulation of air to reduce the chance of COVID-19/Flu spread.

**People at High Risk for Flu /COVID Complications:**

- Adults 65 & Over
- Pregnant Women
- Young Children
- Asthma
- Chronic lung disease
- Heart Disease & Stroke
- Diabetes
- HIV/AIDS
- Cancer
- Kidney and Liver Disease
- People with a BMI of 40 or higher

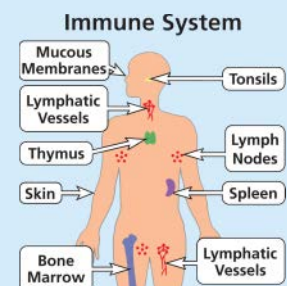
**Vitamin D - a Well-known Immune Booster**

- Vitamin D can decrease the severity of Covid 19
- Vitamin D boosts the immune system, which can help fight off ailments such as COVID-19.
- The best way to get vitamin D is through sunshine and healthy meals, but supplements can be used.
- Speak to your prescriber, or doctor to get more information on the value of Vitamin D.
- A daily supplement of vitamin D 2,000 units is a sufficient dose for the winter months due to decreased time spent outdoors.

## Your Immune System Helps Protect You From Viruses



- Eat a healthy diet with lots of fresh fruit and vegetables and minimize your intake of processed foods
- Get a good night's sleep
- Exercise regularly
- Maintain a healthy weight
- Reduce stress
- Follow good hygiene practices
- Avoid smoking
- Limit your alcohol intake
- Cut your nails (it may sound like a strange one, but longer fingernails can become a breeding ground for germs)



# Feeling Stressed? Try Guided Imagery and Grounding

By Yvonne Smith, Wellness Specialist Peer Professional

How are you doing? Are you breathing okay? If your muscles tense up and you forget to breathe, you are not alone. As a helper in the mental health field, I am always looking for coping tools to stay healthy for myself and for the people I serve. The workshop titled **Trauma and COVID-19 - Building Resilience in Practitioners and Consumers**, was recently offered at Rutgers University. The speaker explained the techniques of Guided Imagery and Grounding to bring back homeostasis to one's body when one is under stress.

According to the Clevelandclinic.org, *Guided Imagery* is a form of focused relaxation that helps create harmony between the mind and body. Since attending the workshop, during stressful moments, I have found the use of guided imagery very resourceful in bringing me back to a place of peace. For example, I like to sit in my car, close my eyes while listening to smooth jazz music, while picturing myself laying on the beach with pink sand. This exercise brings me to a place of serenity and total relaxation. If your stress is causing you to experience physical symptoms like tense muscles and irregular breathing, try these simple steps to practice guided imagery:

1) Get comfortable 2) Breathe from your belly 3) Choose a relaxing environment to vividly imagine, such as a beach or a rain forest 4) breathe deeply.

**“Visualization works to expand your ability to rest and relax by focusing your mind on more calming and serene images.”**  
[www.verywellmind.com](http://www.verywellmind.com)



Do not be surprised if you find yourself relieving physical tension and psychological stress at the same time!

The *Grounding* technique refers to breathing. Grounding as a key tool to use when one is stressed. According to the site winona.edu, grounding is a practice that can help you detach from emotional pain. It is a way of distracting oneself by focusing on something other than a difficult emotion. For example, one way of grounding is to put your right hand on your heart and your left hand on your stomach, then inhale through your nose and exhale as if you are exhaling through a straw. I have personally found this exercise remarkably effective over just breathing deeply because it feels like an active motion for me. I am using my hands and feeling the depth of my breaths by touching my stomach.

Finally, it is also important try to be aware of how one is talking to oneself during times and moments of stress. Show yourself self-compassion with positive self-talk. Take time to think of something you find grateful about being you.

The techniques of *Guided Imagery* and *Grounding* have proven to be very helpful to me when I am feeling stressed and overwhelmed in these uncertain times. I also practice positive and compassionate self-talk. It works! I hope you will benefit from these techniques as well!

## Seasonal Affective Disorder

Seasonal affective disorder is the clinical name for the symptoms of depression that many people experience during the colder months, when there is less sunlight. If you experience mood changes and depression that begin to look like a pattern after a couple of years, you may need to alert your mental health professional. The fall and winter of 2020-21 may be particularly challenging to people who will experience seasonal depression in normal years due to the compounded isolation, anxiety and depression related to spending the spring and summer under various degrees of sheltering-in-place and quarantine requirements due to COVID-19.

### How to Combat Seasonal Depression During the Pandemic

- **Stay connected.** Initiate conversations with friends and family even if it has to be an online or phone connection!
- **Exercise.** For many people, exercise can be as effective as anti-depressants. Start by walking!
- **Prioritize sleep.** Keeping a regular sleep pattern helps regulate your circadian rhythm, and improve your mood!
- **Get support from a mental health professional.** If you are already struggling with the effects of the pandemic on your life, don't wait for the colder months to seek help for mental health concerns. Alert your Bridgewater clinician!

# 2020 Annual Awards Congratulations to the Honorees!



Charles Richter



Hector Troncoso



Akeem Abdul Rasulalah



Walter Oprysk



Barbara Sikora



Kelly White



Joel Lumpkin



Margaret Decker



Brian Reed



Jason Jackson



Alan Frank



Dale Morris



James Fowler



Beth Punda



Sha'Quanda Wells



Christina Mendez



Robert Dubenezic



Daniel Holmes



Jauna Phillip



Davidson Smith



Daniel Kirwan



Mary Mawson



Xiao Yi Chen



Lamont Davis



Gyasi Nicol

On September 17th, Bridgeway held the first ever Annual Awards by zoom. More than 200 people called or logged-in to celebrate the honorees who were presented with the Outstanding Accomplishments and Resiliency Awards.

## HOMELESS OUTREACH SUPPORT TEAM

### The HOST Hub is moving!

After October 15th  
the Hub will be located at  
615 N. Broad St. in Elizabeth  
Call for info: 908-289-7330, press 2



## Resources

### 2020 Annual Awards Video on Bridgeway's Youtube Channel

<https://youtu.be/oHcbVGNWmQk>

### Sussex County Mental Health Services Video Directory

<https://sussex.nj.us/mentalhealth>

### MHANJ and NJ Hope and Healing Free Virtual Groups September Fridays, Saturdays, Sundays

<https://www.mhanj.org>

\* Please note - Fall Walkathon is postponed

Mark Your Calendars!

## Mental Health Month Walk in May 2021

# Keep Walking

Anonymous Compliance Hotline - If you suspect fraud, waste, or abuse  
Call 732-317-5098

\* If you would like to be removed from our mailing list, please call 908-469-6517 ext.1006  
or write to [erica.smith@bridgewayrehab.org](mailto:erica.smith@bridgewayrehab.org)