



WELLNESS WATCH

June, 2021

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Mindfulness Starts Here

MINDFULNESS PREVIEW SESSION

“Mindfulness is the awareness that arises when we non-judgmentally pay attention in the present moment”. Mindful meditations are great tools for well-being that can be particularly helpful during times of high stress. We invite everyone to try the experience with us.

Tuesday, June 15, 2021 This session will allow participants to rest, breath, and foster feelings of self- love. [11:30 AM](#)

Tuesday, June 29, 2021 This session will allow participants to rest, breath, and foster feelings of self- love. [11:30 AM](#)

While each session is 30 minutes, we understand that not everyone can commit to this period of time. Please feel free to enter at the scheduled time and leave after the first 15-minute meditation, or sign in 15 minutes after the start for the final meditation.

CLASSES FOR CAREGIVERS



These programs are a part of an ongoing Classes for Caregivers series, geared towards family caregivers caring for a loved one at home. All sessions are FREE, and open to the public. Classes are held the second Wednesday of each month from 1 to 3 pm.

LOCATION

Virtual! Attendees will be emailed directions to log-in after registering for the session.

RSVP

You can register online at InsightMCC.org/events, or click on the event calendar at the top right of any page.

QUESTIONS?

Contact Lindsey at: lindsey.vajpeyi@insightmcc.org or 703-204-4664.

Getting Ready for Summer Vacation?

If the family hasn't had vaccinations, please check schedules and plan ahead.

Arlington County Public Health Division
COVID-19 Vaccine Clinic Scheduling

Vaccine Clinics

Arlington County's Public Health Division is offering free walk ins and scheduled appointments to individuals 12 and up. The specialty clinic for children 12-17 is by appointment only. Please see full schedule and instructions for finding a vaccine clinic on the web.

Please note: Children 17 years and younger must be accompanied by a parent or legal guardian.

These clinics are ONLY for first dose (Moderna or Pfizer) or single dose Johnson & Johnson).

Please bring any form of identification to confirm your identity (examples include utility bill, paystub, insurance card or a driver's license).

You can also find a COVID-19 vaccine near you by searching on [Vaccines.gov](https://www.vaccines.gov).

<https://www.arlingtonva.us/covid-19/vaccines/registration/>

Alzheimer's: Risks & Symptoms

Symptoms of dementia are concerning. However, if you, or your loved one is experiencing memory problems, don't immediately conclude that it's dementia. A person needs to have at least two types of impairment that significantly interfere with every day life to receive a dementia diagnosis. In addition, to having difficulty remembering, the person may also experience impairments in language, focus, and communication.

<https://www.healthline.com/health/dementia/early-warning-signs>

Men's Health



JUNE IS MEN'S HEALTH MONTH

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

On average, men die about five years earlier than women and have higher mortality rates from some cancers and heart disease, according to the Centers for Disease Control and Prevention (CDC). It's important, then, that men talk to their health care providers about what types of preventive medical tests and activities they need to stay healthy.

Gentlemen, there is no better time to do that than right now!

<http://www.menshealthmonth.org/week.html>

This [Men's Health Month](#), the NICHD joins other federal agencies and organizations to highlight men's health information. There are a variety of resources to help men learn more about their health. We've shared a selection below.

The NICHD supports research and provides information on [men's reproductive health](#) and related topics.

Source:

<https://www.nichd.nih.gov/health/topics/contraception>

Please join us for our 4th Arlington EAP Gratitude Group

SUMMER 2021 will likely bring feelings of both **hope** & **uncertainty**.

Consider navigating the new normal by taking some time out of your day to foster feelings of **gratitude, connection and self-compassion!**

Tuesdays from **12-1 PM or 4-5 PM** on the following dates:

July 13

July 20

July 27

August 3

RSVP: EAP.Staff@apsva.us

Let us know your preferred time to meet.
If summer doesn't work, we'll plan for the fall.



Nutty chicken satay



Ingredients

2 tbsp [chunky peanut butter](#) (without palm oil or sugar)

1 [garlic clove](#), finely grated

1 tsp Madras curry powder

few shakes [soy sauce](#)

2 tsp [lime juice](#)

2 [skinless, chicken](#) breast fillets (about 300g) cut into thick strips

about 10cm cucumber, cut into fingers

sweet chilli sauce, to serve

STEP 1

Heat oven to 200C/180C fan/gas 4 and line a baking tray with non-stick paper

STEP 2

Mix 2 tbsp chunky peanut butter with 1 finely grated garlic clove, 1 tsp Madras curry powder, a few shakes of soy sauce and 2 tsp lime juice in a bowl. Some nut butters are thicker than others, so if necessary, add a dash of boiling water to get a coating consistency.

STEP 3

Add 2 skinless chicken breast fillets, cut into strips, and mix well. Arrange on the baking sheet, spaced apart, and bake in the oven for 8-10 mins until cooked, but still juicy.

STEP 4

Eat warm with roughly 10cm cucumber, cut into fingers, and sweet chilli sauce. *Alternatively, leave to cool and keep in the fridge for up to 2 days.*