

9/25



NC

### Healthy Living for Staff: Five Tips

Thank YOU!

What's the best way to stay mentally and emotionally balanced given the deadlines, the schedules, the demands placed on activity staff?

1. Prioritize self-care and establish healthy boundaries.
2. Pay attention to signs of stress such as impatience, sleep difficulties, and changes in mood.
3. Focus on healthy nutrition, regular exercise, and consistent sleep habits.
4. Build a strong support system with work partners, friends, and family who understand the challenges of your job.
5. Practice deep breathing, yoga, tai chi, or other mindfulness techniques.



We want to thank all of you who submitted your attendance reports for the quarterly report to DHHS. The second quarter of this year for Bingocize NC we had 434 sessions with 5082 attendance units for an average of 12 people per session. And we are still missing reports from some facilities. We're so proud of you all for having such awesome programs.



### Healthy Living for Residents: Five Tips

How can you help your residents stay emotionally and mentally balanced? Here are a few suggestions.

1. Create and support social connection and a sense of belonging.
2. Encourage storytelling and sharing about their past experiences.
3. Offer engaging activities that stimulate the brain including musical activities, arts and crafts, and educational workshops.
4. Offer exercise programs.
5. Teach mindfulness techniques.



Please submit your  
Letters of Commitment by 9/29/25  
Let us know if you have questions by  
calling 828-227-2893 or  
email [slipscomb@wcu.edu](mailto:slipscomb@wcu.edu)

### Notable Days in September

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|-----------------|----------------------|
| ♦September 1st  | Labor Day            |
| ♦September 7th  | Grandparents Day     |
| ♦September 9th  | Nat'l Teddy Bear Day |
| ♦September 22nd | Autumnal Equinox     |