



TOCC Times

1st Week of Classes

What you'll find:

Covid Safety **P.1**

Mon, Tue **P.2**

Wed, Thurs, Fri **P.3**

Elder Activity Calendar **P.4**

"Stay Home, Stay Safe"

Make sure to always take measures for your safety and the safety of others.

1. Wear a mask
2. Wash your hands
3. Socially distance
4. Avoid crowds

Here are a few other tips to stay safe during the holidays

1. Get your flu shot
2. Start quarantining
3. Quarantine upon arrival & get tested if you can
4. Wear a mask
5. Have your celebrations outside
6. Open windows, if you cant have your celebration outside
7. Avoid inviting strangers, keep your circle small
8. Check CDC recommendations for latest information

Practice the Six Cs for everyone's safety!



Avoid Crowds
Close contact
Closed spaces



Cover up
with a mask



Clean your hands



Care for yourself
Eat well, exercise, sleep

MAKE A DIFFERENCE DURING THE COVID-19 PANDEMIC



Wash Your Hands



Wear a Mask and Avoid Crowds



6 feet

Maintain distance

Save PPE for Those on the Front Lines

The general public should wear cloth face coverings



Follow Food Safety Guidelines



Donate Blood and Plasma

Report Fraudulent COVID-19 Tests, Vaccines and Treatments



MOTIVATION MONDAY

Motivation Monday

Today is MLK Day and we remember this great man for his tremendous work in the fight for equality! He is a true national hero!

Watch "Martin Luther King Jr: A Great Example of Perseverance"

https://www.ted.com/talks/trent_priestley_martin_luther_king_jr_a_great_example_of_perseverance/up-next

This video was done by independent organizers in the spirit of "ideas worth spreading."

TRY IT TUESDAY

As we get started this week for our first week of school. It is important to make sure that you are on top of your organization. Use this checklist to make sure that you get started this semester on the right foot.

-Go to class (virtually)

-Read your syllabus

-Add dates to your planner (assignments, tests, etc)

-Check email regularly

-Don't over commit or over schedule

-Dress for success (develop a routine of getting up and being ready for class)

-Set goals!!

TRY IT TUESDAY

1ST WEEK OF SCHOOL CHECKLIST

- GO TO CLASS
- READ THE SYLLABUS
- ADD IMPORTANT DATES TO YOUR PLANNER
- STAY ON TOP OF YOUR EMAIL
- DON'T OVER COMMIT
- DRESS FOR SUCCESS
- SMILE AND NETWORK
- SET GOALS FOR THE SEMESTER

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WELLNESS WEDNESDAY

Watch “7 things organized people do that you (probably) don’t do”

https://www.youtube.com/watch?v=tIFGOSEI_lo

THERAPUTIC THURSDAY

THE POWER OF SLEEP

*Source: National Collegiate Athletic Association, American College Health Association
Infographic provided by the National Athletic Trainers' Association*

Sleep is vital to health and function, especially among student athletes who need be at top performance physically and mentally.

SLEEP IMPACTS

COGNITIVE PERFORMANCE:

- Learning and memory: During sleep, the mind will filter, sort, evaluate, consolidate and integrate information taken in during the day.
- Decision-making: Sleep loss impairs the ability to make decisions and clouds one’s judgement so they don’t know they’re making impaired decisions.
- Vigilance and alertness: When sleep deprived, a person’s ability to focus and maintain attention is hindered. As with decision-making, a sleep deprived person is typically unaware of their own impairment.



SLEEP IMPACTS MENTAL HEALTH:

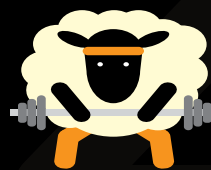
- Stress and anxiety: The body’s ability to appropriately control stress and emotions depends on sleep to maintain proper function and without it, the body is less able to process stressful events and is more emotionally out of control.
- Mood and depression: Several functions of sleep involve processing and regulating emotions, tying depression and lack of sleep closely together.



SLEEP IMPACTS

PHYSICAL HEALTH:

- Healing and recovery: Cells grow, repair and rebuild during sleep, making it essential to athletic performance and injury prevention.
- Metabolism: Sleep controls insulin and glucose functioning, secretion of metabolic hormones and the way fat and muscle cells use and store energy.
- Muscle growth: The healing that takes place during sleep is essential to muscle growth. The human growth hormone is also controlled by sleep.
- Weight control: Poor quality sleep, short sleep durations and sleep that is uncoordinated with internal rhythms can lead to weight gain and obesity—especially in adolescents and young adults who require more sleep.



INSUFFICIENT SLEEP AND STUDENT ATHLETES

Most college-aged student athletes experience four nights of insufficient sleep per week on average.

One-third of college-aged student athletes get fewer than seven hours of sleep per night. This rate is higher among female athletes.

Sleep deprivation among college-aged student athletes is often attributed to: frequent travel for competitions; uncomfortable sleeping arrangements; stress; the challenge of balancing athletics, academics and student life; and sleep disorders such as insomnia and sleep apnea.

ARE YOU STRUGGLING TO SLEEP?

Eight hours is the recommended amount of sleep for someone age 17 to 22 for optimal health and function. One way to get better sleep is to create the ideal sleep environment, which is cool, dark and comfortable. Remove any distractions, such as electronics, bright lights and noise.

Contact your medical provider if you’re experiencing problems sleeping or if you think you have a sleep disorder.

FITNESS FRIDAY

Do this HIIT workout

<https://www.youtube.com/watch?v=-YpRYNREDV8>

WELLNESS WEDNESDAY

Here is a great video of tips to stay organized this semester and set you up for a great school year!

THERAPUTIC THURSDAY

The power of sleep! Make sure today you take a nap. Sleep is so important to the human body as it impacts so many areas of wellness. It promotes mental health and physical health. Make sure that you are getting proper rest to fuel each and every day!

Fitness Friday

This workout will burn calories and get your heart pumping!



SENIOR SERVICES DIVISION ELDER ACTIVITIES FOR GAKIMDAG MASAD - JANUARY 2021



SUN	<u>Lu:nas</u> MONDAY	<u>Mal:Tis</u> TUESDAY	<u>Mialklos</u> WEDNESDAY	<u>Huiwis</u> THURSDAY	<u>Wialos</u> FRIDAY	SAT
	1	2	3	4	5	6
	For more information or questions call Senior Services (520) 383-6075				Holiday OFFICE CLOSED	1
3	4	5	6	7	8	9
		HOPP Diabetes/Tai Chi 11-11:30am	HOPP Senior Fitness/ chair exercise 11-11:30am	Chat with me over Tea Session 1-1:30pm	Storytelling by Camillus Lopez 1-2pm	
10	11	12	13	14	15	16
	Senior Advisory Council meeting 10am-1pm	HOPP Diabetes/Yoga 11-11:30am	HOPP Senior Fitness/ chair exercise 11-11:30am	Native American Circle Group 10:00am - 10:30am Chat with me over Tea Session 1-1:30pm		
17	18	19	20	21	22	23
	Holiday OFFICE CLOSED	HOPP Diabetes/Tai Chi 11-11:30am	HOPP Senior Fitness/ Tai Chi 11-11:30am	Chat with me over Tea Session 1-1:30pm	Storytelling by Camillus Lopez 1-2pm	
24	25	26	27	28	29	30
		HOPP Diabetes/Yoga 11-11:30am	HOPP Senior Fitness/ chair exercise 11-11:30am	Chat with me over Tea Session 1-1:30pm	Storytelling by Camillus Lopez 1-2pm	
31						

NOTES:

HOPP ACTIVITIES: <https://global.gotomeeting.com/join/500976061> Dial in 1 (312) 757-3121 Access Code: 500-976-061

SENIOR ADVISORY COUNCIL: <https://global.gotomeeting.com/join/988302637> Dial in 1 (872) 240-3212 Access Code: 988-302-637

NATIVE AMERICAN CIRCLE GROUP: Call in No. (480) 378-7231 conference ID: 170212629#

CHAT WITH ME OVER TEA: <https://global.gotomeeting.com/join/954911117> Dial in 1 (646) 749-3122 Access Code: 954-911-117

STORYTELLING BY CAMILLUS LOPEZ: <https://global.gotomeeting.com/join/422553093> Dial in 1 (872) 240-3412 Access Code: 422-553-093



SENIOR SERVICES DIVISION ELDER ACTIVITIES FOR U:WALIG MASAD - FEBRUARY 2021



SUN	<u>Lu:nas</u> MONDAY	<u>Mal:Tis</u> TUESDAY	<u>Mialklos</u> WEDNESDAY	<u>Huiwis</u> THURSDAY	<u>Wialos</u> FRIDAY	SAT
	1	2	3	4	5	6
		HOPP Diabetes/Tai Chi 11-11:30am	HOPP Senior Fitness/ chair exercise 11-11:30am	Chat with me over Tea Session 1-1:30pm	Virtual Rodeo Bingo 1-2:15pm	
7	8	9	10	11	12	13
	Senior Advisory Council meeting 10am-1pm	HOPP Diabetes/Yoga 11-11:30am	HOPP Senior Fitness/ chair exercise 11-11:30am	Native American Circle Group 10:00am - 10:30am Chat with me over Tea Session 1-1:30pm	Watch/Listen to Documentary 10am- 12pm	
14	15	16	17	18	19	20
	Holiday OFFICE CLOSED	HOPP Diabetes/Tai Chi 11-11:30am	HOPP Senior Fitness/ chair exercise 11-11:30am	Chat with me over Tea Session 1-1:30pm		
21	22	23	24	25	26	27
		HOPP Diabetes/Yoga 11-11:30am	HOPP Senior Fitness/ chair exercise 11-11:30am	Chat with me over Tea Session 1-1:30pm	Watch/Listen to Documentary 10am- 12pm	
28				For more information or questions call Senior Services (520) 383-6075		

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WATCH/LISTEN TO DOCUMENTARY: <https://global.gotomeeting.com/join/721544165> Dial in 1 (408) 650-3123 Access Code: 721-544-165

VIRTUAL RODEO BINGO: <https://global.gotomeeting.com/join/776383741> Dial in 1 (786) 535-3211 Access Code: 776-383-741