



In the RSS Wellness Corner Newsletter, we give you healthy eating information. PLUS, you will get tips about chronic disease prevention, meditation, resources, and more. Our goal is to offer you tools to help you live your best life.

[Click here to get more Wellness Information](#)

Wellness Classes

Health

Exercise & Meditation

Stress and Anxiety Management series

Feeling stressed and anxious? Are you overwhelmed with everything going on around you? Dealing with stress can sometimes feel challenging but it's manageable with understanding and the right tools. In this series on **Stress and Anxiety Management**, you will be taken step-by-step learning about recognizing the physical and psychological signs of stress followed by four weeks of learning about different ways to help you lower your anxiety and feel more in control.

Upcoming Series schedule:

- **June 27:** Stress and Anxiety: Recognizing the physical signs of stress
- **July 18:** Managing Stress and Anxiety with Laughing Yoga
- **August 22:** Managing Stress and Anxiety with Self-Massage and Mindfulness Meditation
- **September 26:** Managing stress and anxiety with Art and Daily Journaling
- **October 31:** Managing Stress and Anxiety: The importance of making time for yourself.

New Wellness Videos

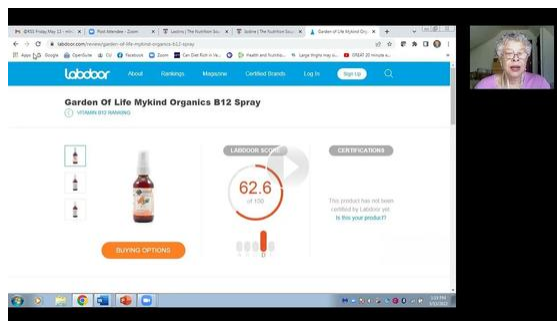
If you missed the first of our 6-class series on **Stress and Anxiety Management** don't worry. Just click on the video below to catch RSS Clinical Social Worker, Susan Cohn talking about Stress and the Mind/Body Connection.



May 23, 2022 Stress & Anxiety Management:
Understanding the Mind/Body Connection

In her workshop, **Nutritional Balance on a Plant-Based Diet**, Maudene Nelson, RSS Dietitian, explains what foods will give you the daily nutrients you need and how to know which supplements are best to take if you are eating more plant-based.

Want to know what are the best quality vitamins and supplements to take? Go to [Labdoor.com](https://www.labdoor.com) for independently researched information.



May 13, 2022 Nutritional Balance on a
Plant Based Diet

June Food Pantry Schedules

Mondays: St. Stephens: 3:00 - 4:30 EVERY WEEK

Tuesdays: KHCC: 11:00 - 1:30 EVERY WEEK

Thursdays: KHCC: 11:00 - 1:30 EVERY WEEK

Kingsbridge Heights Community Center (KHCC): 3101 Kingsbridge Terrace

St. Stephens United Methodist Church: 146 W. 228th St.

Covid-19 Vaccine & Testing information:

- [General vaccine information.](#)
- [Schedule an in-home vaccination.](#)
- Schedule an in-home PCR test
 - Call: (929) 298-9400 or
 - Text the letters AHT to (908) 633-7483

*In need of food or other services such as SNAP or social work services? Check out our **Resources** page!*

[Resources](#)



June is Alzheimer's Awareness Month

Alzheimer's and Dementia are often put in the same sentence and can be confused. From the [Alzheimer's Association](#): "Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Alzheimer's is the most common cause of dementia. Alzheimer's is a specific disease.

Dementia is not.

Learning about the two terms and the difference between them is important and can empower individuals living with Alzheimer's or another dementia, their families, and

their caregivers with the necessary knowledge."

[Click here](#) to find out more about the differences between Alzheimer's and Dementia.

Nutrition Corner



10 Reasons to shop at your local Farmer's Market

The weather is getting warmer. This is the perfect time to check out the local Farmer's Market to get fresh, local, and seasonal produce! There are all sorts of reasons to shop at a farmer's market; more variety, better

for the environment, not to mention produce picked at its' peak just tastes better! [Click here](#) to get the 10 best reasons to support your local farmers and community.

Get information on your local farmer's markets:

- [Riverdale Y Sunday Market](#): 4545 Independence Avenue, Bronx
- [Inwood Greenmarket](#): Isham St btwn. Seaman Ave and Cooper St., Manhattan
- [Local Farm Markets.org](#): find farmer's market locations around the country.

June recipes

Click on the photos below to get some easy recipe ideas for that beautiful, fresh seasonal produce! This month the focus is on swiss chard, radishes, and kohlrabi.



[Easy Swiss Chard recipe with cannellini beans](#) from [mayihavethatrecipe.com](#)



[Roasted Radishes](#) from [loveandlemons.com](#)



[Carrot and Kohlrabi slaw](#) from [thespruceeats.com](#)

It's hot and one of the best ways to cool off is with a popsicle. Here's a video showing you an easy way to make a healthy, sweet, and delicious watermelon popsicle that you'll absolutely love! Don't like watermelon? Try another type of melon or other fruit.



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For recipes, videos, health tips and more.

RSS Wellness Corner



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