



**Spotswood**  
Public Schools

 *Spotswood Office on Aging*  
& Senior Resource Center

# COMMUNITY CONNECTIONS

## Health & Wellness Newsletter



### Spring Awakening

#### ***In this Issue:***

The Chair View  
Page 2

The Spirit of  
Giving  
Page 3

Watch Your  
Garden Grow  
Page 4

Healthy Bytes  
Page 5

Senior Strength  
Page 6

Most people have positive associations with springtime. Snow melts, the air warms, and plants sprout, pushing the last heavy bits of winter off of our doorstep. Out of all the seasons, spring transforms our environment and ourselves the most. It is a time of change, growth, and rebirth. It can also be a very gratifying season, in that we can see the benefit of our own physical and mental clearing and cleansing.

The energy of spring is in the movement and growth of possibilities. We tend to embrace this new awakening in our world and in ourselves. Just as plants are getting ready to break out and make their way into the world, so are we. It's an exciting time of year!

Spring is ideal for really digging into your New Year's Resolutions. Winter was a great time for the planning, but the new energy from spring will motivate you to open up, learn, grow, and discover, which are all necessary for a commitment to your goal.

As we get ready to spring forward, don't forget to move your whole self into the new season. Spring is the perfect reminder of how truly beautiful change can be.

**"The March  
winds are  
the morning  
yawn of  
spring."**

*John Kinsella: Is this heaven?*

*Ray Kinsella: It's Iowa.*

*John Kinsella: Iowa? I could have sworn this was heaven.*

*Ray Kinsella: Is there a heaven?*

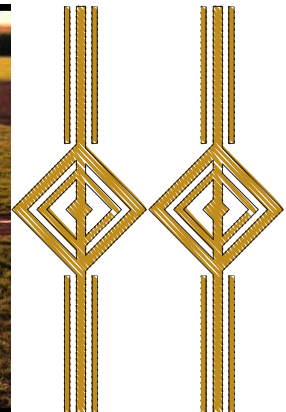
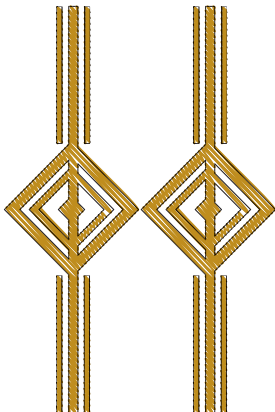
*John Kinsella: Oh yeah. It's the place where dreams come true.*

Welcome to the March 2021 edition of the Health & Wellness Newsletter! Our theme this month is Spring Awakening! March is about the joy to come, anticipation of better days ahead, and dreams to be fulfilled. I was tempted to write about one of the best days in March, Saint Patrick's Day of course, but instead I want to focus on our national pastime-baseball and what it symbolizes.

The lines quoted above are from the 1989 film, Field of Dreams, which is set around major league baseball, and is an homage to family, faith, and parenthood. But it's the baseball part that connects us to the joy of March and the coming of spring. The lush green grass, the crisp white baselines, opening of training camps in Florida and Arizona, exhibition games, and the idea that all teams are equal and have a shot at the World Series-especially the Mets! Even in a pandemic (and another snowstorm as I write this!) the start of baseball has a magnetic pull for many of us. The great James Earl Jones said it best at the climax of Field of Dreams:

*People will come, Ray. The one constant through all the years Ray, has been baseball. America has rolled by like an army of steamrollers. It's been erased like a blackboard, rebuilt and erased again. But baseball has marked the time. This field, this game, is a part of our past, Ray. It reminds us of all that once was good, and that could be again. Oh people will come, Ray.*

*People will most definitely come.*



On behalf of Spotswood REC, I hope this March brings you the joy of anticipation, of the better days ahead, the sunshine and warm days when we find the place where dreams come true!

Rich O'Brien

Chairperson

**Spotswood REC**

*Reaching Every Citizen*

# The Spirit of Giving



The response from the Giving Tree effort was so overwhelming that we are once again combining community efforts to spread some love at Easter time. The Spotswood Recreation Department will be joining forces with the Spotswood Community Team to help make the spring holidays a little brighter for children in need.

We are collecting items for Easter baskets for children in the Ozanam Family Shelter, Dina's Dwelling, and local families. Donations can be dropped off at the Spotswood Municipal Building or the Helmetta Community Center every Saturday morning from 10:00am - 12:00pm until March 20th.

Thank you in advance for your generosity. If you are able to, please sign up for a donation at: <https://tinyurl.com/communityeasterbaskets>.



Stay Connected To Us...

**Website:**

**[www.spotswoodboro.com/recreation](http://www.spotswoodboro.com/recreation)**

**Virtual REC At Home Center:**

**[www.spotswoodboro.com/virtual-rec-home](http://www.spotswoodboro.com/virtual-rec-home)**

**Facebook:**

**[Spotswood Recreation](#)**

**E-mail:**

**[spotswoodrec@spotswoodboro.com](mailto:spotswoodrec@spotswoodboro.com)**





# Watch Your Garden Grow


By Jennifer Asprocolas  
Schoenly School Principal

## HOW TO CULTIVATE HAPPINESS IN YOUR CHILD

It's no secret that kindergarten literally means "children's garden." I have also loved thinking about the metaphor of raising children like planting seeds in a garden. In so many ways, children come to us as seeds we must water, cultivate, and allow to grow.

It's no secret that times are tough. Frustration, sacrifice, and sadness permeate our society. Our children are also feeling these same emotions. While we may have different stressors, sadness and anxiety are very real for a child. So how can we best help them during this time?

Well, did you know that happiness is a journey? It is not a destination. Happiness is also an active process, one that needs to be worked at, built, and sustained. Again, I am reminded of that garden - it takes care, attention, and patience.

  
**Gratitude:** It's easy to become wrapped up in frustration. A mindset can make all the difference in . Spend time with your child focusing not on what you don't have, but what you do have. Don't capitalize on all that you can't do because of the pandemic, but on what you have been able to do with more time at home. Just as I said that happiness is a journey, it is also a choice - one you have to make each day.

**Keep it Simple:** There's a reason why the old saying goes, "Less is more." Sometimes the simple moments like reading a book, playing a board game, or going for a walk can bring so much joy.

**Create Something:** From a family project to a special craft or even tending a garden (the irony!), working toward a final product can be extremely rewarding and as a result boost your family's overall mood. This also helps to strengthen the bond between each family member.

**Music Therapy:** Happy or nostalgic music can almost instantly boost your mood. So turn it up and tap those feet, and let the smiles begin. My favorite feel good music? The Beatles.



So go ahead... plant those seeds of happiness for your child and let the smiles grow.

## AWAKEN THIS MONTH AND SPRING INTO...BREAKFAST!

Here is the scoop at Spotswood School District! We are now providing BREAKFAST! “NO CHARGE” breakfast and lunch meals to all students 18 years and younger throughout the district until June 2021! Yes....poptarts, oatmeal, cereal bars, pancakes, cereals, muffins, yogurt parfaits, and much more! Our nutritious meals are prepared, packaged, and distributed weekly for all students safely on Wednesdays from 11:00 am to 12:30 pm at Helmetta Community Center and Spotswood High School. Please contact Maria Karczewski at 732-723-2200 x 5030 or Christine McLean, MA, General Manager-Whitsons Culinary Group at 732-723-2200 x 1081.

Breakfast is important in refuelling the body with energy and nutrients, resulting in kick-starting the day. If breakfast is skipped, the results can leave you feeling lethargic and tired. It may also lead to concentrating and behavior difficulties in the school environment or virtual setting. Students that eat a complete breakfast have been shown to work faster and make fewer mistakes in math, as well as perform better on vocabulary tests than those who ate only a partial or no breakfast at all. They also show improved concentration, alertness, comprehension, memory, and learning progress.

March is also National Nutrition Month. This year our focused theme is “Personalize your Plate.” Here are some easy tips for the family to stay healthy.

- Thrive through the power of food and nutrition using healthful foods from ALL food groups.
- Hydrate healthfully.
- Avoid distractions while eating.
- Enjoy your food with your family.
- Purchase healthy colorful foods to build your plate.
- Enjoy healthful eating at school and work.

So SPRING into your day and AWAKEN yourself with a healthy BREAKFAST!

# Senior Strength

By Donna Faulkenberry



Spotswood Office on Aging  
& Senior Resource Center



## Spring Awakening

## RISE UP CHALLENGE

The beginning of spring is the perfect time to “RISE UP” and replenish our local food pantry.

This month, the Spotswood Office on Aging challenges you to choose any or all of the daily items listed to donate to ALICE’S CUP FOOD PANTRY, 455 Main Street in Spotswood. Items can be dropped off on Tues-Wed-Thurs from 9:30 to 11:30 AM or 1:30-3:30 PM (call 732-251-2551 from the parking lot.) Thank you to McFoods of Middlesex County for the great idea!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Canned Fruit	Boxed Potatoes	Oatmeal	Canned Stew	Cereal	Spaghetti	Granola Bars
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Macaroni & Cheese	Dried Beans	Baby Food	Toothpaste	Rice	Canned Chicken	Canned Soups
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Canned Beans	Dessert Mix	Pasta Sauce	Jello	Rice Mix	Boxed Pasta	Canned Tomatoes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Canned Yams	Diapers	Baby Wipes	Canned Tuna	Stuffing	Soap	Shampoo
DAY 29	DAY 30	DAY 31				
Baby Formula	Dry Soups	Cookies				

