

*We want to wish all our MOM'S and GRANDMA's and Great (wonderful) Grandma's*

## *Happy Mother's Day!!*

**Do you have an email address?** We are asking you to email us with your name in the subject box. Please email Jennifer at [jmathews@penderpas.com](mailto:jmathews@penderpas.com)

**Call Ahead Monday  
BEFORE 10am**

**Take Out MEALS  
Tuesday  
11:30 – 12:00**

Tuesday Take Outs are for current congregate meals clients. **Please let us know the week prior or NO LATER THAN Monday by 10:00 am** to receive a meal the following Tuesday. Call (910) 259-9119, press 0 to let us know you would like a meal.

*Consumer Contributions are appreciated!*

**HOT MEAL – May 12 – Mango Chicken, Rice, Egg Roll, Fruit, Milk**

**HOT MEAL – May 19 – Fish, Baked Beans, Coleslaw, Fruit, Milk, Bread**

**HOT MEAL – May 26 – BBQ Pork, Cheesy Potatoes, Coleslaw, Fruit, Milk, Corn Muffin**

Meals to Home Delivered Meals clients and VAN RIDER Congregate clients are delivered on Tuesday between 11 – 1. You will receive meals for the week. PAS TRAN drivers and RSVP volunteers are delivering.

*Please call if this is not needed, otherwise it will be delivered.*

**HOME DELIVERY  
meals will be  
delivered on Tues  
& Wed this week**

*No need to call*

**\*NEW\*FROZEN MEAL**

\*Thaw overnight in refrig.

\*Vent corner before microwaving

**Stay Home & Stay Safe!**

**WE MISS YOU!**

***We will get through this together!***

## **SELF CARE**

**Walking in Nature can impact your brain.**

Take care of yourself in quick manageable, short sessions – make it a regular part of your day –

Snack Healthy, plan for proteins, fruit, dairy (not too much ICE CREAM! 😊)

Breathe – deep breaths, 4, 7, 8 Breath in “Peace” Breath out “Stress”

Listen to music Listen to nature sounds

## **TRAIN YOUR BRAIN to be more positive**

We Challenge you to 21 days of gratitude – use journaling, exercise, meditation, random acts of kindness to be more positive. Simply each day observe your thoughts – focus on 3 positives (things are thankful for, “blessings”) take a few minutes near the end of the day to focus on these positive. In this time of gratitude, find ways to express gratitude to family and friends. What do you most admire about your (best) friend? Call them and tell them!