



APRIL 2020

SPRING IS IN THE AIR!

Open the windows and the sliders and let in the fresh spring air. As the stale winter air leaks out, inhale the sweet smell of the season. Soak in the sights, take a walk, sit on the deck or patio, relax and watch the birds. Check out the flowers popping up from the ground and notice the buds on the trees. Bring spring inside with a bouquet of flowers for your home.

-Jennifer Driscoll, Property Manager

RESTAURANT OPTIONS

Just because you can't dine out, doesn't mean you have to cook EVERY night. Many local restaurants are offering delivery, take-out and curbside pickup. Some are even offering gift card specials for any gift cards purchased in April. Enjoy your favorite places and support local businesses.



APRIL 22, 2020

NATIONAL EARTH DAY

April 22 marks the 50th anniversary of Earth Day. This year's theme is climate action. The website earthday.org has special projects and teach-in toolkits for projects at home and in your community.

BOREDOM BUSTERS

If you haven't joined the online streaming services, now might be a good time to check them out. Most have a 30-day free trial for new subscribers – just don't forget to cancel before your free trial is over or you'll be billed. Disney + offers a streaming bundle package for Disney, Hulu and ESPN.

Learn a new skill from YouTube tutorials – calligraphy, origami, meditation, new dance moves, car oil changes – the possibilities are endless.

Download an app like Duolingo and learn a foreign language.

If you're tired of TV, try podcasts, audiobooks or the Libby app for access to the NH library system. "War and Peace" and "Infinite Jest" are waiting.

Weather permitting, get outside! Many parks, walking and bike trails remain open. Be sure to check NH Division of Parks and Recreations for any potential closings or public health advisories.

LOCAL GROUPS OFFERING ASSISTANCE

Need some guidance with the kids' remote learning routine? Granite State Home Educators and the NH Library Association can help.

If you're healthy and in a position to leave your home, consider connecting with a local, mutual-aid network. If you're in need of assistance, this growing [Manchester](#) network can help with things like grocery store runs, emotional support and pet care.

Comcast is offering a free "[Internet Essentials](#)" package for residents who qualify. There are two dedicated phone numbers 1-855-846-8376 for English and 1-855-765-6995 for Spanish.

5 Easy Ways to Spring Clean Your Health

1. Prioritize good sleep –

It's the most important biorhythm, but too often ignored. For the average adult, the aim is eight to nine hours of sleep a night. Your bedroom needs to be as quiet and dark as possible. To get your mind prepared for sleep after an active day, meditate for five minutes before slipping into bed.

2. Find excuse to move –

As the weather gets nicer, people can go outside more and move more. The goal should be a minimum of 10,000 steps a day, and eventually they should get to 12,000 steps a day. As the weather warms, there are more opportunities to go for walks, walk for coffee, play outdoor sports like golf or tennis, hike, or garden.

3. Set a "good alarm" –

A "good alarm can be used to remind you to establish and develop healthier habits says Grace Derocha, a registered dietician and certified health coach. For example, set an alarm to remind yourself to start your bedtime routine. Set a good alarm to stand up and get a drink of water if you have a stationary job.

4. Develop better sunscreen habits –

A recent study has shown that an ultra-high SPF (100+) sunscreen does provide better sun protection, compared to SPF 50. Because we don't apply as much sunscreen as we should, and we don't tend to reapply, we're getting even less protection. Dr. Joshua Zeichner, a New York City based dermatologist recommends to his patients to choose the highest SPF available, which can be an insurance policy to provide the best protection.

5. Greet the day –

Take advantage of the increased sunlight in the mornings to set your circadian pacemaker, also known as your body's clock. Dr. Josna Adusumilli, a neurologist at Massachusetts General Hospital recommends choosing a consistent wake-up time in the morning and aiming for a 20-minute walk after waking up. The sunlight will program your body clock and help regularize your sleep and wake rhythm.



Since you've been watching all those cooking shows, it's time to show off your skills in the kitchen. These are ingredients you're likely to have on-hand. *Bon Appétit!*

Creamy Pasta with Smoked Bacon and Peas

Yield: 4-6 servings, Time: 15 minutes

INGREDIENTS:

- * Sea salt
- * 10 slices smoked bacon or pancetta
- * 1 pound dried mini-shell or other small pasta
- * 2 tablespoons olive oil
- * 1 tablespoon butter
- * Freshly ground black pepper
- * 2 cups frozen peas
- * 2 tablespoons crème fraîche or heavy cream
- * 2 tablespoons finely chopped fresh mint leaves
- * Juice of 1 lemon
- * 6 ounces finely grated Parmesan cheese

PREPARATIONS:

Bring a large pot of lightly salted water to a boil. Meanwhile, cut sliced bacon crosswise into thin slivers, or slice pancetta into julienne. Add pasta to boiling water and cook to taste.

While pasta is cooking, place a large skillet over medium heat, and add 2 tablespoons olive oil and the butter. Add bacon or pancetta and a sprinkling of pepper, and fry until golden and crisp. Immediately add frozen peas and stir for a minute or two. Add crème fraîche or heavy cream and chopped mint.

Reserve 1 cup of the pasta cooking water, and drain the pasta. Add pasta to the skillet and stir. Add lemon juice, and adjust salt and pepper to taste. Bring to a simmer, then remove from heat. The mixture should be thick; if desired, a splash of the pasta water may be added to the sauce to thin it slightly. Add Parmesan and stir to mix. If desired, serve with a green salad.

HAPPY BIRTHDAY
HAPPY ANNIVERSARY
TO ALL EASTGATE RESIDENTS
CELEBRATING IN THE MONTH OF APRIL!