I would like to thank Barbara Carpenter for emailing me the following article. I have always struggled with touching my face and since that is a major way to transmit COVID-19, I have been trying to stop doing it. I figured there are likely others that could use these tips as well. In an article published by Health Grades Operating Company, Inc. and last reviewed on March 26, 2020 by Medical Reviewer: William C. Lloyd III, 7 tips to avoid touching your face are discussed. Hopefully these tips will help you if you do tend to touch your face often. I wish you a wonderful and safe and healthy week ahead.

### 7 Tips to Avoid Touching Your Face, By Lorna Collier

To help control the spread of the coronavirus disease (COVID-19), health officials say it's very important for you to avoid touching your face. That's because the virus can infect you by interacting with mucous membranes in your eyes, nose or mouth. The virus can also live on surfaces for several days. If you touch a table that someone with the virus sneezed on earlier, then rub your eye, you could give yourself the virus. However, on average, people touch their faces up to 23 times per hour, and once you’ve been told not to touch your face, it’s suddenly all you want to do.

Experts have some tips on breaking this habit so you can reduce your risk of infections like COVID-19.

1. **Pay attention to how often—and why—you touch your face.**

   Experts say the first step is learning your face-touching triggers. Most of us don’t realize when we touch our faces, so the first step is awareness. If you catch yourself touching your face, take a moment to consider what prompted it. Often it is habitual; sometimes it’s done in response to physical irritation. Do you often itch your nose? Pull back your hair? Rub your forehead to relieve tension? Finding out why you touch your face and addressing those triggers can help you learn how to ease the habit.

2. **Move your hands in different ways.**

   When you feel the urge to touch your face, do something else with your hands instead. Experts call these ‘competing responses.’ They involve some kind of muscle movement and should be held for at least one minute, or until the face-touching urge passes. Try these movements:
   - Clenching your fists
   - Sitting on your hands
   - Pressing your palms into the tops of your thighs
   - Stretching your arms straight down at your sides
   - Eventually, this technique should help you stop habitually touching your face.

3. **Hold something in your hands.**

   It can be tough to touch your face if you are holding something in your hands. During times when the urge to touch your face is strong, grab something to fiddle with, such as a pen or a stress ball that you can squeeze. Whatever you hold, keep your hands and the objects in them away from your head. You also may try wearing gloves. It may make you more aware that your hands are nearing your face, so that you can better avoid this behavior.

4. **Replace one habit with another.**

   Do you put your chin in your hand when you are listening to someone, such as during a meeting or a lecture? This puts your hand close to your mouth—where you could potentially transfer coronavirus germs resting there. Habit-changing expert Brian Anderson of Texas A & M University suggests you train yourself to instead rest the side of your head against your fingers. You would still be touching your head, so it’s not ideal, but it keeps the germs further away from your mouth, eyes or nose.

5. **Change the triggers that lead to face-touching.**

   Do you rub your eyes after a long day at the computer screen? Keep eye drops handy and moisturize your eyes before they get itchy, or consider wearing glasses instead of contacts. Does your hair drop into your face a lot, causing you to fiddle with it (and touch your face in the process)? Consider a hair tie or barrette to pull it back. Do you constantly dab at a runny nose, due to allergies? Take allergy medicine. By solving the root causes for face-touching, you’ll have fewer reasons to do it.

6. **Enlist friends to help you change.**

   Research shows if you want to change a habit, accountability to others can help. Consider sharing your efforts to stop touching your face with friends, perhaps by posting on social media. When you are with friends (online, of course), have them notify you if they see you touching your face, which can help you be more mindful of the habit. You can offer to do the same for them, since everybody is encouraged to avoid touching their face to stop the spread of coronavirus.

7. **Wash your hands to avoid spreading infection.**

   Sometimes, it’s impossible to avoid touching your face. You wash it, put lotion on it, may put makeup on it, brush your teeth, floss your teeth, blow your nose. These daily activities and others make it tough to avoid contact. That’s why experts stress hand-washing as a key infection control measure. Wash before and after any hand-face contact, using soap and water for at least 20 seconds. This, along with stopping as many other instances of face-touching as you can, is one of your best defenses in helping you avoid getting infected by the coronavirus.
It’s been over a week since we’ve been in “social distancing” and it’s really not so bad. It would be, if it wasn’t for all of our wonderful employees.

The chefs are planning flavorful, nutritious meals, the servers are taking our orders and delivering them if we need that service.

On Channel 1-2, Mike keeps us fit, Jessica and Josephine keep us engaged and Chaplains Andrew and Peggy look after our spiritual life.

Security keeps us safe, maintenance keeps everything working and the campus tidy and trimmed. Housekeeping keeps our living quarters clean. If we must leave campus, someone on staff will greet us and cheerfully screen us (I’ve been tempted to go out just so I can visit with them upon reentry).

Our healthcare workers are giving us the care and assistance we need.

The Welcome Desk keeps communications open, and answers our frequent questions.

And all the many staff members that work behind the scene to make sure we are comfortable are cheerfully going about their duties with dedication and cheerfulness.

Next time you see any one of them, thank them for all they do, AND take this opportunity to make sure you are contributing to the Employee Appreciation Fund. Contributions can be made in cash, check or easiest of all, have an amount that you are comfortable with charged to your account each month. Envelopes and authorization forms can be found at the communication counter in the Town Center and can be dropped of at the Welcome Center or at the billing office.

**BEINSPIRED LIVE! CHANNEL 1-2: BROADCASTING SCHEDULE (SUBJECT TO CHANGE)**

**ROADRUNNER READINGS**
Mondays
8:30AM — 9:00AM

**LIFE ENRICHMENT**
DAILY
9:00 — 10:00AM

**CAROL ANN’S TAI CHI @ HOME**
Wednesdays & Saturdays
10:00 — 10:30AM & 1:00 — 1:30PM

**SILVER SNEAKERS @ HOME**
Tuesdays & Fridays
10:30 — 11:00AM & 1:30 — 2:00PM

**MIKE’S STRENGTH+BALANCE**
Mon, Wed, Thu, Sat
10:30AM — 11:00AM & 1:30 — 2:00PM

**SUCCESS MATTERS**
DAILY
11:00AM — 12:00PM

**BEINSPIRED LIVE! WITH MICHELLE & DAVID**
Monday — Friday
2:00 — 3:00PM

**LIFELONG LEARNING: MODERN TECHNOLOGY**
Classes with Robert
Saturdays & Sundays
2:00 — 3:00PM

**SPIRITUAL LIFE PROGRAMMING**
DAILY
3:00 — 4:00PM

**SPECIAL MUSICAL PRESENTATION**
DAILY
4:00 — 5:00PM

**DAILY PROGRAMMING CONTENT ENCORE**
DAILY
5:00 — 10:00PM

*Each segment is condensed to one showing per rotation, daily.*

**ALSO:** Please join us on BCCREW.NET to stay informed and in touch with your fellow neighbors. Now featuring a new interface with daily video updates from BeInspired LIVE! You can also start up a chat conversation with your neighbors.

*Thank you for tuning in to our broadcasts!*

—Korry Nelson, x18493
Updates From Dining Services!

In addition to providing you with a variety of menu options through this time of social distancing, we want to point out a new feature. We are now offering some basic grocery items in the Bistro for your convenience. We have soups, noodles and fruit along with fresh produce and some frozen meals to be used as a stop gap between your family grocery deliveries. There are also tissues, toilet paper and paper towels available.

We have also begun to offer donuts on fridays. And new this week we are delivering a limited emu of alcohol if you choose to participate. We will offer this service on Wednesdays and Fridays. Please call buckwalds at x16130 and place your order by 2:00PM and we will have it up to you by 4:00PM just in time for happy hour.

Bistro

PLAZA BISTRO DAILY FEATURES—x12908

OPEN FOR LUNCH MONDAY—SATURDAY, 10:30AM—7PM AND SUNDAY FROM 11:30AM—7PM

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Soup:</strong> Santa Fe Chicken (141/188 cal)</td>
<td><strong>Soup:</strong> Pasta Fagioli with Sausage (221/294 cal)</td>
<td><strong>Soup:</strong> Thai Chicken Noodle (236/315 cal)</td>
<td><strong>Seder Dinner Special</strong></td>
<td><strong>Soup:</strong> Shrimp and Crab Bisque (239/318 cal)</td>
<td><strong>Soup:</strong> Pork Posole (159/212 cal)</td>
</tr>
<tr>
<td><strong>Entrée:</strong> Battered Cod Tacos with Jicama Slaw (614 cal)</td>
<td><strong>Entrée:</strong> Jumbo Stuffed Shells with Basil Cream Sauce (875 cal)</td>
<td><strong>Entrees</strong> ($4.89): Wisconsin Cheese Entreprés ($4.89): Spaghetti with Meatballs OR Ham with Pineapple</td>
<td><strong>Soup:</strong> Matzo Ball (310/462 cal)</td>
<td><strong>Soup:</strong> Pit Ham with Scalloped Potatoes &amp; Green Beans (461 cal)</td>
<td><strong>Soup:</strong> Broccoli and Cheddar (256/341 Cal)</td>
</tr>
<tr>
<td><strong>Veg:</strong> California Blend Vegetables (107 cal)</td>
<td><strong>Veg:</strong> Baked Zucchini with Tomatoes (144 cal)</td>
<td><strong>Veg:</strong> Braised Collared Greens (124 cal)</td>
<td><strong>Entree:</strong> Wild Rice ; Mashed Potatoes with Gravy, Corn with Pimientos</td>
<td><strong>Veg:</strong> Baby Carrots (83 cal)</td>
<td><strong>Veg:</strong> Sauteed Mushrooms (207 cal)</td>
</tr>
</tbody>
</table>

Buckwold’s

BUCKWALD’S LUNCH FEATURES—X16130

MENU FOR LUNCH ONLY | LUNCH AVAILABLE MONDAY—SATURDAY, 11AM—2PM | SEE DINNER MENU INSIDE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LUNCH:</strong> Soup ($2.09): Corn Chowder</td>
<td><strong>LUNCH:</strong> Soup ($2.09): Cream of Mushroom</td>
<td><strong>LUNCH:</strong> Soup ($2.09): Wisconsin Cheese Entreprés ($4.89): Spaghetti with Meatballs OR Ham with Pineapple</td>
<td><strong>LUNCH:</strong> Soup ($2.09): Santa Fe Chicken Bean</td>
<td><strong>LUNCH:</strong> Soup ($2.09): Seafood Chowder Entreprés ($4.89): Shrimp Newburg OR Marsala Chicken Breast</td>
<td><strong>LUNCH:</strong> Soup ($2.09): Cream of Red Pepper Entreprés ($4.89): Braised beef Tips OR Cheese Ravioli with Marinara</td>
</tr>
<tr>
<td><strong>Entrées</strong> ($4.89): Lemon Dill Cod OR Bacon Wrapped Stuffed Pork Tenderloin</td>
<td><strong>Entrées</strong> ($4.89): Half Cornish Hen OR Kielbasa with Peppers &amp; Onions</td>
<td><strong>Sides</strong> : Scalloped Potatoes ; Mashed Potatoes with Gravy, Italian Flat Beans ; Grilled Asparagus</td>
<td><strong>Sides</strong> : Baked Sweet Potato ; Mashed Potatoes with Gravy, Fresh Braised Greens; Spaghetti Squash with Mushrooms and Tomatoes</td>
<td><strong>Sides</strong> : Wild Rice ; Mashed Potatoes with Gravy, Capri Blend Vegetables; Spaghetti Squash with Mushrooms and Tomatoes</td>
<td><strong>Sides</strong> : Baked Yukon Gold Potatoes ; Mashed Potatoes with Gravy, Baby Lima Beans ; Corn with Pimientos</td>
</tr>
<tr>
<td><strong>Dessert:</strong> Dijon Roasted Potatoes ; Mashed Potatoes with Gravy, Green Peas; Fresh Steamed Broccoli</td>
<td><strong>Dessert:</strong> Banana Cream Pie</td>
<td><strong>Dessert:</strong> Layered Carrot Cake</td>
<td><strong>Dessert:</strong> Chocolate Cake</td>
<td><strong>Dessert:</strong> Blueberry Pie</td>
<td><strong>Dessert:</strong> Italian Cake</td>
</tr>
</tbody>
</table>
**PLAZA BISTRO MENU: APRIL .06 — APRIL .12, 2020**

**SOUPS**

<table>
<thead>
<tr>
<th>SOUP NAME</th>
<th>PRICE</th>
<th>CALORIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHILI CON CARNE</td>
<td>2.79</td>
<td>200 CAL</td>
</tr>
<tr>
<td>CLASSIC CHICKEN NOODLE</td>
<td>2.19</td>
<td>58 CAL</td>
</tr>
<tr>
<td>SOUP DU JOUR (2.19 cup)</td>
<td>2.99</td>
<td>77 CAL</td>
</tr>
</tbody>
</table>

**ENTREE SALADS**

<table>
<thead>
<tr>
<th>ENTREE</th>
<th>PRICE</th>
<th>CALORIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.69 ARIZONA CHICKEN &amp; SPINACH</td>
<td>466 CAL</td>
<td>Fresh Baby Spinach Topped with Grilled Chicken Breast, Mushrooms, Candied Pecans, Raspberries, Apple and Raspberry Vinaigrette</td>
</tr>
<tr>
<td>6.29 BLT PANZANELLA SALAD</td>
<td>557 CAL</td>
<td>Toasted Italian Bread Tossed with Italian Dressing over Romaine Lettuce, Topped with Tomato, Onion, Bacon and Parmesan Cheese</td>
</tr>
</tbody>
</table>

**SANDWICHES**

<table>
<thead>
<tr>
<th>SANDWICH</th>
<th>PRICE</th>
<th>CALORIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.59 HALF SANDWICH/CUP OF SOUP DU JOUR</td>
<td>5.99</td>
<td>77 CAL</td>
</tr>
<tr>
<td>3.29 GRILLED HOT DOG</td>
<td>1.39</td>
<td>34 CAL</td>
</tr>
<tr>
<td>5.49 MEATBALL PANINI</td>
<td>4.59</td>
<td>170 CAL</td>
</tr>
<tr>
<td>5.29 BLACKENED SHRIMP QUESADILLA</td>
<td>5.99</td>
<td>240 CAL</td>
</tr>
<tr>
<td>4.59 B.L.T</td>
<td>4.59</td>
<td>370 CAL</td>
</tr>
</tbody>
</table>

**ENTRÉES**

<table>
<thead>
<tr>
<th>ENTRÉE</th>
<th>PRICE</th>
<th>CALORIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.39 OMELET YOUR WAY</td>
<td>4.99</td>
<td>240 CAL</td>
</tr>
<tr>
<td>5.29 HALF ROASTED CHICKEN</td>
<td>4.99</td>
<td>240 CAL</td>
</tr>
<tr>
<td>4.79 CHEESE PIZZA</td>
<td>4.99</td>
<td>240 CAL</td>
</tr>
<tr>
<td>5.79 CARVED PORK LOIN</td>
<td>4.99</td>
<td>240 CAL</td>
</tr>
<tr>
<td>5.79 THERE WILL BE NO BE-CREATIVITY STATION UNTIL FURTHER NOTICE.</td>
<td>5.99</td>
<td>240 CAL</td>
</tr>
</tbody>
</table>

**SIDES**

<table>
<thead>
<tr>
<th>SIDE</th>
<th>PRICE</th>
<th>CALORIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Fruit Cup</td>
<td>1.09</td>
<td>104 CAL</td>
</tr>
<tr>
<td>Side Salad</td>
<td>1.09</td>
<td>60 CAL</td>
</tr>
<tr>
<td>Avocado</td>
<td>0.89</td>
<td>23 CAL</td>
</tr>
<tr>
<td>Green &amp; Yellow Squash</td>
<td>0.89</td>
<td>43 CAL</td>
</tr>
<tr>
<td>Sautéed Spinach</td>
<td>0.89</td>
<td>7 CAL</td>
</tr>
<tr>
<td>Broccoli</td>
<td>0.89</td>
<td>7 CAL</td>
</tr>
<tr>
<td>Steamed Carrots</td>
<td>0.89</td>
<td>7 CAL</td>
</tr>
<tr>
<td>French Fries</td>
<td>0.89</td>
<td>7 CAL</td>
</tr>
<tr>
<td>Sweet Potato Fries</td>
<td>0.89</td>
<td>7 CAL</td>
</tr>
<tr>
<td>Plain</td>
<td>0.89</td>
<td>7 CAL</td>
</tr>
<tr>
<td>Baked Potato</td>
<td>0.89</td>
<td>7 CAL</td>
</tr>
<tr>
<td>Onion Rings</td>
<td>0.89</td>
<td>7 CAL</td>
</tr>
<tr>
<td>Vegetable du Jour</td>
<td>0.89</td>
<td>7 CAL</td>
</tr>
</tbody>
</table>

**PLAZA BISTRO BREAKFAST MENU**

**BREAKFAST 7:00—10:30AM (TO 11:30AM ON SUNDAYS) SEE VENUE FOR FULL MENU**

- **CHICKEN BISCUIT** (390 CAL) **$4.59**
- **APPLE CINNAMON COMPOTE** (199 CAL) **$59¢**

Add to any order as a topping!
**BUCKWALD’S**

**DINNER TUESDAY—SATURDAY, 4-7PM | CLOSED SUNDAYS AND MONDAYS, CALL x16130**

---

**SOUP**

**SOUP DU JOUR**
House Made Featured Soup of the Day
Ask Your Server for Today’s Selection, $2.19 — ask server for calories

---

**ENTRÉE SALADS**

- **HARVEST COBB SALAD**
  Chopped Romaine, Arugula, Grilled Chicken Breast, Diced Bacon, Boiled Eggs, Sliced Apples & Honey Apple Cider Dressing, $6.99 (449 calories)

- **CAESAR**
  Chopped Romaine with Shredded Parmesan and Focaccia Croutons, $3.59 (305 calories)
  Add Grilled Chicken—$6.29 (+153 calories)
  Add Grilled Shrimp—$6.79 (+223 calories)

---

**BUCKY’S BYO (BUILD YOUR OWN) STEAK BURGER**
House Made Burgers Featuring Buckwald’s Unique Blend of Premium Cuts of Short Rib, Brisket & Chuck, $6.99

- **Choose Patty**
  Beef (406 calories), Turkey (240 calories) or Veggie (170 calories)

- **Choose Bun**
  Whole Wheat (250 calories), White Kaiser (266 calories), Gluten Free (232 calories)

- **Choose Cheese .50¢**
  American (47 calories), Swiss (52 calories), Cheddar (50 calories) or Blue Cheese (100 calories)

- **Choose Toppings .50¢**
  Mushrooms (28 calories), Bacon (112 calories), Onions (23 calories), Avocado (45 calories)

- **Choose Sauce**
  Mayo (34 calories), Ketchup (14 calories), Mustard (9 calories)

  ALL BURGERS COME WITH LETTUCE, TOMATO, PICKLES AND ONION
  ALL ADDITIONAL TOPPINGS ARE .50¢ EACH

  BURGERS ARE COOKED TO 155°F INTERNAL TEMPERATURE BY MARICOPA COUNTY DEPT. OF HEALTH STANDARDS

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**SIDES**

- Onion Rings — 299 calories
- Seasoned Fries — 197 calories
- Creamy Garlic Parmesan Orzo — 273 calories
- Corn & Zucchini Sauté — 152 calories
- Grilled Asparagus — 154 calories
- Red Wine & Garlic Mushrooms — 168 calories
- Creamed Corn — 184 calories
- Chipotle Mashed Potatoes with Goat Cheese & Caramelized Shallots — 123 calories
- Baked Potato— 211 calories
- Baked Sweet Potato— 99 calories

**All Sides—$1.09**
Add Garden Bar to any Entrée for $3.29, or enjoy as your meal for $4.99—add Side Salad to any order for $1.09

---

*HEALTH ADVISORY: WE CHOOSE TO COOK BEEF AND LAMB TO ORDER. CONSUMING RAW OR UNDERCOOKED MEATS MAY INCREASE YOUR RISK OF FOOD-BORNE ILLNESS.*
ENTRÉES

CAJUN PORK TENDERLOIN
A Moist and Juicy Cajun Seasoned Pork Tenderloin Wrapped in Crispy Bacon and Glazed in an Apricot Dijon Sauce, $8.99 (312 calories)

BASEBALL CUT TOP SIRLOIN
Char broiled 8oz Center Cut Top Sirloin (called a baseball cut due to its rounded shape) served with optional Béarnaise or Brandy Peppercorn Sauce, $12.99 (467 calories)

FRIED CHICKEN
Buttermilk Marinated Chicken Breast, Seasoned and Fried Golden Brown, $8.99 (516 calories)

T-BONE STEAK
Chipotle-Honey Grilled 12oz T-Bone Steak, $11.99 (490 calories)

CATCH

SEARED SALMON FILET
Seasoned and Seared served with a Lemon Basil Butter, $9.99 (311 calories)

BLACKENED CATFISH
Cajun Seasoned Catfish with Cayenne Pepper, Lemon Pepper, Garlic & Pan Seared, $8.99 (294 calories)

THE LIGHTER SIDE

CREAMY ARTICHOKE & PINE NUTS PASTA
Bow Tie Pasta with Artichoke Hearts, Crème Fraiche, Lemon & Parmesan Sauce, Topped with Toasted Pine Nuts & Sweet Peas, $6.99
Gluten Free Pasta, (439 cal)
Add Chicken, $2.69 (153 cal)
Add Grilled Shrimp, $3.19 (223 cal)

SHRIMP STIR FRY
Shrimp, Crispy Vegetables, and Homemade Stir Fry Sauce, Served Over Brown Rice $7.99
(237 calories)

CHEF’S SPECIALS
Available Tuesday—Saturday

CHEF’S BLUE PLATE: BRAISED BEEF
Braised Beef Tips with Mushrooms, Carrots, Garlic, Leeks, Onions, Fresh Herbs & Beef Broth, Served Over Yukon Gold Mashed Potatoes, $5.99 (511 calories)

CHEF’S ACTION STATION: SPAGHETTI ALLA PUTTANESCA
Spaghetti, Chunky Tomato Sauce, Kalamata Olives, Capers, Garlic & Fresh Parsley, $6.99 (341 calories)

ANNOUNCEMENTS

BUCKWALD’S AND PLAZA BISTRO ORDERS ARE FOR PICKUP & DELIVERY ONLY
BUCKWALD’S, x16130  |  PLAZA BISTRO, x12908

BUCKWALD’S WILL BE CLOSED ON MONDAYS TEMPORARILY
TUESDAY WILL FEATURE OUR REGULAR MENU LISTED ABOVE
HOOTENANNY HAS BEEN TEMPORARILY SUSPENDED ON WEDNESDAY EVENINGS