



**7 TIPS TO AVOID TOUCHING YOUR FACE**

*Cheryl Knupp, Sr. VP of Health Service and HR*

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.

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.

**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.

## WE ARE SO LUCKY

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 off 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.*

*This schedule is subject to change based on unforeseen circumstances. Please tune in frequently for update as we are constantly evolving and refreshing broadcasts.*

*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 Belnspired LIVE! You can also start up a chat conversation with your neighbors.*

*Thank you for tuning in to our broadcasts!*

*—Korry Nelson, x18493*

**TUNE IN TO  
BEINSPIRED LIVE!  
CHANNEL 1-2 ON YOUR  
TELEVISIONS FOR UPDATES,  
NEWS AND INFO FROM YOUR  
STAFF.**

**PRAYER REQUESTS,  
X15186  
DIAL-A-PRAYER, X15187**

### HAPPY BIRTHDAY!

6th—Sue Dimon  
7th—Letitia Gauntt  
9th—Irene Cool  
10th—Alex Kislik  
Arlene DeBolske

### WELCOME TO BEATITUDES!

**MARCH 31ST**  
Ruth Braunstein, S326  
**APRIL 1ST**  
Jewell Lewis, CPW1274



# CRAVE PLAZA BISTRO MENU: APRIL .06 — APRIL .12, 2020

DELIVERY & PRICING: x12908 | LUNCH/DINNER SERVED BETWEEN 10:30AM (SUNDAYS FROM 11:30AM) TO 7PM

SOUPS	ENTRÉE SALADS
<p><b>CHILI CON CARNE</b>   2.79cup (200 CAL)/3.49bowl (266 CAL)</p> <p><b>CLASSIC CHICKEN NOODLE</b>   2.19cup (58 CAL)/2.99bowl (77 CAL)</p> <p> <b>SOUP DU JOUR</b> (2.19cup/2.99bowl)   (ASK FOR CAL COUNT) Made fresh daily by our chefs, ask for today's selection</p>	<p><b>6.69 ARIZONA CHICKEN &amp; SPINACH</b> (466 CAL) Fresh Baby Spinach Topped with Grilled Chicken Breast, Mushrooms, Candied Pecans, Raspberries, Apple and Raspberry Vinaigrette</p> <p> <b>6.29 BLT PANZANELLA SALAD</b> (557 CAL) Toasted Italian Bread Tossed with Italian Dressing over Romaine Lettuce. Topped with Tomato, Onion, Bacon and Parmesan Cheese</p>
SANDWICHES	
<p><b>4.59 HALF SANDWICH/CUP OF SOUP DU JOUR</b>   Choice of Smoked Turkey (128 CAL), Black Forest Ham (212 CAL), Tuna Salad (165 CAL) or Cranberry Chicken Salad (190 CAL) served with a Cup of Soup du Jour—<i>Make it a full sandwich for \$5.99. Gluten Free Bread Available</i></p> <p><b>3.29 GRILLED HOT DOG</b> (374 CAL) All-Beef Frank served on a Bun; <i>Toppings: Onions, Chili, Cheese, Sauerkraut</i></p> <p> <b>5.49 MEATBALL PANINI</b> (946 CAL) Italian Meatballs with Red Sauce, Mozzarella and Pesto on Grilled Cibatta Bread</p> <p> <b>5.29 BLACKENED SHRIMP QUESADILLA</b> (600 CAL) with Bacon &amp; Green Onion</p> <p><b>4.59 B.L.T</b> (344 CAL) Toasted Wheat Bread with Crispy Bacon, Lettuce, Tomato and Mayonnaise—<i>Add Sliced Turkey or Black Forest Ham for \$1; Gluten Free Bread Available</i></p>	<p><b>4.29 MAKE YOUR OWN MELT</b> (350 CAL) <i>Choice of:</i>   <b>Bread:</b> Wheat, Sourdough, Whole Grain, Rye, Gluten Free   <b>Cheese:</b> American, Cheddar, Provolone, Swiss or Pepper Jack   <b>Filling:</b> Tuna (.50¢), Ham (.50¢), Turkey (.50¢), Tomato (.25¢)</p> <p> <b>5.29 SHRIMP PO BOY SANDWICH</b> (427 CAL) Seasoned Shrimp on Roll With Lettuce, Tomato And A Cajun Remoulade</p> <p><b>5.79 BEATITUDES BURGER</b> 100% All Beef Patty served on a Kaiser Roll <i>All Burgers come with Lettuce (3 CAL), Tomatoes (7 CAL), Pickles (4 CAL), Onions (15 CAL) and choice of:</i> <b>Patty:</b> Beef (+390 CAL), Turkey (+289 CAL), Veggie (+140 CAL) or Charbroiled Chicken Breast (+194 CAL)   <b>Bun:</b> Whole Wheat (+234 CAL), White Kaiser (+234 CAL), Gluten Free (+170 CAL)   <b>Cheese:</b> American (+99 CAL), Swiss (+106 CAL), Cheddar (+114 CAL) or Blue Cheese (+100 CAL)   <i>Additional Toppings are 50¢ each:</i> <b>Toppings:</b> Mushrooms (+8 CAL), Bacon (+88 CAL), Onions (+11 CAL), Avocado (+80 CAL)   <b>Sauces:</b> Mayo (+50 CAL), Ketchup (+17 CAL), Mustard (+9 CAL)</p>
ENTRÉES	
<p><b>4.39 OMELET YOUR WAY</b> (423 CAL) Two Egg Omelet with Your Choice of Vegetables, Meats and Cheeses—<i>build it your way!</i></p> <p><b>5.29 HALF ROASTED CHICKEN</b> (300 CAL)</p> <p> <b>5.79 CARVED PORK LOIN</b> (278cal) with Tarragon Cream Sauce</p> <p> <b>5.79 THERE WILL BE NO BE-CREATIVE STATION UNTIL FURTHER NOTICE.</b></p>	<p><b>4.99 CHICKEN FINGERS</b> (223 CAL) Chicken Tenderloins Coated in Bread Crumbs with choice of BBQ, Ranch or Honey Mustard Dipping Sauce</p> <p><b>4.79 CHEESE PIZZA</b> (420 CAL) Traditional Crust Topped with Sauce and Mozzarella Cheese</p> <p> <b>5.49 GREEK PIZZA</b> (546cal) Red Sauce, Mozzarella Cheese, Kalamata Olives, Red Onion, Tomato and Feta Cheese</p> <p> <b>6.29 GRILLED CATCH OF THE DAY</b> (ASK FOR CALS) Ask a server for today's selection!</p> <p> <b>5.99 ENTRÉE DU JOUR</b> (ASK FOR CALS) Ask a server for today's selection!</p>
SIDES	

Fresh Fruit Cup (104 CAL) ..... 1.09	Steamed Carrots..... 89¢	Plain (102 CAL) or Sweet (104 CAL)
Side Salad (32 CAL) ..... 1.09	Broccoli Salad (158 CAL)..... 89¢	Baked Potato ..... 89¢
Avocado (125 CAL)..... 89¢	Garlicky Parmesan Sweet Potato (162 CAL) ..... 89¢	Onion Rings (257 CAL) ..... 1.09
Green & Yellow Squash (194 CAL)..... 89¢	French Fries (252 CAL) ..... 69¢	Vegetable du Jour ..... 89¢
Sautéed Spinach (134 CAL)..... 89¢	Sweet Potato Fries (146 CAL) ..... 89¢	
Broccoli (105 CAL) ..... 89¢		

## PLAZA BISTRO BREAKFAST MENU

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

	<b>CHICKEN BISCUIT</b> (390 CAL) .....	<b>\$4.59</b>
	<b>APPLE CINNAMON COMPOTE</b> (199 CAL) .....	<b>59¢</b>
	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

**NEW**

### 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

### 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 TOPPING ARE .50¢ EACH

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

## 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

**NEW** 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.**

# BUCKWALD'S

## 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 NEW

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

### T-BONE STEAK NEW

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 NEW

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

### TUSCAN STYLE STUFFED MUSHROOMS

(GLUTEN FREE)

Goat Cheese & Spinach Stuffed Portobello Mushrooms in a Creamy Sun Dried Tomato Sauce, \$6.99 (365 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 NEW

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: NEW

#### 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: NEW

#### 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**