

# JERSEY VILLAGE SENIOR OUTREACH

## Monthly Programs Newsletter

APRIL 2021

It seems like the March newsletter was just sent and here we are in April. It looks like various plants have survived the freeze and there are many, many people sprucing up their yards. If you need light help with this task, be sure to put in a service request at [jvsorequest@gmail.com](mailto:jvsorequest@gmail.com) and volunteers might be able to help.

It is also a good time to spruce up the inside before the summer heat sets in. The following information might help to ignite your energy to get busy purging and cleaning your home.



### Is it time for a spring cleaning?

#### Jumpstart Your Minimalism Journey

Why should you start to minimize clutter?

- Financial Stability: The clutter used to be money. Could it have been used on something more beneficial or enjoyable?
- When We Have Less, We Desire Less: Getting something new brings joy for a short amount of time. Focus on what truly makes us happy, strong relationships, and experiences.
- Less Stress: Having so much stuff causes us stress and makes it hard to live in the moment. It makes it hard to relax so we lose focus.
- Minimalism Helps Reduce our Carbon Footprint: By consuming less, we can play our part to prevent waste.

Try the minimalist challenge one month. For an entire month, focus on getting rid of things. On day one item, on day two, two things, up to 30 items. It can be a challenge to build any habit. If 30 days is too much try one day a week, or one day a month. Every little bit helps.

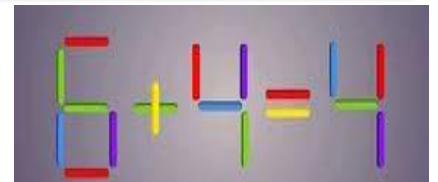
For more information on the minimalist challenge check out this Netflix documentary <https://bit.ly/3wgDUgX>.

### Tips on minimizing your “stuff”:

- Figure out a way to hold yourself accountable. You could tell someone you are taking the minimalist challenge then share a photo each day of what you are getting rid of; create a calendar and mark off each day you’ve completed.
- Make a list of the areas of your house and go through. Make a list of the different areas of your house to go through. (Pantry, Cupboards, Frig, Coat Closet, Shoes, Linen Closet, Bedroom Closet, Spare Bedroom Closet, Dressers, Bookshelves, Desk, Bathroom drawers, Garage)
- Don’t be too strict with yourself. If you skip a day, don’t worry, double up the next day. Don’t “over” throw away. If in doubt don’t throw it out. Go through all pockets and boxes before tossing, don’t throw away something by mistake.
- When finished, get rid of your stuff! If you don’t have a regular place where you drop off donations, there are several options. Document your items donated if this will help with taxes.
  - ✓ Donating to your local thrift store or Goodwill
  - ✓ Donating things to a shelter or other nonprofit (Cy-Hope, CAM, BCAM)
  - ✓ Work type clothing in style and good condition consider Dress for Success.
  - ✓ You could have a garage sale.
  - ✓ Throw away things that would not benefit anyone

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The minimalist challenge can be seen on this Netflix documentary <https://bit.ly/3wgDUgX>.



**Move one stick to fix the equation**



The Steering Committee will be meeting for their bimonthly meeting soon so watch your emails this month to see what activities we will be providing as things start loosening up.

Volunteers welcome: Want to facilitate an event, lead a group, do a craft? You won't have to do it alone, others will help.

Email [jvsoinfo@gmail.com](mailto:jvsoinfo@gmail.com) to get it on the calendar.

4-1 3:00 pm Chair Yoga  
4-2 8am-10am Coffee and Conversation

4-4  **Happy Easter** 

4-7 3:00 pm Film Club:  
"Moneyball"  
4-8 3:00 pm Chair Yoga  
4-9 8:30 am Coffee-Conversation-Tech  
4-14 10:00am Craft Day: Register online  
4-15 3:00 pm Chair Yoga  
4-15 7:00 pm TED Talk:

*Lucy Hone: Three Secrets of Resilient People*

4-16 8:30-9:30 am Coffee-Conversation-Tech  
4-19 JV early election begins through April 27th  
4-21 3:00 pm Film Club:  
Movie TBD  
4-22 3:00 pm Chair Yoga  
4-23 8am-10am Coffee and Conversation  
4-28 3:00 pm Book Club:  
Share a book you have read with the group  
4-29 3:00 pm Chair Yoga  
4-30 8am-10am Coffee and Conversation

**STAY ACTIVE!**

**STAY HEALTHY!**

**STAY CONNECTED!**

## Member Spotlight

This month the spotlight committee turns the spotlight on JVSO member and neighbor *Richard Linden*. Please click on the link below to read about Richard and see his wonderful watercolors.

~ Nancy Frankel and Barbara Swenson

[https://jersey.helpfulvillage.com/editable\\_pages/10060-senior-spotlight](https://jersey.helpfulvillage.com/editable_pages/10060-senior-spotlight)



### JVSO Craft Day:

In person event with social distancing practices.

April 14<sup>th</sup>, 10-1:00, staggered times.

Create wooden frame that holds pictures, lists or pad of paper for your kitchen, bedside, or anywhere to display a picture.

You will "make it your own" by selecting a color then adding embellishments. Enjoy a little snack while waiting for your paint to dry. Register for the event on our website or email [jvsoinfo@gmail.com](mailto:jvsoinfo@gmail.com) by April 11<sup>th</sup>.

### City of Jersey Village Activities and News

- Food Truck Friday at Carol Fox Park  
1st, 9th, 16th, 25th, 30th 3-7:30pm
- 4-3 **Community Egg Hunt** – Eggs will be hidden overnight and ready to be found on Sat. morning at City Hall, Civic Center, Clark Henry Park, Carol Fox Park, and Philippine Park
- 4-18 12-3pm Farmer's Market
- 4-19 7:00pm City Council Meeting

Other events on the JV calendar

<https://www.jerseyvillagetx.com/page/calendar>



**Answer:** Change the 6 to a 5 and the answer 4 to a nine.  $5+4=9$

