

Lunch & Learn: Favorite Things Party

12/14/23

Recap

Please note: The following resources and anecdotes were shared by attendees and do not necessarily reflect BHC guidance nor endorsement.

Announcements:

There are eight months open in the next year for presenters to share about their favorite topic or something they've learned.

We had 525 people join in 2023. We are so happy to be growing!

Next Session: January 18, 2024

"Fighting for the Best Available Care in an Unaware System"

Amazing Peace, Christmas Poem by Maya Angelou

Read to us by Diane, Lunch & Learn Volunteer Director

https://www.amazon.com/s?k=amazing+peace+book&crd=2WAICWSZH8UNP&srefix=amazing+peace%2Caps%2C199&ref=nb_sb_ss_ts-doa-p_3_13

The Community shares their favorite things:

D: The Letter "E" Buttons sewed onto felt by granddaughter Evelyn. We are making it into a Christmas ornament for the tree.

Spending time with my grandchildren is my favorite thing. Little people are great, because there is no judgment. They are present. They laugh at the drop of a hat.

A: Thomas McConkie's "Mindfulness Plus" Podcast

<https://www.mindfulnessplus.org/>

S: My Yarn...It keeps me calm. It keeps down my stress level and requires presence. I'm

currently working on a Mandala.

M: The chair I'm sitting in...it's a zero gravity chair. I also make jewelry, and it requires me to be in the moment. It makes me feel good to create beautiful things.

<https://www.etsy.com/shop/desertsunriseactiv/?etsrc=sdt>

B: It's fun to make things to brighten up the season.

M: Tablet floor stand:

https://www.amazon.com/Overhead-Adjustable-Stretchable-Compatible-Phones-Black/dp/B0B2D8Q8SG/?encoding=UTF8&pd_rd_w=xszNM&content-id=amzn1.sym.35cab78c-35e3-4fc1-aab0-27eaa6c86063%3Aamzn1.symc.e5c80209-769f-4ade-a325-2eaec14b8e0e&pf_rd_p=35cab78c-35e3-4fc1-aab0-27eaa6c86063&pf_rd_r=Q8ZRY1KNJY8CYHJSNZA&pd_rd_wg=fCx2z&pd_rd_r=dce77994-bdab-4f87-ae36-82e7db390df4&ref=pd_gw_ci_mcx_mr_hp_atf_m

K: Groups like this...I really appreciate all of you. I enjoy being in nature and getting my hands in the dirt. I like being outside and enjoying what's happening with the squirrels and birds. After planting milkweed, I had two monarch butterflies this year. Being able to have the energy to be creative brings a lot of calm, and I am very thankful

L: I have been creating ceramics, and they have been successful. I have been making pot holders. I quiet the inner critic and get into a state of presence. It's nice to listen to music and meditate.

L: My favorite thing is a person. It's my first grandchild, and her name is Olive. My sons are the joys of my life. When I get together with my granddaughter, it fills me with so much joy for weeks. I get to think back on the wonderful memories, too.

A: My favorite thing is embroidery. I use a leg pneumatic compression device, and I feel great afterwards. It feels like my legs are actually alive.

https://www.amazon.com/QUINEAR-Compression-Professional-Sequential-Circulation/dp/B0BNPTG2KR/ref=sr_1_4?crd=13KPGNBBQD4N5&keywords=full%2Bleg%2Bpneumatic%2Bcompression&qid=1702581093&s=hpc&sprefix=%2Chpc%2C112&sr=1-4&th=1

K: My Mermaid Tail...it has a heating pad at the end of it. It is so nice. Also, my dog

Charlie and my cat Thelma.

<https://www.amazon.com/Calming-Personal-Massaging-Vibrating-Combinations/dp/B08V9J6T54>

L: My favorite thing is continuing education. I thought when I hit the elder mark that I would have a life of leisure, but what is more enjoyable to me is being a student and an instructor. I'm getting involved in literacy programs with children and helping them to be able to read at grade level. I have so many interests, and the internet is wonderful. Also, it's great to "wear" water, so I can have it handy from room to room.

Suggestion from the chat: Camelback water backpack

S: I've been a lifelong skier and raced when I was younger. I enjoy the Tomte dolls which help me to remember the great winter adventures. I'm enjoying the time to reflect on the wonderful memories.

D: I'm enjoying the great quality of these support groups - thank you. I enjoy meditation. This water bottle called "the hydrant" is nice for the times I'm bedbound. There's a mouthpiece, and it doesn't leak. It's very helpful. When I could work, I worked with plants - I'm a botanist. I'm really enjoying making tissue paper flowers of native plants and giving them to friends and family. The craft brings me a lot of joy. I also enjoy my heart rate monitor.

https://www.amazon.com/SP-Ableware-Hydrant-Bottle-Clothing/dp/B003E6ODHS/ref=asc_df_B003E6ODHS/?tag=hyprod-20&linkCode=df0&hvadid=167133770849&hvpos=&hvnetw=g&hvrnd=5247105125943606931&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9032086&hvtargid=pla-304246831182&psc=1&mcid=7ad06bf09c243836918d546eb249a67d

<https://rebeccaweger.com/chronically-rebecca-chronic-illness-resources/myalgic-encephalomyelitis/polar-a370-vs-polar-m430-watch-for-hr-pacing-for-me/>

H: Candles are nice and cozy. I enjoy the beeswax candles. I also enjoy creating scenes with the Tomte figurines.

N: This group has been very supportive and helpful. One of my favorite things is going in the pool or the ocean, when I can. I loved going to the pool as a kid. It's a comforting

feeling. Being in the water requires me to be present in the moment. I like using a snorkel facemask to explore in the water.

J: A hug in the form of a book. The Comfort Book by Matt Haig. Short passages of hope.

<https://www.amazon.com/Comfort-Book-Matt-Haig/dp/0143136666>

L: I enjoy the creative doodling tutorials on YouTube. There is free instruction, and all that's needed is a pen and paper. It's neat, because I don't have to think, and there's a lot of freedom. <https://soulcenterbaltimore.org/programs/zentangling/>

V: Two of my favorite things over the last few months have been the www.busuu.com and www.duolingo.com apps. They are free (though have paid versions) and allow you to learn languages at your own pace. I've been learning German A1 (Beginner) on it. Duolingo also has non-languages being rolled out like "music" and "mathematics". But availability of those on Duolingo seems to be by location and/or device right now.

This group and BHC has also been a fav since I found it a few years ago. It's one support group that always has so many practical and helpful tools, techniques and encouragement. Always grateful for this

V: Like so many of us, my pet - my cat - helps me so much. She's patient with me and provides wonderful companionship.

J: Medical marijuana has helped me tremendously. I am careful and use it responsibly. I feel the effects right away when I smoke it. When I take the gummies about an hour before bed, it helps me to get restorative sleep. It has helped me to avoid crashes.

J: I like the Visible app with my Polar on an arm band.

<https://www.healthrising.org/blog/2022/11/19/visible-app-long-covid-chronic-fatigue-syndrome/> Also, I use CBD oil when I have migraines. It helps!

G: I find medical cannabis very helpful as well. For sleep, I have the best luck with products that combine THC, CBD, & CBN