



## Things to do

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## These are a few things to do during a quarantine

- 1) Put together a puzzle
- 2) Have a dance party...Go to YouTube and find your favorite songs and have fun. Learn a new dance from line dancing to belly dancing.
- 3) Try a new recipe...Easy peanut butter cookies
  - 1 cup of peanut butter
  - 1 cup of sugar
  - 1 egg
  - 1 tsp of vanilla
  - Mix all the ingredients together
  - Bake at 350 for 6 to 8 minutes.
- 4) Have an indoor picnic
- 5) Go online to your local library and download a digital book. These are free. Go to freading on the library website.
- 6) Start a journal or blog. It can be about the coronavirus, but it could also be about a specific interest from chess to cheese or a blog.
- 7) Meditate. Try lying down with your eyes closed, palms up and while focusing on your breath. Or spend 20 minutes sitting cross-legged and repeat a soothing word to yourself in your head. (The latter is more like transcendental meditation.)
- 8) Face masks, moisturizer, oh my! Treat yourself to a 10-step skin care routine you don't have time for during a normal work week.
- 9) Look at pictures of puppies or other favorite things.
- 10) Take a note from Tangled star "Rapunzel", who has an entire song about the ways to spend time alone: Her activities included ventriloquy, candle-making, papier Mache, and adding a new painting to her gallery.
- 11) Write thank you letters to relatives you haven't seen in along time. Everyone likes getting a handwritten letter.
- 12) Try moving at slow speed.... It's ok to laugh at normal speed.
- 13) Don't stress out...Have fun...This will pass!!!

## Information on the DODD Facebook webpage

DODD has set up a dedicated web page for department communications and links to helpful resources that will advise people with disabilities, their families, service providers, direct support professionals, county boards, and the community

<https://dodd.ohio.gov/wps/portal/gov/dodd/about-us/our-programs/resource-dodd-covid-19-support>

The best way to apply for unemployment is to do it online. If you're unsure how, this article walks you through it. ↗

#COVID19

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