

# MCFOF.org

## The INformer

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Vol. III



**EVERYONE  
COUNTS IN  
MCMD**

[www.montgomerycountymd.gov/census](http://www.montgomerycountymd.gov/census)

United States  
**Census  
2020**

### Helpful Links

"Walking is man's best medicine." -Hippocrates

**Walking twice a day for 20 minutes can help your health and mental wellness! If you don't want to go outside, walk around inside.**

- Walking can prevent [type 2 diabetes](#).
- Walking can strengthen your [heart](#) if you're male.
- Walking can strengthen your heart if you're female.
- Walking is good for your brain.
- Walking is good for your bones.
- Walking can help alleviate symptoms of [depression](#).



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### Wellness Tools for Everyday

- A good book
- Relaxing music
- 8 glasses of water a day
- Comfort food
- Exercising
- Meditation
- Prayer
- Fun, Laughter

### Education

[NAMI's New Peer-to-Peer Class!](#)  
[NAMI Montgomery County](#)

Register now for the upcoming NAMI's Peer-to-Peer Class that will be online via Zoom. The class will occur weekly on Thursdays from May 7th to June 25th. Click to pre-register today!

[Register](#)

## NEW !!

**Parent Talk** online starting April 30, 2012, Lunch and Discuss 12pm on Zoom

[Join Zoom Meeting](#)

<https://zoom.us/j/350322859?pwd=dEhTG1RcjVPY1lBdDZVMTNXejZHQT09>





### Create a learning space for your child in your house

- A small table
- Comfortable seating
- Colorful Pictures on the wall
- Good lighting
- Let your child help you

You don't have to buy anything you have plenty around your house

Watch this;  
[At Home Parenting](#)



in these difficult times.

**YOU CAN!!!**



**American Red Cross**

**GIVE BLOOD**  
SAVE A LIFE

## Good Food

### A quick breakfast

1. Eggs x 2
  2. Spinach
  3. Shredded cheese
  4. Olive oil
  5. Bacon or turkey bacon
- Cook bacon or turkey bacon
  - Take a small frying pan and put a little olive oil in the pan (medium heat)
  - Put eggs, cut spinach, shredded cheese in a bowl and mix together
  - Crumble bacon or turkey bacon in the bowl
  - Pour mixture in the heated pan with olive oil and whisk until done
- Serve with juice or milk, and berries (if you want) and a piece of whole grain toast, if you like.

## Updates



### Recovery and Wellness Support Resources for the COVID-19 Outbreak - Updated April 17, 2020

The Maryland Department of Health (MDH) Behavioral Health Administration (BHA) continues to develop coordinated prevention and response plans for COVID-19. BHA will provide COVID19 updates as they become available and accurate information for behavioral health providers, partners, and the greater community. For the latest COVID-19 information and resources, visit the [BHA](#) website or [coronavirus.maryland.gov](https://coronavirus.maryland.gov). For additional questions or concerns, contact your Local Behavioral Health Authority.

### Fun things to do !!!!!

Start an art project with your kids. Arts and crafts are always fun things to do with the family there are always things around the house to use. Here is a link that can give you some ideas: <https://www.unicefkidpower.org>  
[Free Arts and Crafts for Kids](#)