



# The Life Enrichment Center AT OYSTER BAY

## GO OUTSIDE AND PLAY!

As we age, the once-empty shelves of our medicine cabinet start to fill with prescriptions to treat a host of ailments from high blood pressure to asthma to diabetes ... illnesses attributed to genetics and lifestyle which are often exacerbated by stress.

Consider supplementing your regimen with a dose of *shinrin-yoku*. It's not medicine – it's what the Japanese call "Forest Bathing". Forest therapy uses the natural environment to literally shower in the greenery, as a means to unwind and de-stress. The Japanese have been using this technique as preventive medicine for decades.

Spending time in nature will improve cognition and relieve anxiety and depression. Forest therapy has been scientifically proven to decrease the stress hormone cortisol, reduce blood pressure and heart rate, and improve the immune system.

Summer is the perfect time - go outside and let nature be your cure! Take a hike if you're able, visit a park or find a bench in the arboretum. Find a quiet place for a dose of restorative brain therapy.

While we're on the topic of Asian influences, I would be remiss not to mention our terrific Chinese Auction last month (which has nothing what-so-ever to do with China!). It was a tremendous success and we send our heartfelt thanks to all who contributed goods and volunteered ... especially the Fab Four: Diane Aerne, Mimi Treacy, Miriam Pepe and Joan Tinnelly.

Mark your calendars for this month's special events:

- July 13<sup>th</sup>**      **The Waterfront Center and Youth and Family Counseling** – Intergenerational marine education event
- July 18<sup>th</sup>**      **Virtual Trip to Hawaii** – Cultural presentation and special menu by Chef Anthony
- July 24<sup>th</sup>& 26<sup>th</sup>** **Oyster Bay Music Festival** – Student performances
- July 26<sup>th</sup>**      **Health and Wellness Fair** – Over 15 vendors, presentations, food, giveaways

*- Judy Palumbo, Executive Director*

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