

Quarterly Companion

AROUND THE TABLE

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Enjoy more of life's moments

Mindfulness is paying purposeful attention to the present moment. With a few simple practices and a shift in mindset, you can be more aware and intentional in your daily life. Practice mindfulness in nearly any situation by using your five senses in the activity below:

See

Draw your attention to five things that you can see. Look for things you don't normally notice, like a shadow or texture.

1. _____
2. _____
3. _____
4. _____
5. _____

Touch

Next, turn your attention to four things that you can feel. Notice textures or things in the environment, such as sun on your skin or the smooth surface of a table.

1. _____
2. _____
3. _____
4. _____

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Hear

Focus on three things you can hear. Take note of sounds and noises in the background - things we usually filter out. Maybe it's a dog barking, leaves rustling in the wind, or the hum of a kitchen appliance.

1. _____
2. _____
3. _____

Smell

Now, turn your awareness to two things you can smell. Notice both pleasant and unpleasant smells, such as the smell of freshly cut grass or the odor of a nearby restaurant.

1. _____
2. _____

Taste

Finally, notice one thing you can taste. In this moment, focus on the one taste in your mouth. If needed, you can take a sip of your drink, pop a mint in your mouth, or take a small bite of food.

1. _____

Learn more about developing a mindful mentality: go.illinois.edu/MindfulLife

Fun with money slang

Engage your brain! Activate critical thinking skills to complete the word challenges below. Surprised by any of the answers? Connect with a friend to share and compare words you use to refer to currency, coins, and money.

1. A word for one thousand dollars:
_ **R** _ _ _
2. Used in baking bread and cookies:
D _ _ _ _
3. Slang for a ten-dollar bill: **S** _ _ **B** _ _ _
4. Word for a one-hundred-dollar bill:
_ _ **N** _ _ **M** _ _
5. Slang for one million dollars: _ _ _ **K**
6. Twenty-dollar bill; also refers to a U.S. President's name. **J** _ _ **K** _ _ _
7. Used currently in slang as "making ____."
B _ _ _

How fresh is your food?

Adults aged 65 and older are more likely to become sick from foodborne illness. Learn ways to safely store refrigerated foods by completing this word scramble.

1. Eat, throw away, or freeze refrigerated leftover meals within _ _ _ _ days. (UFRO)
2. Set your refrigerator to 40°F or _ _ _ _ _ and test with a refrigerator thermometer. (OCRLED)
3. The safest way to thaw frozen foods is in the _ _ _ _ _ _ _ _ _ _ . (ROAREFIRERTG)
4. Move leftovers to shallow containers with lids and refrigerate within _ _ _ hours of cooking. (TOW)

Find more on handling and storing food safely: go.illinois.edu/HomeFoodSafety

Answer Keys

Confirm answers to this issue's word games:

Fun with money slang

1. GRAND
2. DOUGH
3. SAWBUCK
4. BENJAMIN
5. ROCK
6. JACKSON
7. BANK

How fresh is your food?

1. FOUR
2. COLDER
3. REFRIGERATOR
4. TWO

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