

Ocean View At Falmouth

Volume 4



Virtual Fitness Newsletter

Filled with tips, workouts, entertainment, and more!



One Positive Story From This Week

Teacher drives to student's home to help with homework

A middle school teacher from South Dakota is being praised for going above and beyond the call of duty to help one of his students with her math homework—all while respecting social distancing guidelines.

Last week, 12-year-old Rylee Anderson had been having trouble understanding how to graph and algebraic function. In addition to her school being closed amidst the coronavirus shutdowns, her parents weren't home to help her with the equations—and her mom has apparently had a history of getting the algebra questions wrong anyway.

After Rylee emailed her math teacher, Chris Waba, for help, he responded with some written instructions on how to do the equations—but he could tell that she was still having trouble with the homework.

Since Waba knew that his student lived just down the street from his house in Madison, he grabbed a whiteboard and marched over to her front door so he could illustrate his points from the outside of the glass.

The world is a better place with dedicated teachers like Mr. Waba!



One Tip to Stay Social

Change your environment

With the proper physical distancing, going on a walk can provide a reprieve from looking at the same walls and furniture. It can also enable spontaneous encounters with strangers and re-create some semblance of life without coronavirus.

You may see someone in the distance, but you can still smile and wave and say hello, whether that's your neighbor that you've known for 10 years, or a complete stranger. Additionally, you could schedule a phone call with a friend for a time when you both can go on a walk. It won't be like having them alongside you, but at least you'll each be getting out of the house.

Perhaps the goal of varying your environment can even be achieved in the home. A video chat coffee date with a friend would be made more enjoyable if the setting resembled the coffee shop where you usually meet, with its dimmed lights and candles. You could even "go out" for a meal with a friend or family member by clearing off the kitchen or dining table and having them "sit" in the chair across from you. Physical distancing does not also have to mean social distancing.

Food and Entertainment



Five-Fold Challah

Dry Ingredients:

- 4 cups (500 grams) bread flour
- 1 1/2 teaspoons instant dry yeast
- 2 teaspoons fine sea salt

Wet Ingredients & Shaping:

2 large eggs plus 1 large egg yolk (save the extra white in a covered glass in the fridge for glazing later on)

- 3/4 cup (190 grams) water
- 1/3 cup (75 grams) olive oil
- 1/4 cup (85 grams) honey

For sprinkling, before baking (optional): Sesame seeds, poppy seeds, flaxseeds, rolled oats, sunflower seeds, and/or pumpkin seeds

Instructions:

Whisk together the dry ingredients in a large bowl, and the wet ingredients in a smaller bowl. Combine into the large bowl and mix until a wet, sticky dough forms. Cover the bowl with plastic wrap and let sit for 10 minutes.

Grab an edge of the dough, lift it up, and fold it over itself to the center. Turn the bowl a bit and repeat around the entire lump of dough, grabbing an edge and folding it into the center, eight turns, grabs, and folds in all. Then flip the dough so that the folds and seams are on the bottom. Cover tightly again with the plastic, and let sit for 30 minutes. Then repeat this process four more times.

Pull the plastic tight again over the bowl and refrigerate for 16 to 24 hours—any longer and you risk over-proofing.

Transfer the dough to a lightly floured surface and divide into six equal pieces. Roll into six strands, each about a foot long and 3/4 inch in diameter, dusting sparingly with flour when necessary to prevent sticking.

Form two three-strand braids, and transfer the loaves to the prepared pan. Cover with plastic and let proof at room temperature for 2 to 3 hours, until the dough is noticeably swollen and puffed and bounces back very slowly, if at all, when you poke it lightly with your finger.

Preheat the oven to 375° F. Remove the plastic wrap from the loaves and brush with the reserved egg white. If you'd like, sprinkle with seeds. Poppy and sesame seeds are traditional challah toppings.

Bake for about 20 minutes, until the bread is golden and gorgeous and a tester inserted into the center comes out clean. Check for doneness with a thermometer. The internal temperature of the loaves will be 190° F when fully baked.

Transfer to racks and let cool.



This Week's Entertainment Picks

Jameson's Guilty Pleasure Pick



Star Trek: The Next Generation

Join the intrepid Captain Jean-Luc Picard and his crew on the starship USS Enterprise as they boldly go where no one has gone before.

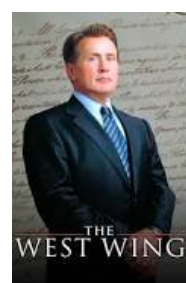
Christina's Guilty Pleasure Pick



Curb Your Enthusiasm

This show involves the minutiae of daily life, and plots revolve around Larry David's many faux pas and his problems with certain social conventions as well as his annoyance with other people's behavior. He is also routinely the victim of elaborate misunderstandings wherein other characters believe that he has done something morally terrible.

Ross's Guilty Pleasure Pick



The West Wing

This powerful political epic chronicles the triumphs and travails of White House senior staff under the administration of President Josiah Bartlet.

Resident's Pick

Do you have a favorite book or television show, or one that you are currently enjoying?

Do you think your peers would enjoy it as well?

If so, let one of the fitness staff know what it is. You may see it in a future newsletter!

Send Us Your Picks!

3 Moves You Can Use

This week, Ross and Jameson demonstrate three exercises that require nothing but a chair. Click on each picture for full instruction.

Have more questions? You can call the fitness team during the week between 8:00 AM - 4:00 PM using extension 208!



Shoulders - IYTW

In this video, Ross puts Jameson through a seated shoulder routine that safely gets your shoulders worked out.

If you've attended Chair Class with Ross before, these movements will seem familiar to you.



Seated Chest Press

Next up, Ross leads Jameson through a seated upper body strength exercise.

By squeezing your arms together really hard while you move your hands forward and back, you make your arms get a more intense workout.



Seated Reverse Crunch

Don't forget your core!

Jameson and Christina show you how to safely isolate your core muscles with this modified boat pose.

Make sure to keep your back safe by bracing your core muscles.

Fitness Video Archive

Check out OceanView's growing fitness video archive.

Now with 24 unique videos that include warm up, upper body, lower body, mobility, stretching, core work, and even a bonus bloopers reel!