

THE BRIGHT SIDE

STORIES, EVENTS, AND PICTURES TO BRIGHTEN YOUR DAY

Spring 2021

BRIGHTEN YOUR DAY WITH THE BRIGHT SIDE

WE NEED YOUR HELP! SUBMIT TO THE BRIGHT SIDE!

Help us continue the Bright Side by submitting your work. We are looking for pictures, recipes, poems, essays, articles, or anything else you want to include!

If you have something you would like included in an upcoming edition, you can email dkh54@cornell.edu or you can send it to your case manager to email to that email address. If you would like to mail a letter, our address is Cornell Cooperative Extension of Chemung County, 425 Pennsylvania Ave, Suite 107, Elmira, NY 14904. You absolutely DO NOT need to include your name or personal information if you do not wish to.

Please help us brighten your day with the Bright Side!

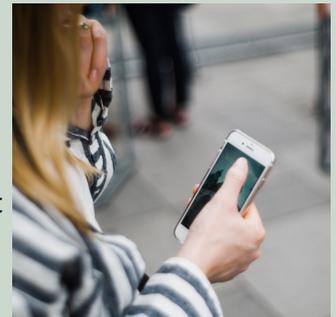
TELEMEDICINE: A NEW TWIST ON APPOINTMENTS

Although the practice of telemedicine isn't necessarily new, its place in therapy and application in day-to-day life is becoming more widely utilized. By definition, telemedicine is when health-related services are rendered via electronic, or telecommunication technologies.

Let's say for example you receive mental health counseling sessions from a therapist. Having those same services or sessions provided by that professional over a web-based video sharing software would be an example of a telemedicine application. Direct *in-person* communication has been removed, but the health service is still being provided via a technological route.

Given the social-distancing requirements and barriers created due to the recent pandemic, this method of counseling saw a marked increase within the last year. Although current circumstances may be one reason that we've seen this number jump, this tool and resource will likely be applied even after the pandemic is behind us. I utilize telemedicine services and was quite concerned when the pandemic hit, that I may be unable to receive the help I was needing.

Given the technological resources, and the willingness of my provider, I found that I had even more help and opportunity than before. I went from scheduling an in-person appointment, maybe once or twice a month on very select days, to now having multiple options, and a variety of choices that fit well within my schedule. This gave me hope that others were finding the same success, and a small silver-lining during a very difficult time. This is only one example of the many unique and diverse applications that telemedicine has, and is working to have in the future.



DID YOU KNOW? Did you know there is an earth hour? Yes, there is a special hour recognized as Earth Hour, celebrated on the last Saturday in March for the past 13 years. Millions of individuals, communities, and businesses will take part in celebrating Earth Hour's 14th year on March 27th, 8:30 pm to 9:30 pm, by turning off their lights in support of a healthy nature and planet. Join this global event and turn off your lights for one hour.

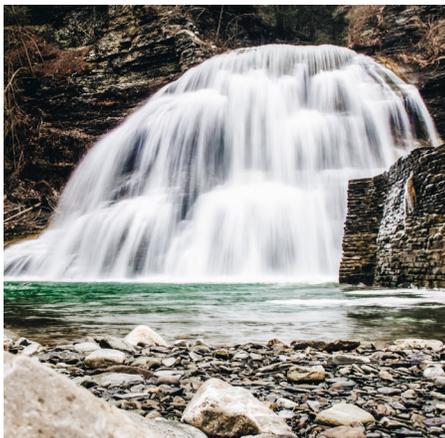
To submit to the newsletter, email Danielle at dkh54@cornell.edu or mail material to:
Chemung Volunteer Action Corps
425 Pennsylvania Ave, Suite 107
Elmira, NY, 14904

EARTH DAY 2021

Did you know that Earth Day has been celebrated for the past 50 years? To celebrate the 51st anniversary, this year's theme is 'Restore Our Earth.'

In the Spring of 1970, Wisconsin Senator Gaylord Nelson created Earth Day to bring Environmental issues onto the national agenda. With over 20 million Americans demonstrating in support of Environmental Protection, it worked! Each year since, more than a billion people celebrate Earth Day to protect our planet from pollution, deforestation, and other negative events.

Celebrate Earth Day on April 22nd by taking part in activities such as picking up litter, planting trees, using reusable bags and water bottles, and practicing the 3 R's: Reduce, Reuse and Recycle. Celebrate Earth Day every day and make small changes like these that last a lifetime and help restore our earth.



WATERFALLS OF THE FINGER LAKES

Every spring, when the weather begins to turn, I love to head out to see the local waterfalls. Within an hour of Elmira, there are too many waterfalls to count! Many don't even require hiking and can be seen from your car. If you're up to it, many have walking and hiking trails for all different experience levels.

While many of the Gorge trails don't open until late spring, you can still get a peek at the waterfall from the base or hike the rim trails if you desire. There is something so magical about waterfalls and we're lucky to live in an area that has so many! Do you have a favorite waterfall? We'd love to hear about it!

DID YOU KNOW? In the northern hemisphere the spring or vernal equinox happens around March 20 when the sun moves across the celestial equator. It's also a day where there are *almost* 12 hours of light and 12 hours of darkness because the sun is passing directly over the equator. There is an old story that says that on the spring equinox, you can stand a raw egg upright instead of on its side. Why not try it and see if it's true?

EXERCISES FOR YOUR BRAIN

Playing brain games, even if only five minutes a day, can drastically increase mental wellbeing. There are many ways to keep the mind sharp—here are some fun brain teasers for you to try:

- ⇒ Name two objects for every letter in your first name. (Work up to five objects, trying to use different items each time)
- ⇒ Say the months of the year in alphabetical order.
- ⇒ Name six or more things you can wear on your feet that begin with the letter "s."
- ⇒ Look around wherever you are and, within two minutes, try to find five red things that will fit in your pockets and five blue objects that are too big to fit.

DO YOU HAVE A FAVORITE PICTURE?

Do you have a favorite photo you've taken lately? We would love to feature it in the next Bright Side newsletter. If you would like your photo in our next edition, all you need to do is email a picture and any other information you would like to include (you do not need to include your name) to dkh54@cornell.edu or mail it to Cornell Cooperative Extension of Chemung County 425 Pennsylvania Ave, Suite 107, Elmira, NY 14904

OUR MISSION

Cornell Cooperative Extension puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well being. We bring local experience and research based solutions together, helping New York State families and communities thrive in our rapidly changing world.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans and Individuals with Disabilities, and provides equal program and employment opportunities.

