

Stay Healthy! - By Stan Southwick

Being sequestered at home can, at first, be a nice change, exciting and new. However, you may begin to feel fatigue or boredom if you don't develop some new routines and habits. There are some things that you should get a daily dose of whether you are at home or at work... laughter, sunshine and fresh air. These three things all contribute to a healthy life. Here are ten suggestions for living a little healthier each day.

1. Tell a good joke.
2. Laugh out loud.
3. Take your work out to your patio or balcony.
4. Take a walk before breakfast.
5. Take a break, stand outside and breathe deeply.
6. Smile at everyone... it will make them wonder what you are up to.
7. Open the window to your home office on these beautiful spring days.
8. Tell someone thank you for a job well done.
9. Eat good foods.
10. Look out the window at something green every hour.

Stay healthy!



"If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul."

Rabbi Harold Kushner

Favorite Flora: Plants For Improving Indoor Air Quality - By Jon Marenfeld



This month in light of the COVID-19 pandemic I've decided to take another route with our SLA Favorite Flora. Since many of us are now working from home or at least spending more time at home than normal why not take the time to improve your indoor air quality. The indoor plants listed below have scientific data by NASA and other sources on their benefits to your indoor air quality.

- Aloe Vera – Helps remove formaldehyde
- Dwarf Date Palm – Filters xylene. Just be wary of the spines near the base of the plant.
- Boston Fern – Filters xylene and prefers low light and high humidity locations like a bathroom.
- Kimberly Queen Fern – Filters xylene
- Spider Plant – Filters formaldehyde and carbon monoxide
- Chinese Evergreen – Filters formaldehyde and benzene. It can be toxic to pets and thrives in low to medium light locations.
- Weeping Fig – Filters formaldehyde, xylene, and toluene. It's easy to care for, just keep it out of direct sunlight.
- Devil's Ivy – Filters out benzene, formaldehyde, and benzene. It's typically inexpensive and easy to care for.
- Lily Turf – Typically grown outdoor it does well in as a windowsill plant. It filters trichloroethylene, xylene, and ammonia.
- Broadleaf Lady Palm – They tolerate low light situations and need regular watering but help clean the air of formaldehyde, ammonia, xylene, and toluene.
- Dracaena – Easy to care for and filters out formaldehyde, trichloroethylene, and benzene.
- English Ivy – Hardy and tolerate low light. It filters trichloroethylene, formaldehyde, benzene, and xylene.
- Snake Plant – Needs humidity so a bathroom might be best. It filters formaldehyde and gives off oxygen at night.
- Others to consider: Areca Palm, Elephant Ear Philodendron, Bamboo/Reed Palm, Rubber Plant, Ficus, Peace Lily, Pothos, Gerbera Daisy



Carmel Mission Basilica Museum
Carmel, California
Caryl Davies