

Anchor Center Newsletter

Scott County Health and Human Services

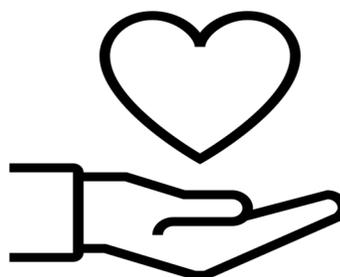
Everyday Routines Make Life Feel More Meaningful

Think about the most meaningful experiences in your life. You will probably recall your wedding, or a trip across Europe, or your first skydive. You won't name brushing your teeth. Yet recent research suggests that the mundane regularities of life can very much contribute to your overall sense of meaning.

As squishy as the concept sounds, meaning in life is an integral part of our well-being. Research has associated it with good mental health, success at work and longevity. Psychologists have proposed three aspects: significance, purpose and coherence. In other words, life is meaningful

when it feels important, when it seems to have a point and when it makes sense. The first two aspects have been widely studied, but the contribution of coherence was not directly tested until 2013, when University of Missouri psychologists Samantha Heintzelman, Jason Trent and Laura King reported in Psychological Science that even a simple visual pattern can engender larger meaning.

In the paper, 77 subjects looked at 16 photographs of trees, ordered randomly or according to the seasons. Those who saw the seasonal pattern reported that they found life more meaningful than the other subjects, as



measured by a questionnaire completed shortly after the visual task. Another 229 volunteers saw triads of words for a few seconds at a time; some were semantically connected (for example, falling, actor and dust could each pair with star); others were not. Those who saw the coherent sets of words similarly reported life to have more value than did those who had seen random words.

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Virtual Bingo Via WebEx on April 21st

There will be virtual Bingo via WebEx on **Wednesday April 21st @4:30pm!** Please let Dave, Ann, Honor-Ra, or the Anchor Center line @ 952-496-8666 know if you are interested. You must have a computer, smart phone, or tablet; internet

access; and an email address.

****IMPORTANT: ATTACHED TO THE NEWSLETTER IS YOUR BINGO CARD! SAVE THIS CARD!! WE WILL NOT MAIL OUT ANOTHER ONE IF YOU MISPLACE IT**



April 2021

Special points of interest:

- April 1st is April Fools Day!
- April 4th is Easter!
- Virtual Bingo via WebEx on Wednesday April 21st @4:30pm!
****IMPORTANT: SAVE BINGO CARD! WE WILL ONLY MAIL OUT ONE CARD**
- "Like" us on Facebook @ Scott County Anchor Center.
- Check out the April Wellness Calendar!

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Pizza Pasta Salad Recipe

Ingredients

Homemade Italian Dressing:

- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 1 tsp Dijon mustard
- 1/4 tsp garlic powder
- 1 Tbsp Italian seasoning
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 Tbsp grated Parmesan

Pasta Salad:

- 1 lb. rotini pasta
- 3 oz. pepperoni
- 4 oz. mozzarella
- 1 green bell pepper
- 1/4 cup red onion
- 1/2 12oz. jar banana pepper rings
- 1/2 4oz. can sliced black olives

Instructions

1. Make the Italian dressing first so the flavors have a few minutes to

blend. Add the olive oil, red wine vinegar, Dijon, garlic powder, Italian seasoning, salt, pepper, and Parmesan to a bowl or jar. Whisk the ingredients together, or place a lid on the jar and shake until combined. Set the dressing aside.

2. Cook the rotini according to the package directions (boil for 7-10 minutes, or until tender). Drain the pasta in a colander and rinse briefly with cool water. Let the pasta drain well, shaking the colander every few minutes to remove excess water from the pasta.

3. While the pasta is cooking and draining, prepare the other pasta salad ingredients. Cut the pepperoni in half or into quarters, and chop the mozzarella into small cubes. Dice the bell pepper and red onion. Drain the banana pepper rings and black olives.

4. When the pasta is cooked, cooled,

and drained well, transfer it to a large bowl. Add the rest of the prepared ingredients (pepperoni, mozzarella, bell pepper, red onion, banana peppers, and black olives). Toss the ingredients to combine.

5. Give the dressing another shake or stir before drizzling it over the pasta salad. Toss the pasta salad once again to coat everything in the dressing. Serve immediately or refrigerate until ready to eat.



Everyday Routines Make Life Feel More Meaningful

Continued

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Heintzelman and King reported last year in *American Psychologist* that people in general find life pretty meaningful. “So combining those two lines of thought,” Heintzelman says, “that meaning is common and that it can be drawn from coherence, we started to think, what are the coherent aspects of our daily lives?”

One answer lies in routines. In work presented in February at the annual meeting of the Society for Personality and Social Psychology, the researchers asked subjects to complete five mazes. For some, all the mazes had similar solutions, thus

inducing a habit. These subjects then reported greater meaning in life. The scientists also reported at the conference that they found that people who said they do “pretty much the same things every day,” according to a survey of daily routines, found life more meaningful, even after the researchers controlled for mindfulness, positivity and religiousness.

The notion that meaning can be found in mundane habits and patterns is a bit surprising, Heintzelman says: “It’s not the way that we’ve historically thought about meaning in life. It sort of knocks it off

its pedestal.”

Stepping away from trees, triads and weird mazes, Heintzelman suggests we might find meaning by maintaining a tidy office, keeping a daily schedule, having weekly dinners with friends or driving the same route every day. “The applications sort of jump out,” she says. The coherence of an ordered life also lays the groundwork for pursuit of larger goals—and thus the equally important aspects of purpose and significance.



Funny April Fools



Loaves and Fishes



Meals Served Curbside: **Monday, Tuesday, Thursday, Friday 5:30 – 6:30 PM**

Address: **119 8th Ave W, Shakopee MN 55379 (St. John's Lutheran Church)**



Anchor Center

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Shakopee, MN 55379

(952)496-8666

ACenter@co.scott.mn.us



The Anchor Center is a community support program (CSP) that offers support for adults with mental illness in Scott County. Before COVID-19, we had a calendar full of events to help and support adults with mental health issues. (**BEFORE Covid-19, we actually USED TO meet in groups, in PERSON, and communicated with each other INSIDE a 6 foot radius WITHOUT a face mask!**) In response to COVID-19, however, we now meet virtually through the WebEx Application. We invite you to join us! We meet online on Tuesdays and Fridays from 1:30 - 3:00pm. Let us know if you'd like to join us by leaving your email address on the Anchor Center line voicemail (952)496-8666. From there, we will email you a link to simply click and join our virtual get-together! We look forward to seeing you again or meeting you for the first time!



April Showers

S N Y V Y W E T A L O C O H C Z Q
 E J A T H D E F G N I N N I G E B
 K C D T H N N O T E K S A B M Q B
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 C A O B A S E B A L L O S M N E V

April Fool's Day	Aries	Baseball	Basket
Beginning Chocolate	Bloom	Bunny	Chicks
Green Planting	Earth Day	Easter	Flowers
Spring	Grow	Jellybeans	Jokes
	Plow	Puddles	Showers
	Sun	Taurus	Warmer Weather

