Keeping Up With Your Mental Health Month

As the holiday season brings both joy and added stress, we're here to support residents with simple tools, resources, and activities that nurture emotional well-being. Join us in prioritizing balance, connection, and self-care all month long.

The Campbell Adult Center has partnered with Santa Clara County to offer this free workshop to Adults 50 and over.

Santa Clara County Public Health Department

The Santa Clara Public Health Department provides a lot of wonderful resources to keep our community healthy! Every month they publish information about the harvest of the month and recipe ideas relating to that harvest.

November Harvest of the Month: Kiwi and Carrot

LEARN MORE

The Public Health Department has two wonderful recipes below for the harvest of the month.

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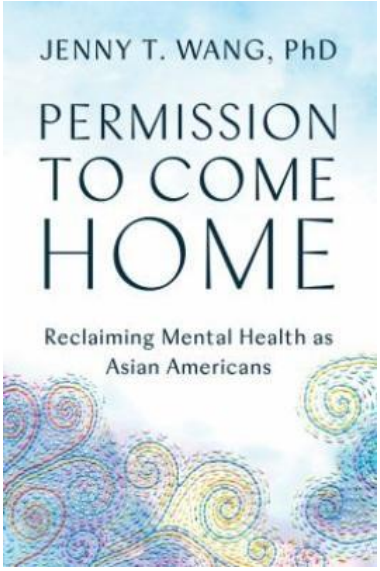
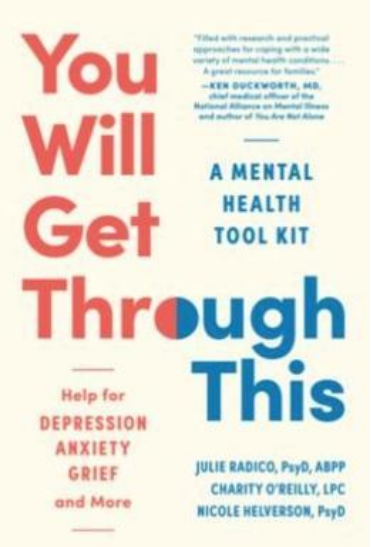
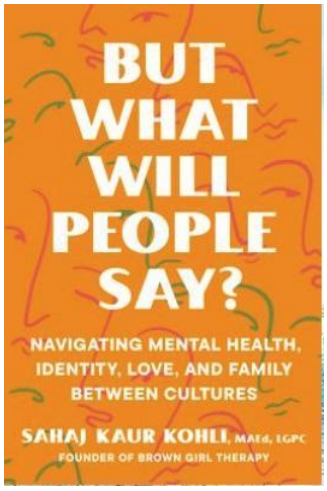
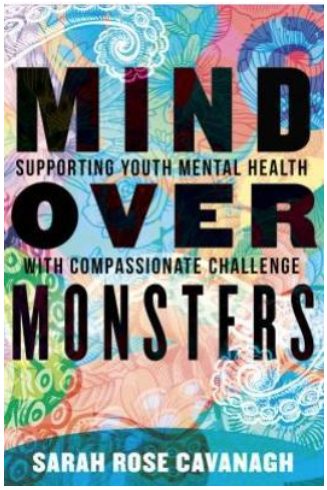
santa clara county library district

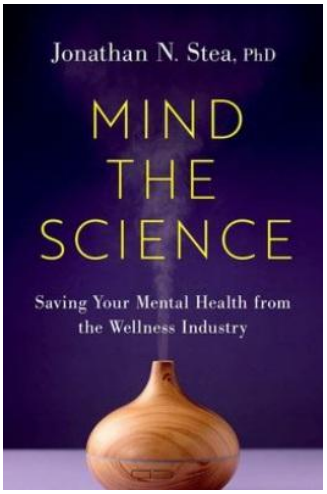
Santa Clara County Library book recommendations.







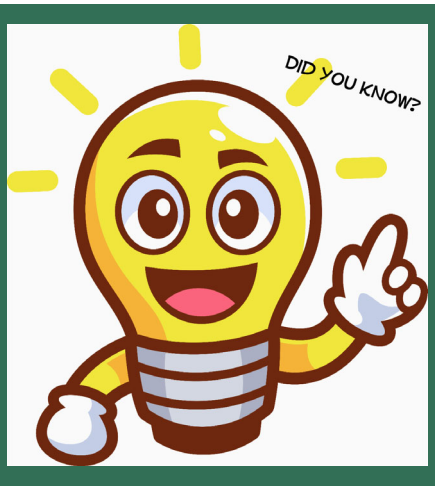




Santa Clara County Library Card Holders

If you have an active Santa Clara County Library card you have access to use Headspace free of charge.

Learn More



Helping others in need can have a powerful, positive impact on your mental health. Acts of kindness stimulate the release of feel-good chemicals like dopamine and endorphins, which can boost mood and reduce stress. Supporting others also strengthens your sense of purpose, builds social connection, and can increase resilience—often leaving you feeling more grounded, grateful, and fulfilled

The Campbell Toy Program

It is a great way to get involved and give back. Here are some ways you can participate.

Donate New, Unwrapped Toys:

Toy Program Volunteer Opportunities....Click Here

St. Lucy Catholic Parish - Drive Thru Food Pantry

Volunteers are needed to assist with food distribution on a weekly basis.

To sign up contact:
antonio.ojeda@dsj.org

or call
408-378-2464 x107

Practice Gratitude Daily

Practicing gratitude supports mental health by shifting your focus toward the positive aspects of your life, which can reduce stress and improve overall mood. Regularly acknowledging what you're thankful for can help rewire your brain to notice and appreciate moments of joy, connection, and progress. Over time, this simple habit can enhance resilience, increase optimism, and foster a greater sense of well-being.

Last Month - Recipe Exchange

We only received one recipe last month and we wanted to share this with you. We tried it out and it was delicious!

Recipe credit goes to Sally Thompson from **www.sallymeals.com**

Greek Chicken Meatballs with Lemon Orzo

Ingredients for This Greek Chicken Meatballs with Lemon Orzo Recipe

For the Chicken Meatballs:

- 1 lb (450g) ground chicken – Lean and mild, perfect for soaking up herbs and spices.
- 1/4 cup breadcrumbs (panko or plain) – Helps bind the meatballs while keeping them tender.
- 1 large egg – Acts as a binder to hold the mixture together.
- 2 cloves garlic, minced – Adds depth and aromatic flavor.
- 1/4 cup chopped fresh parsley – Fresh and vibrant; enhances the Mediterranean feel.
- 1 tsp dried oregano – A staple Greek herb that pairs wonderfully with lemon.
- 1/2 tsp onion powder – For a subtle, savory kick.
- 1/2 tsp salt – Enhances all the other flavors.
- 1/4 tsp black pepper – Balances the brightness with a touch of warmth.
- Zest of 1 lemon – Brings a fresh, citrusy note that lifts the dish.
- 2 tbsp olive oil – For pan-searing the meatballs to a beautiful golden finish.

For the Lemon Orzo:

- 1 cup orzo pasta – Short, rice-shaped pasta that cooks quickly and soaks up flavor.
- 2 cups chicken broth or water – Adds depth when cooking the orzo.
- Juice of 1 lemon (about 2 tbsp) – Gives the orzo a bright, tangy profile.
- 1 tbsp olive oil or butter – Adds richness and prevents sticking.
- Salt and pepper, to taste – Adjusts the seasoning at the end.
- Fresh parsley, chopped (for garnish) – Optional but adds color and herbaceous freshness.
- Lemon wedges (for serving) – A final zesty touch on the plate.

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