

Friday, August 23rd, 2024

AICA Newsletter

THE OFFICIAL BI-WEEKLY NEWSLETTER OF THE AMERICAN INDIAN COUNCIL ON ALCOHOLISM, INC.

AICA ACTIVITIES

AUGUST 2024

- ◆ REIKI SESSIONS
(BY APPT. ONLY!)
AUGUST 23RD, 2024
1:00 PM & 2:30 PM
- ◆ SUMMER YOUTH PROGRAM
LAST DAY!!!
AUGUST 26TH, 2024
2:00 PM - 4:00 PM
- ◆ MONDAY WELLNESS SERIES
AUGUST 26TH, 2024
6:00 PM - 8:00 PM
- ◆ CHAIR YOGA
AUGUST 27TH, 2024
4:00 PM - 5:00 PM
- ◆ LEVEL 1 YOGA
AUGUST 27TH, 2024
5:30 PM - 6:30 PM
- ◆ BROTHERHOOD
AUGUST 27TH, 2024
7:00 PM - 8:00 PM
- ◆ GENTLE YOGA
AUGUST 28TH, 2024
10:00 AM - 11:00 AM
- ◆ STUDENT & FAMILY SUPPORT
SESSIONS (BY APPT. ONLY!)
AUGUST 28TH, 2024
- ◆ REIKI SESSIONS
(BY APPT. ONLY!)
AUGUST 30TH, 2024
1:00 PM & 2:30 PM

A MOMENT OF MINDFULNESS

Distractions are an inevitable part of your day. They pop up even when you try to reduce potential interferences. Your thoughts, emotions, and unexpected interruptions can pull you away from what you are doing and disrupt your flow.

One way to help combat these distractions is by using the ABC Method. This is a simple mindfulness technique used to help teach your brain to automatically stop distractions from throwing you off track. When you first notice a distraction, begin with the, "A," in the ABC Method.

The, "A," represents *awareness*. This step allows you to pause whatever you are doing at the moment and recognize the distraction. In your head, you might think to yourself, "I am noticing that there is a distraction and I have a choice to make."

The, "B," stands for *breathing deeply*. Reflect on your options and take some deep breaths. Do you want to deal with this distraction or interruption right now, or do you want to dismiss it?

Lastly, the, "C," stands for *choosing mindfully*. You have to choose how you want to handle the distraction. If you choose to dismiss it, you simply refocus your attention on the task at hand. If you decide to address the distraction or interruption, you are doing so consciously, instead of automatically allowing it to derail you.

SAVE THE DATE!

Friday, September 20th, 2024



Mark your calendars for September 20th, 2024! Harmony Hill will be at AICA to give her presentation on *Measuring Art & Success*. She will also have beautiful artwork available to purchase. You do not want to miss this event! Keep an eye out for the event flyer in the mail to get your RSVP's in.

COVID-19 ON THE RISE IN MILWAUKEE

Resource: <https://milwaukeeenns.org>

Unlike the Flu, where there is a period known as the, “Flu season,” which typically lasts from mid-fall to mid-spring, Covid-19 is different. Here in Milwaukee we are currently seeing an uptick in positive cases of Covid due to environmental factors and new variants of the virus emerging. Lots of people are traveling and going to airports and taking trips on planes, they are gathering in groups with family and friends, and as a result, there are more people in spaces close together without the circulation of clean air. This can also contribute to the spread of Covid, however, people should also understand that the overall rate of Covid infection is *still fairly low*. The rate of hospitalization is under 2%.

Monica Wendel, the new dean of the Zilber College of Public Health at the University of Wisconsin-Milwaukee discussed the state of COVID-19 on August 21st, 2024, and gave continuing health recommendations for the disease.

Everybody is at risk for Covid-19 *exposure*, and to some extent, everybody is also at risk for Covid-19 *infection*, but that does not mean that the infection will be severe or even known to the person. Healthcare workers, or people who work in close proximity (ex: factory workers), or those who work at institutions are more vulnerable. Older adults, infants and very young children, and anyone with a compromised immune system are the *most vulnerable*.

The *current* symptoms for Covid that you may see are going to start as symptoms similar to a cold or the flu. There will be upper respiratory symptoms, like a cough, congestion, or a fever. You also may feel achy, which is another reason why people are not getting tested. If people contribute their symptoms to another cause and do not get tested, then we definitely **do not know of all of the cases that are happening**.

There are 4 primary ways to protect yourself. First, is to *get the vaccine*. There are new vaccine formulas coming out to adapt to the variants that are emerging; this is a similar system used to produce the flu vaccines. We get a flu shot every year to avoid severe infection that could lead to hospitalization. It is important to know that these vaccines, such as the Covid vaccine, and the Flu shot, are *not going to automatically help you completely avoid infection*. This is why it is so important to also **wash your hands, practice good hygiene, and be in tune with your body**. If you feel sick, take care of yourself. If you have symptoms, stay away from other people, and if you feel really sick, then go to the doctor.

Wearing a mask is always an easy option to protect yourself and others. If you are at risk for *severe disease*, then definitely wear a mask to protect yourself. Another recommendation is to pay attention to circulating clean air. Being outside with clean air, or opening the windows are good ways to help circulate fresh, clean air. You can also use an air filtration system in your house; even a small one can be effective. These can help protect you from Covid, the Flu, and RSV.

Remember to listen to your body. If you feel very sick, then do not just brush it off. It is important to take a Covid test, or go and get tested so that we can reduce the spread of the disease.



AICA has COVID-19 Test Kits available! We are offering free test kits to the community. Please call us at (414)-930-9210 if you are in need of these, or email: monica@aicamilwaukee.com

TODAY'S LITTLE CHUCKLE

In memory of Shirley LaFleur 1941-2022

Q: WHERE DO PEOPLE GO TO LEARN HOW TO MAKE ICE CREAM?



A: SUNDAY SCHOOL!