

# H-3 Monthly Newsletter

## May is:

- CDC's Newest Guidelines on Wearing Masks
- World Laughter Day, May 2
- National Teacher Appreciation Day, May 4
- Mother's Day, May 9
- Women's Health Month & Week (May 9-16)
- Hypertension / Stroke Awareness Month
- Healthy Vision Month
- National Physical Fitness & Sports Month
- National Hepatitis Awareness Month
- World No Tobacco Day, May 31

\*\*\*\*\*

<sup>2</sup> Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

<sup>3</sup> John 1:2

*In His Service,*

**H-3 Ministry**



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\*\*\*\*IN-PERSON WORSHIP IS ON THE HORIZON\*\*\*\*

Trinity Missionary Baptist Church has a Return To In-Person Worship Team (RTIPW). A great deal of time is being taken to plan, assess and develop guidelines for a safe and healthy worship environment, in the near future. Watch for a public announcement w/ TMBChurch's guidelines in the coming weeks!!!

Safety measures have been implemented in accordance with the Center for Disease Control (CDC).



In Person

**WORSHIP**  
*Reopening*

**SOON!**

**Trinity M. B.**

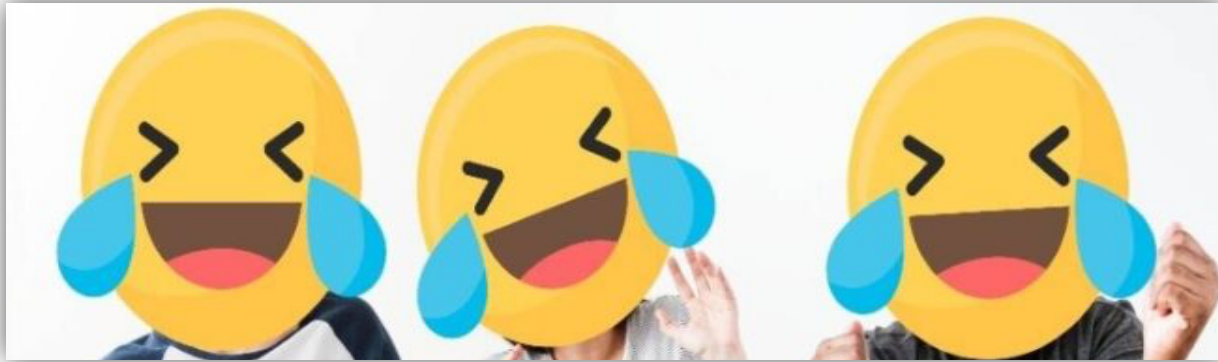
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"To Be Conformed To The Image Of Jesus Christ,  
And To Help Others Be Conformed To The Same Image" (Matt. 28:19-20; Rom. 8:29)

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## Happy World Laughter Day 2021: Wishes and jokes



As World Laughter Day is May 2 and we have brought you some hilarious wishes and jokes that you can send to your family and friends.

### **World Laughter Day 2021 Wishes**

"If you can laugh at your own self then you don't have to worry about anything else. Happy World Laughter Day."

The human race has only one really effective weapon and that is laughter. Happy World Laughter Day..!

"World Laughter Day is a reminder that we must never miss a chance to laugh to add more years to our lives."

### **World Laughter Day 2021 Jokes**

Why should you never trust stairs?- They are always up to something.

How does NASA organize a party?- They planet.

What do dentists call X-rays?- Tooth pics

Q: What starts with E, ends with E, and has only 1 letter in it? A: Envelope.

Why does Humpty Dumpty love autumn? Because he always has a great fall.

What's the difference between a poorly dressed man on a unicycle and a well-dressed man on a bicycle?- Attire

Why aren't koalas actual bears?- They don't meet the koalafications.

What happens to a frog's car when it breaks down?- It gets toad away.

Why was 6 afraid of 7?- Because 7, 8, 9

## CDC Unveils New Mask Guidance for Fully Vaccinated Americans

The new CDC "interim public health recommendations" say fully vaccinated individuals can engage in the following activities without wearing masks:

- Walking, running, hiking or biking outdoors alone or with members of their household
- Attending small outdoor gatherings with fully vaccinated family and friends
- Attending small outdoor gatherings with a mixture of fully vaccinated and unvaccinated people
- Dining at outdoor restaurants with friends from multiple households.



Fully vaccinated people can also attend "a crowded, outdoor event, like a live performance, parade, or sports event," as long as they remain masked.



### National Teacher Day – May 4, 2021

National Teacher Day is observed on the first Tuesday of the first full week of May (May 4) and we're more than ready to show our appreciation to those who have taught us. Everyone has had that favorite teacher that has helped inspire them. This day meant to honor them was actually made by a teacher. None other than First Lady Eleanor Roosevelt herself. Eleanor Roosevelt was more than

Franklin D. Roosevelt's wife, she has a history of civic duty and was an advocate for fellow teachers. Her love for education began at a young age when she was privately tutored and encouraged by her aunt Anna "Barnie" Roosevelt. No matter how high she rose on the social ladder, she never forgot where she came from.



### **WHEN IS MOTHER'S DAY?**

Mother's Day celebrates motherhood and is a day to make an extra-special effort to recognize generations of mothers—grandmothers, great-grandmothers, stepmothers—as well as to mother figures.

In the United States, Mother's Day is celebrated annually on the second Sunday in May.

### **10 WAYS TO CELEBRATE MOM - How Can We Celebrate Differently?**

1. Offer yard and garden services.
2. Decorate your mom's door or front porch!
3. Cook for Mom or set up a virtual brunch date.
4. Give your mom a long phone call or put on a virtual talent show!
5. Watch a movie or show together, side by side.
6. Get creative: Make Mom a video, a music playlist, or a piece of art!
7. Get outside! Go for a stroll in the park or share a picnic lunch?
8. Make a homemade gift!
9. Take a virtual tour of a museum or garden together!
10. Make your own card.

## MAY: Stroke Month and Hypertension Awareness

### About Stroke

Stroke is the No. 5 cause of death and a leading cause of disability in the United States.



#### 5 Key facts about stroke:

**FACT #1:** Stroke kills brain cells, it happens when a clot or rupture interrupts blood flow to the brain. Without oxygen-rich blood, brain cells die.

**FACT #2:** Types of stroke - Ischemic is caused by a clot, Hemorrhagic is caused by a rupture and Transient Ischemic Attack (TIA) or "mini stroke" is caused by a temporary blockage.

**FACT #3:** About one in four stroke survivors is at risk for another. Fortunately, up to 80 percent of second clot-related strokes may be preventable.

**FACT #4:** Prevention is key. Had a stroke? Create a plan with your doctor to prevent another, which may include managing high blood pressure and discussing aspirin or other medicine. Aspirin is not appropriate for everyone, so be sure to talk to your doctor before you begin an aspirin regimen.

**FACT #5:** Time lost is brain lost. Learn the FAST warning signs. F- Face Drooping A -Arm Weakness S -Speech Difficulty T- Time to call 911.

<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>
<b>Face Drooping</b>	<b>Arm Weakness</b>	<b>Speech</b>	<b>Time to Call 9-1-1</b>
Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven or lopsided?	Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?	Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence.	If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

## Celebrate National Women's Health Week!

National Women's Health Week starts each year on Mother's Day to encourage women and girls to make their health a priority. Even during the coronavirus (COVID-19) pandemic, there are safe ways for you to stay active and healthy.

- **Get Recommended Screenings and Preventive Care**

Regular check-ups are important. Preventive care can keep disease away or detect problems early so that treatment is more effective.

- **Get Moving**

Physical activity is one of the most important things you can do for your health. Here are five ways you and your family can be active safely at home:

1. Find an exercise video online.
2. Work out with items you have around the house.
3. Make the most of screen time, workout during commercials.
4. Family playtime is a great time to work in physical activity.
5. Housework and yardwork count!

- **Enjoy a Healthy and Balanced Diet**

- A healthy eating plan.
- Get enough vitamins and minerals
- Avoid drinking too much alcohol.

- **Prioritize Mental Health**

Keep your mind and body healthy. Research shows that positive [mental health](#) is associated with improved health.

- Take care of your body.
- Take breaks from watching or listening to news stories and reading *about COVID-19*.
- Make time to unwind.
- Connect with others.
- Find a local support group.
- Recognize when you need more help.

- **Practice Healthy Behaviors**

## Healthy Vision Month



You can have a dilated eye exam regularly to check for common eye problems. If you haven't had an exam for some time, schedule one this month.

**CDC's Vision Health Initiative partners with the National Eye Institute to encourage all Americans to make vision a health priority this Healthy Vision Month.**

- Although older adults tend to have more vision problems, preschoolers may not see as well as they can.
- Just 1 out of every 7 preschoolers receives an eye exam, and fewer than 1 out of every 4 receives some type of vision screening.
- The U.S. Preventive Services Task Force recommends vision screening for all children aged 3 to 5 years to find conditions such as amblyopia, or lazy eye, which can be treated effectively if caught early.

## World No Tobacco Day 2021: Commit to Quit

World Health Organization (WHO) has recently launched a year-long global campaign for World No Tobacco Day 2021 – “Commit to Quit”. This campaign aims to support 100 million people worldwide in their attempt to give up tobacco through various initiatives and digital solutions. It will help create healthier environments that are conducive to quitting tobacco by:

- advocating for strong tobacco cessation policies
- promoting increased access to cessation services
- raising awareness of tobacco industry tactics
- empowering tobacco users to make successful attempts to quit through “quit & win” initiatives.



### **Resources:**

<https://english.jagran.com/lifestyle/happy-world-laughter-day-2021-wishes-jokes-messages-whatsapp-and-facebook-status-to-share-with-family-and-friends-10026248>

<https://www.cbsnews.com/news/cdc-mask-guidelines-covid-vaccine/>

<https://nationaltoday.com/national-teachers-day/>

<https://www.almanac.com/content/when-is-mothers-day>

<https://newsroom.heart.org/events/may-stroke-month>

<https://www.cdc.gov/healthequity/features/nwhw/index.html>

<https://www.cdc.gov/visionhealth/healthyvisionmonth/index.htm>

<https://versanthealth.com/blog/top-8-ways-to-improve-vision-over-50/>

<https://www.euro.who.int/en/media-centre/events/events/2021/05/world-no-tobacco-day-2021-commit-to-quit>