

September/October is:

- Better Breakfast Month
- National Disaster Preparedness Month
- Happy Aging Month
- Grandparents Day, Sunday, September 11
- National Childhood Obesity Awareness Month
- Prostate Cancer Awareness Month
- National Food Safety Education Month
- National Recovery Month
- Domestic Violence Awareness Month
- National Breast Cancer Awareness Month
- National Bullying Prevention Month
- National Depression / Mental Health Month
- National Healthcare Quality / Health Education Week
- National Substance Abuse Prevention Month

In His Service,



“for bodily training is just slightly beneficial, but godliness is beneficial for all things, since it holds promise for the present life and also for the life to come.”

1 Timothy 4:8



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Breakfast – Don’t Leave Home without It!

September is National Breakfast Month and many of us are just getting back into the swing of the school year. Many families are on the go and schedules are hectic, but it is important to remember breakfast. When possible, do not leave home without it (whether you eat it quick at home, or take it with you for a little later in the morning).

We have all heard it before; breakfast is the most important meal of the day. This is true for many reasons, but studies have shown that students (and adults) who eat a healthy breakfast are better able to focus throughout the day, are less likely to be absent and have more energy throughout the day. For students in school, breakfast can improve test scores and decrease behavior problems. Did you know that in 2015², only 1 in 3 students reported that they ate breakfast every day during the past seven days, while close to 1 in 8 students reported never eating breakfast during the same time period?

Eating breakfast first thing in the morning, before school or leaving for the day for work can be a challenge. Adding a fruit or veggie to your breakfast is a great way to add extra nutrients to your diet.

- Yogurt parfait (layer yogurt, fruit, nuts, and/or granola)
- Peanut butter and jelly sandwich with a piece of fruit

- Egg and cheese sandwich
- Oatmeal topped with fruit and nuts
- Crackers and cheese with a piece of fruit
- Granola bar, banana and milk
- Frozen waffles or pancakes topped with peanut butter and fruit
- Scrambled eggs wrapped in a tortilla and topped with cheese
- Egg sandwich with spinach and cheese

Childhood obesity

Overview

Childhood obesity is a serious medical condition that affects children and adolescents. It's particularly troubling because the extra pounds often start children on the path to health problems that were once considered adult problems — diabetes, high blood pressure and high cholesterol. Childhood obesity can also lead to poor self-esteem and depression.

One of the best strategies to reduce childhood obesity is to improve the eating and exercise habits of your entire family. Treating and preventing childhood obesity helps protect your child's health now and in the future.

Symptoms

Not all children carrying extra pounds are overweight. Some children have larger than average body frames. And children normally carry different amounts of body fat at the various stages of development. So you might not know by how your child looks if weight is a health concern.

The body mass index (BMI), which provides a guideline of weight in relation to height, is the accepted measure of overweight and obesity. Your child's doctor can use growth charts, the BMI and, if necessary, other tests to help you figure out if your child's weight could pose health problems.

When to see a doctor

If you're worried that your child is putting on too much weight, talk to his or her doctor. The doctor will consider your child's history of growth and development, your family's weight-for-height history, and where your child lands on the growth charts. This can help determine if your child's weight is in an unhealthy range.

Causes

Lifestyle issues — too little activity and too many calories from food and drinks — are the main contributors to childhood obesity. But genetic and hormonal factors might play a role as well.

Risk factors

Many factors — usually working in combination — increase your child's risk of becoming overweight:

- **Diet.** Regularly eating high-calorie foods, such as fast foods, baked goods and vending machine snacks, can cause your child to gain weight. Candy and desserts also can cause weight gain, and more and more evidence points to sugary drinks, including fruit juices and sports drinks, as culprits in obesity in some people.
- **Lack of exercise.** Children who don't exercise much are more likely to gain weight because they don't burn as many calories. Too much time spent in sedentary activities, such as watching television or playing video games, also contributes to the problem. TV shows also often feature ads for unhealthy foods.
- **Family factors.** If your child comes from a family of overweight people, he or she may be more likely to put on weight. This is especially true in an environment where high-calorie foods are always available and physical activity isn't encouraged.
- **Psychological factors.** Personal, parental and family stress can increase a child's risk of obesity. Some children overeat to cope with problems or to deal with emotions, such as stress, or to fight boredom. Their parents might have similar tendencies.
- **Socioeconomic factors.** People in some communities have limited resources and limited access to supermarkets. As a result, they might buy convenience foods that don't spoil quickly, such as frozen meals, crackers and cookies. Also, people who live in lower income neighborhoods might not have access to a safe place to exercise.
- **Certain medications.** Some prescription drugs can increase the risk of developing obesity. They include prednisone, lithium, amitriptyline, paroxetine (Paxil), gabapentin (Neurontin, Gralise, Horizant) and propranolol (Inderal, Hemangeol).

Complications

Childhood obesity often causes complications in a child's physical, social and emotional well-being.

Physical complications

Physical complications of childhood obesity may include:

- **Type 2 diabetes.** This chronic condition affects the way your child's body uses sugar (glucose). Obesity and a sedentary lifestyle increase the risk of type 2 diabetes.

- **High cholesterol and high blood pressure.** A poor diet can cause your child to develop one or both of these conditions. These factors can contribute to the buildup of plaques in the arteries, which can cause arteries to narrow and harden, possibly leading to a heart attack or stroke later in life.
- **Joint pain.** Extra weight causes extra stress on hips and knees. Childhood obesity can cause pain and sometimes injuries in the hips, knees and back.
- **Breathing problems.** Asthma is more common in children who are overweight. These children are also more likely to develop obstructive sleep apnea, a potentially serious disorder in which a child's breathing repeatedly stops and starts during sleep.
- **Nonalcoholic fatty liver disease (NAFLD).** This disorder, which usually causes no symptoms, causes fatty deposits to build up in the liver. NAFLD can lead to scarring and liver damage.

Social and emotional complications

Children who have obesity may experience teasing or bullying by their peers. This can result in a loss of self-esteem and an increased risk of depression and anxiety.

Prevention

To help prevent excess weight gain in your child, you can:

- **Set a good example.** Make healthy eating and regular physical activity a family affair. Everyone will benefit and no one will feel singled out.
- **Have healthy snacks available.** Options include air-popped popcorn without butter, fruits with low-fat yogurt, baby carrots with hummus, or whole-grain cereal with low-fat milk.
- **Offer new foods multiple times.** Don't be discouraged if your child doesn't immediately like a new food. It usually takes multiple exposures to a food to gain acceptance.
- **Choose nonfood rewards.** Promising candy for good behavior is a bad idea.
- **Be sure your child gets enough sleep.** Some studies indicate that too little sleep may increase the risk of obesity. Sleep deprivation can cause hormonal imbalances that lead to increased appetite.

Also, be sure your child sees the doctor for well-child checkups at least once a year. During this visit, the doctor measures your child's height and weight and calculates his or her BMI. A significant increase in your child's BMI percentile rank over one year may be a possible sign that your child is at risk of becoming overweight.

Prostate cancer

Overview

Prostate cancer is cancer that occurs in the prostate. The prostate is a small walnut-shaped gland in males that produces the seminal fluid that nourishes and transports sperm.

Prostate cancer is one of the most common types of cancer. Many prostate cancers grow slowly and are confined to the prostate gland, where they may not cause serious harm. However, while some types of prostate cancer grow slowly and may need minimal or even no treatment, other types are aggressive and can spread quickly.

Prostate cancer that's detected early — when it's still confined to the prostate gland — has the best chance for successful treatment.

Symptoms

Prostate cancer may cause no signs or symptoms in its early stages.

Prostate cancer that's more advanced may cause signs and symptoms such as:

- Trouble urinating
- Decreased force in the stream of urine
- Blood in the urine
- Blood in the semen
- Bone pain
- Losing weight without trying
- Erectile dysfunction

When to see a doctor

Make an appointment with your doctor if you have any persistent signs or symptoms that worry you.

Causes

It's not clear what causes prostate cancer.

Doctors know that prostate cancer begins when cells in the prostate develop changes in their DNA. A cell's DNA contains the instructions that tell a cell what to do. The changes tell the cells to grow and divide more rapidly than normal cells do. The abnormal cells continue living, when other cells would die.

The accumulating abnormal cells form a tumor that can grow to invade nearby tissue. In time, some abnormal cells can break away and spread (metastasize) to other parts of the body.

Risk factors

Factors that can increase your risk of prostate cancer include:

- **Older age.** Your risk of prostate cancer increases as you age. It's most common after age 50.
- **Race.** For reasons not yet determined, Black people have a greater risk of prostate cancer than do people of other races. In Black people, prostate cancer is also more likely to be aggressive or advanced.
- **Family history.** If a blood relative, such as a parent, sibling or child, has been diagnosed with prostate cancer, your risk may be increased. Also, if you have a family history of genes that increase the risk of breast cancer (BRCA1 or BRCA2) or a very strong family history of breast cancer, your risk of prostate cancer may be higher.
- **Obesity.** People who are obese may have a higher risk of prostate cancer compared with people considered to have a healthy weight, though studies have had mixed results. In obese people, the cancer is more likely to be more aggressive and more likely to return after initial treatment.

Complications

Complications of prostate cancer and its treatments include:

- **Cancer that spreads (metastasizes).** Prostate cancer can spread to nearby organs, such as your bladder, or travel through your bloodstream or lymphatic system to your bones or other organs. Prostate cancer that spreads to the bones can cause pain and broken bones. Once prostate cancer has spread to other areas of the body, it may still respond to treatment and may be controlled, but it's unlikely to be cured.
- **Incontinence.** Both prostate cancer and its treatment can cause urinary incontinence. Treatment for incontinence depends on the type you have, how severe it is and the likelihood it will improve over time. Treatment options may include medications, catheters and surgery.
- **Erectile dysfunction.** Erectile dysfunction can result from prostate cancer or its treatment, including surgery, radiation or hormone treatments. Medications, vacuum devices that assist in achieving erection and surgery are available to treat erectile dysfunction.

Prevention

You can reduce your risk of prostate cancer if you:

- **Choose a healthy diet full of fruits and vegetables.** Eat a variety of fruits, vegetables and whole grains. Fruits and vegetables contain many vitamins and nutrients that can contribute to your health.
- Whether you can prevent prostate cancer through diet has yet to be conclusively proved. But eating a healthy diet with a variety of fruits and vegetables can improve your overall health.
- **Choose healthy foods over supplements.** No studies have shown that supplements play a role in reducing your risk of prostate cancer. Instead, choose foods that are rich in vitamins and minerals so that you can maintain healthy levels of vitamins in your body.
- **Exercise most days of the week.** Exercise improves your overall health, helps you maintain your weight and improves your mood. Try to exercise most days of the week. If you're new to exercise, start slow and work your way up to more exercise time each day.
- **Maintain a healthy weight.** If your current weight is healthy, work to maintain it by choosing a healthy diet and exercising most days of the week. If you need to lose weight, add more exercise and reduce the number of calories you eat each day. Ask your doctor for help creating a plan for healthy weight loss.
- **Talk to your doctor about increased risk of prostate cancer.** If you have a very high risk of prostate cancer, you and your doctor may consider medications or other treatments to reduce the risk. Some studies suggest that taking 5-alpha reductase inhibitors, including finasteride (Propecia, Proscar) and dutasteride (Avodart), may reduce the overall risk of developing prostate cancer. These drugs are used to control prostate gland enlargement and hair loss.
- However, some evidence indicates that people taking these medications may have an increased risk of getting a more serious form of prostate cancer (high-grade prostate cancer). If you're concerned about your risk of developing prostate cancer, talk with your doctor.

September 2022 is the 24th National Food Safety Education Month

According to the **Centers for Disease Control and Prevention**, every year, an estimated 1 in 6 people in the United States (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die from eating contaminated food.

Anyone can get sick from a **foodborne illness** (also called food poisoning).

Learn how to **take steps to help prevent food poisoning**, and show others how to keep food safe.

Basic Tips

CLEAN

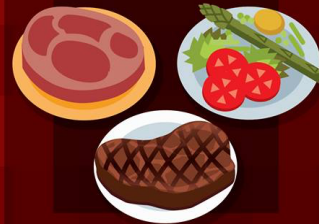


CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER. If you're at a picnic, bring moist towelettes to use!



Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!

SEPARATE



SEPARATE PLATES AND UTENSILS. When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

COOK



USE A FOOD THERMOMETER.

**Burgers:
160°F**

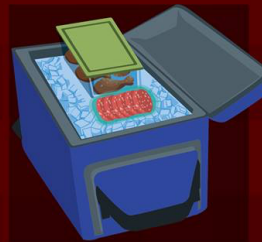


Just because your burger is brown, not pink, doesn't mean it's safe to eat!

CHILL



CHILL RAW AND PREPARED FOODS PROMPTLY if not consuming after cooking.



Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

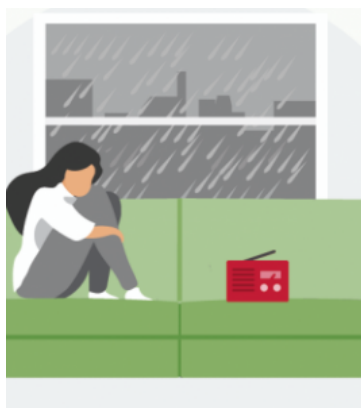
September is National Preparedness Month, make sure your family is ready in the event of disaster



[National Preparedness Month](#) (NPM) is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. The 2022 theme is “A Lasting Legacy: The life you’ve built is worth protecting. Prepare for disasters to create a lasting legacy for you and your family.”

Take time to learn lifesaving skills – such as CPR and first aid, check your insurance policies and coverage for the hazards you may face, such as flood, earthquakes, and tornados. Make sure to consider the costs associated with disasters and save for an emergency. Also, know how to take practical safety steps like shutting off water and gas.

Often, family members and neighbors will be the first ones in our communities to act after a disaster strikes and before first responders arrive, so it is important to prepare in advance to help yourself and your community.



Get informed

- Know what [disasters](#) could affect your area, which ones could call for an [evacuation](#) and when to [shelter in place](#).
- Keep a [NOAA Weather Radio](#) tuned to your local emergency station and monitor TV and radio. Follow [mobile alerts](#) and warnings about severe weather in your area.
- Download the [FEMA app](#) and get weather alerts from the National Weather Service for up to five different locations anywhere in the United States.

Make a plan

In the event of a disaster could you make it on your own for several days? After a disaster you may

not have access to a medical facility or even a drugstore. It's crucial to [plan for your daily needs](#) and know what you would do if they became limited or unavailable.

Additional planning steps include:

- Inform your support network where you keep your emergency supplies. You may want to consider giving a trusted member a key to your house or apartment.
- Plan for accessible transportation that you may need for evacuation or getting around during or after disaster. Check with local transit providers as well as with your emergency management agency to identify appropriate accessible options.
- If you are on dialysis or other life-sustaining medical treatment, know the location and availability of more than one facility that can help you.
- If you use medical equipment in your home that requires electricity, talk to your doctor or health care provider about what you may be able to do to keep it running during a power outage. You can also ask your power provider to put you on a list for priority power restoration.
- About half of all Americans take a prescription medicine every day. An emergency can make it difficult for them to refill their prescription or to find an open pharmacy. Organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.
- Wear medical alert tags or bracelets. If you have a communication disability, consider carrying printed cards or storing information on your devices to inform first responders and others how to communicate with you.
- Locate and access your electronic health records from a variety of sources by using the U.S. Department of Health and Human Services' [online tool](#).



Build an emergency kit.

Build your own emergency supply kit, during the month of September/this #NationalPreparednessMonth. Consider unique needs of your family. Include supplies that might be needed by pets, older adults, and those with disabilities in the event of the emergency. Create a support network of people who can help you in a disaster.

Keep a contact list in a watertight container in your [emergency kit](#) or on your electronic devices.

Kids

Build a #LastingLegacy: [Prepare your kids for disasters](#) and emergencies. Take time to plan and have conversations about preparedness. Help them know how to stay safe and navigate potentially scary situations.

Disasters can leave children and teens feeling frightened, confused, and insecure. Their responses can be quite varied. It's important to not only recognize these reactions, but also [help children cope](#) with their emotions.

Pets

Your [pets are also part of your legacy](#). Add a selfie, medicine, grooming items, a collar with an ID and a leash to your emergency bag in case you need to evacuate.



National Recovery Month (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. This observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

There are millions of Americans whose lives have been transformed through recovery. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments. Each September, tens of thousands of prevention, treatment, and recovery programs and facilities around the country celebrate Recovery Month. They speak about strides made by those in recovery and share their success stories with their neighbors, friends, and colleagues. In doing so, everyone helps to increase awareness and foster a greater understanding about mental and substance use disorders.

Moving forward, there will no longer be a new Recovery Month theme announced each year. Recovery Month has adopted the 2022 theme of **“Every Person. Every Family. Every Community.”** as its permanent tagline. The 2022 Recovery Month observance will work to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service

providers and community members across the nation who make recovery in all its forms possible.

SEPTEMBER IS RECOVERY MONTH!

"Recovery is a process. It takes time. It takes patience. It takes everything you've got...."

~ Unknown

HOPE UNITED

RECOVERY
is a process of change through which individuals improve health and wellness, live a self-directed life, and strive to reach their full potential.

NATIONAL HEALTHCARE QUALITY WEEK



Every year during the third week in October, National Healthcare Quality Week recognizes the professional who strives for a safe, quality patient experience throughout the industry. The week also focuses on tools and protocols designed to improve outcomes and provide the highest quality care possible.

National Healthcare Quality Week is observed on the third week of October each year and this year, it will be held from October 16 to 22. It celebrates healthcare quality professionals for their unique sacrifices towards ensuring quality service delivery and to appreciate the

improvements recorded in healthcare facilities over the years due to their efforts. It is also a week to spread awareness of the importance of quality healthcare services and make policies that will facilitate and guarantee the safety of both patients and healthcare professionals. By estimates, over 45% of deaths at healthcare facilities are due to a lack of quality service delivery — a fact that makes healthcare quality delivery urgent!

5 FACTS ABOUT HEALTHCARE IN THE U.S. THAT WILL SURPRISE YOU

1. Spendings skyrocketed in the 21st century

Healthcare spending leaped from \$1,082 per person in 1960 to over \$8,000 in 2010.

2. Immense healthcare spending compared to corporations' profits

Healthcare spending is equal to half of all corporate earnings in the United States.

3. Healthcare spendings are unevenly shared

Half of the healthcare spending goes to only 5% of the healthcare spenders.

4. Causes bankruptcy

The high cost of healthcare is one of the major causes of bankruptcies.

5. Americans discard prescriptions

One-fourth of Americans abandon their prescriptions because they can't afford to get them.



October is... National Domestic Violence
Awareness Month
www.NationalDayCalendar.com

NATIONAL
DAY
CALENDAR

NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH

National Domestic Violence Awareness Month is an annual designation observed in October. For many, home is a place of love, warmth, and comfort. It's somewhere that you

know you will be surrounded by care and support, and a nice little break from the busyness of the real world. But for millions of others, home is anything but a sanctuary. The U.S. Department of Justice estimates that 1.3 million women and 835,000 men are victims of physical violence by a partner every year.

Every 9 seconds, a woman in the U.S. is beaten or assaulted by a current or ex-significant other.

1 in 4 men are victims of some form of physical violence by an intimate partner.

Here's another shocking statistic: the number of U.S. troops killed in Afghanistan and Iraq between 2001 and 2012 is 6,488. The number of women who were murdered by current or ex-male partners during that same time frame is 11,766, according to the Huffington Post. That's almost double the number of people who were killed fighting in the war. People who are in an abusive relationship will stay with their partner for a number of reasons:

- Their **self-esteem is totally destroyed**, and they are made to feel they will never be able to find another person to be with.
- The **cycle of abuse**, meaning the 'honeymoon phase' that follows physical and mental abuse, makes them believe their partner really is sorry and does love them.
- It's dangerous to leave. Women are **70 times more likely to be killed** in the weeks after leaving their abusive partner than at any other time in the relationship, according to the Domestic Violence Intervention program.
- Statistics suggest that almost **5 percent of male homicide victims** each year are killed by an intimate partner.
- They feel personally responsible for their partner, or their own behavior. They are made to feel like **everything that goes wrong is their fault**.
- **They share a life**. Marriages, children, homes, pets, and finances are a big reason victims of abuse feel they can't leave.

HOW TO RECOGNIZE ABUSE

Here are a few ways to know if you're in an abusive relationship and need to get out.

1. Your partner has hit you, beat you, or strangled you in the past.
2. Your partner is possessive. They check up on you constantly wondering where you are; they get mad at you for hanging out with certain people if you don't do what they say.
3. Your partner is jealous. (A small amount of jealousy is normal and healthy) however, if they accuse you of being unfaithful or isolate you from family or friends, that means the jealousy has gone too far.

4. Your partner puts you down. They attack your intelligence, looks, mental health, or capabilities. They blame you for all of their violent outbursts and tell you nobody else will want you if you leave.
5. Your partner threatens you or your family.
6. Your partner physically and sexually abuses you. If they EVER push, shove, or hit you, or make you have sex with them when you don't want to, they are abusing you (even if it doesn't happen all the time.)



Breast Cancer Awareness Month – October 2022

The National Breast Cancer Foundation reports that a woman is diagnosed with breast cancer every two minutes. Innovations in research, surgical options and clinical trials give women many more options. With early detection, a woman's survival rate goes up. That's why breast self exams are an important way for women to give their "girls" a fighting chance, especially during Breast Cancer Awareness Month.

FIVE REASONS WHY OCTOBER IS THE PINKEST MONTH

1. Breast cancer doesn't discriminate

Although breast cancer is more prevalent among American white women, African-American women tend to die from the disease more often.

2. Breast cancer can baffle scientists

Scientists don't really understand why the left breast seems to develop cancer more often than the right breast.

3. Breast cancer surgery was a trailblazer

The very first operation to use anesthesia to deaden pain was a breast cancer surgery.

4. Men get it too

Overall, only one percent of American males are diagnosed with breast cancer, but African-American men just like women in their community, are more prone to die from the disease.

5. Breast cancer — the nuns' disease

At one time, breast cancer was called "the nuns' disease" because it seemed to afflict more nuns than women in the general population.

BULLYING PREVENTION MONTH - SIX FACTS YOU NEED TO KNOW



National Bullying Prevention Month was founded in 2006 by PACER's National Bully Prevention Centers. Throughout the month of October, communities nationwide unite together to educate and raise awareness of bullying prevention. With more than one out of five students reported being bullied, it is necessary to raise awareness towards this issue. With the help from PACER's National Bullying Prevention Center, [here](#) are six facts to know about bullying.

1. **Bullying directly affects students' ability to learn.** According to the Center for Disease Control, students who are bullied are more likely to experience low self-esteem and isolation, perform poorly in school, have few friends in school, have a negative view of school, experience physical symptoms, and experience mental health issues
2. **Bystanders can be powerful allies.** More than half of bullying situations (57 percent) stop when a peer intervenes on behalf of the student being bullied. With that statistic, students have a unique power to prevent bullying.
3. **Bullying is not a "rite of passage" but a serious threat to student safety and well-being.** Some say bullying makes children tougher and is not a serious problem, but the reality is that students who are bullied are more likely to report increased negative effects to their emotional and physical health.
4. **Anyone can bully, and anyone can be bullied.** Students can have multiple roles: they can be the ones subjected to bullying and the one who bullies. Strategies that focus on holding students accountable for their behavior- but also empower them to

change that behavior- are more effective than punitive punishments and peer mediation in bullying situations.

5. **Bullying isn't about resolving conflict; bullying is about control.** In conflict, children self-monitor their behavior and generally stop when they realize they are hurting someone. When bullying, children continue their behavior when they realize it is hurting someone and are satisfied by a feeling of power and control.
6. **Effective bullying prevention efforts involve students, parents, teachers, and community members.** Involving community members such as law enforcement officials, faith organizations, community action groups, and others allow school officials and parents to address the bigger issues of disrespect, bias, and violence that can contribute to bullying issues in schools. A community-wide effort shows students that adults care what happens to them and that they are not alone.

Tips for Preventing Substance Abuse

While there is no one way or guaranteed way to prevent someone from abusing drugs and alcohol, there are things that everyone can do to prevent substance abuse.

Here are the top five ways to prevent substance abuse:

1. **Understand how substance abuse develops.** Substance abuse starts by:
 - Using addictive drugs (illicit or prescribed) for recreational purposes
 - Seeking out intoxication every time you use
 - Abusing prescription medication
2. **Avoid Temptation and Peer Pressure.** Develop healthy friendships and relationships by avoiding friends or family members who pressure you to use substances. It's often said "we become most like those we surround ourselves by," meaning if you surround yourself with people who abuse drugs and alcohol you are more likely to as well. Peer pressure is a major part of life for teens and adults. If you are looking to stay drug free develop a good way to just say no, prepare a good excuse or plan ahead of time to keep from giving into peer pressure.
3. **Seek help for mental illness.** Mental illness and substance abuse often go hand in hand. If you are dealing with a mental illness such as anxiety, depression or post-traumatic stress disorder you should seek professional help from a licensed therapist or counselor. A professional will provide you with healthy coping skills to alleviate your symptoms without turning to drugs and alcohol.
4. **Examine the risk factors.** Look at your family history of mental illness and addiction, several studies have shown that this disease tends to run in the family, but can be

prevented. The more you are aware of your biological, environmental and physical risk factors the more likely you are to overcome them.

- 5. Keep a well-balanced life.** People often turn to drugs and alcohol when something in their life is missing or not working. Practicing stress management skills can help you overcome these life stressors and will help you live a balanced and healthy life.

Develop goals and dreams for your future. These will help you focus on what you want and help you realize that drugs and alcohol will simply get in the way and hinder you from achieving your goals.

Share these tips for avoiding and preventing substance abuse with your friends and family and help promote a healthier lifestyle free from addiction.



OCTOBER IS DEPRESSION AND MENTAL HEALTH AWARENESS MONTH

October is depression and mental health awareness month. These are topics often not discussed in our personal or work lives, and yet mental health disorders affect millions of American workers. As such, we are taking a moment to bring everyone's attention to these taboo topics, which will hopefully spark conversation and help those in need find the services and resources they deserve.

There are many types of depression and mental health disorders. From seasonal affective disorder (SAD) to bipolar to generalized anxiety to alcohol use, each one of these and many other mental health disorders can be diagnosed and treated in their own specific ways. There are some steps you can take to help manage your mental health, but these suggestions should not be taken as a substitute for seeing a medical professional and receiving appropriate therapy.

- **Eat a regularly healthy diet** with lots of fruits, vegetables, whole grains, lean protein, and low-fat dairy
- **Be physically active every day**, whether it's a few 10 minute walks throughout the day or spending 60 minutes at the gym
- **Set aside time for fun and relaxation**, which could mean spending an afternoon playing outside with your kids or curling up on a couch to read a book
- **Avoid alcohol and drugs**, both of which can alter your mood and make a bad situation seem even worse
- **Stay connected with friends and family**, because having a strong social support network is key to maintaining a happy, healthy mindset

Mental health is just as important as our physical health, so it is key to understand the resources available as you seek to improve this aspect of your health. For more information on mental health awareness, visit: www.mentalhealthamerica.net

WHAT TO LOOK FOR: SIGNS AND SYMPTOMS OF **DEPRESSION**

An unusually **sad mood**.

Loss of enjoyment and interest in activities that used to be enjoyable.

Lack of energy and **tiredness**.

Feeling worthless or feeling guilty though not really at fault.

Thinking often about death or **wishing to be dead**.

Difficulty concentrating or making decisions.

Moving more slowly or sometimes **becoming agitated** and unable to settle.

Having **sleeping difficulties** or sometimes sleeping too much.

Loss of interest in food or sometimes eating too much.

Changes in eating habits may lead to loss of weight or weight gain.



*Information provided by MHFA curriculum.

GRANDPARENTS

Grandparents are special people
with wisdom and pride.
They are always offering love and kindness
and are always there to guide.
They often make you feel
so confident and strong.
Their arms are always open
no matter what you did wrong.
They try to help out
in every way that they can.
They love all their grandchildren
the same whether you're a child, woman or man.
They are always there to listen
and to lend a helping hand.
They show you respect
and they try to understand.
They give their love, devotion and so much more,
that's easy to see.
Grandparents,
what perfect examples
of the kind of person that we should be.



~By Stacy Smith~



www.LearningStationMusic.com

Resources:

<https://food.unl.edu/free-resources/newsletters/family-fun-run/breakfast-%E2%80%93-don%E2%80%99t-leave-home-without-it>

<https://www.mayoclinic.org/diseases-conditions/childhood-obesity/symptoms-causes/syc-20354827>

<https://www.mayoclinic.org/diseases-conditions/prostate-cancer/symptoms-causes/syc-20353087>

<https://www.fightbac.org/nfsem/>

<https://www.foodsafetynews.com/2022/09/september-2022-is-the-24th-national-food-safety-education-month/>

<https://www.nkytribune.com/2022/09/september-is-national-preparedness-month-make-sure-your-family-is-ready-in-the-event-of-disaster/>

<https://www.naadac.org/national-recovery-month>

<https://nationaldaycalendar.com/national-healthcare-quality-week-first-full-week-in-october/>

<https://nationaldaycalendar.com/national-domestic-violence-awareness-month-october/>

<https://nationaltoday.com/breast-cancer-awareness-month/>

<https://www.ymcadallas.org/blog/bullying-prevention-month-six-facts-you-need-know>

<https://www.pvamu.edu/sa/drug-and-alcohol-abuse-prevention-program-daapp/tips-for-preventing-substance-abuse/>