



Our Journey

Meaningful, relevant information for our community, published monthly.

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Northern Lakes
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Mental Health
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Welcome to *Our Journey*. We hope you will find the articles informative and helpful. Your ideas and submissions are welcome! Please also take time to check out the Northern Lakes Community Mental Health (NLCMH) website, the flat screen monitor, information tower, and monthly calendar (in the tower) for more information on topics in this newsletter and more. Join us in the ongoing creation of this newsletter to best serve you!

RAK WEEK

Random Acts of Kindness

No act of kindness,
no matter how small,
is ever wasted.

- Aesop



February 11 – 17 is Random Acts of Kindness Week. How do you plan on participating in this event? Everyone can use a little kindness in their day/week/year. Kindness produces emotions in us such as: we are wanted, we are liked, we are important... Mark Twain says that kindness is the language the deaf can hear and the blind can see. Whether kindness is random or planned, it is a vital part of the fabric of our being.

KINDNESS IS TEACHABLE - "It's kind of like weight training, we found that people can actually build up their compassion 'muscle' and respond to others' suffering with care and a desire to help." – Dr. Ritchie Davidson , University of Wisconsin

KINDNESS IS CONTAGIOUS - The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to "pay it forward." This means one good deed in a crowded area can create a domino effect and improve the day of dozens of people!

No Full Moon



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February brings a solar eclipse that we will not be seeing. The Solar Eclipse occurs on February 15. This is a partial eclipse of the sun which is visible in the southern portion of South America and Antarctica, on the other side of the earth for us.

Note: Normally the Full Moon in February is called "**Snow Moon**" by Native Americans of New England and the Great Lakes because this time of the year experiences heavy snowfalls. It's also called "**The Hunger Moon**" because of the meager hunting during this time of year too..... But, because the Full Moon was on January 31, there isn't one for this month.





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to receive
Our Journey
electronically.

Submissions may also
be accepted, space
permitting.

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**National
Wear Red
Day is
observed on
the first
Friday of
February.**

February 2
this year. The
day brings
awareness of
heart health
issues in
America.

Help make
others aware
of their heart
health.

Fun in February



Winter is getting a bit long about this time of the year, so get out (or stay in) and have some fun. Here are a few observances to get you started:

- Hula in the Coola Day – February 1
- World Read Aloud Day – February 1
- National Carrot & Carrot Cake Day – February 3
- National Chopstick Day – February 6
- National Pancake Day (IHOP) – February 13
- Chinese New Year – February 16

For more ideas go to <http://www.holidays-and-observances.com/february-holidays.html> or celebrate your own holiday to help make the days more enjoyable as you await spring.

Health Tip



It is important to talk to your healthcare providers about the ways your prescription medications work. But, according to a recent study, many people don't discuss the ways that their medications interact with their doctors. Experts say that this can be dangerous, especially for people who take multiple prescription medications. Many people see multiple doctors and/or get their drugs from multiple pharmacies, and it can cause problems if one drug makes another less effective, or if multiple medications cause side effects when taken together.

The National Institute on Aging suggests speaking to both your doctor and your pharmacist about any new drug they tell you to begin taking. You should be prepared to tell them about your other medications so they can warn you if there might be any negative interactions. They also suggest some questions that you can ask about any new medications you are prescribed:

- What is the name of the medicine and why am I taking it?
 - What medical condition does this medicine treat?
 - How many times a day should I take it? At what time(s)? If the bottle says take "4 times a day," does that mean 4 times in 24 hours or 4 times during the daytime?
 - How much medicine should I take?
 - Should I take the medicine with food or not? Is there anything I should not eat or drink when taking this medicine?
 - How long will it take this medicine to work?
 - Will this medicine cause problems if I am taking other medicines?
 - Is it safe for me to drive while taking this medication?
 - What does "as needed" mean?
 - When should I stop taking the medicine?
 - If I forget to take my medicine, what should I do?
 - What side effects can I expect? What should I do if I have a problem?
 - Will I need a refill? How do I arrange that?
- https://www.nia.nih.gov/health/safe-use-medicines-older-adults?utm_source=Medicare+Rights+Center&utm_campaign=eac8a07dd8-