



**CARRIE'S
COVID Q & A**
Source: Johns Hopkins Center for American Indian Health

Question: I have COVID-19 symptoms but tested negative - should I stay home?

Answer: If you feel sick, stay home whether or not you test positive. Even if it is not COVID, there are other illnesses, like the flu, that can be passed to others. If you are unable to stay home, wear a well-fitted mask like an N95 or KN95, keep physical distance, and limit the time you spend in-person with other people.



Since next week is Brain Awareness Week...
Let's talk about how to take care of your brain!

1. Be brain active!

- o Look for opportunities to challenge your brain.
- o Engaging in crafting or artistic hobbies like painting, drawing, woodworking, or quilting can help lessen aging minds from developing mild cognitive impairment. Experts also recommend crossword puzzles and brain games.

2. Adopt a healthy lifestyle!

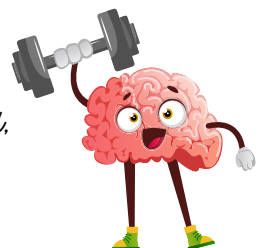
- o Some factors that can be managed to improve cognitive health include: quitting smoking, not excessively drinking, and lowering cholesterol and high blood pressure. Diabetes, high blood pressure, and smoking all negatively affect an aging brain.

3. Be socially active!

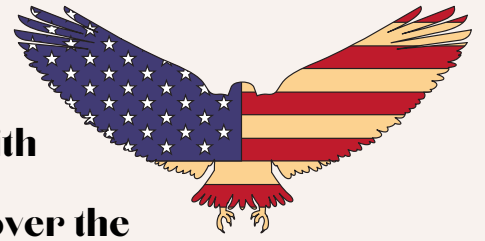
- o Social isolation is associated with approximately a 50% increase in dementia. With that being said, in COVID times, it is important to keep exercising our brains and perform daily activities.

"Take care of your mind, your body will thank you. Take care of your body, your mind will thank you."

Source: *swnewsmedia - Great People Growing Communities*



Shirley's Snippet



Did you ever read that Benjamin Franklin argued with Congress that the turkey should have been chosen over the Bald Eagle for the national emblem of our country?

My research tells me that in 1782 the three founding fathers could not agree upon a symbol for our country, and so enlisted Charles Thomas, Secretary of Congress to do research for a symbol. The artistically designed eagle was introduced by a Pennsylvania lawyer named William Barton. The belief was, that since ancient times the Eagle has been considered a sign of strength, the Roman legions used the bird as their standard or symbol. Charles Thomas recommended that the small white Eagle be replaced by the American Bald Eagle. Congress adopted this recommendation for the design on June 20th, 1782. There is no evidence that Benjamin Franklin protested to Congress in regard to the Bald Eagle. However, in 1784 (two years later), he wrote a letter to his daughter Sarah and labeled the bird, "of bad moral character that does not get his living honestly because he steals food from the hawk and is too lazy to fish for himself." He called the turkey, "a much more respectable bird and a true original native of America."

TODAY'S LITTLE CHUCKLE

Q: Why does a spider spin his web?

A: Because he can't knit!

