



**CARRIE'S
COVID Q&A**

Question:

What makes the BA.5 variant of COVID-19 so different from other variants?

Answer: Scientists who are studying the BA.5 variant (an offshoot of Omicron) state that it is better at escaping your immune system and is therefore able to spread more easily, increasing the risk of infection AND reinfection. The good news is, it does not appear that BA.5 infections are resulting in an increase in ICU hospitalizations and deaths.

Source: CNN



Focus on Your Mental Health

**YOU
MATTER**

Look Out For Yourself!

Monica's
Minute

**Mental
health
matters**

- It is well known that the COVID-19 pandemic has taken a great toll on everyone. It is now becoming more common to hear how the pandemic has really affected people's mental health.
- There has been a rise in anxiety and depression since the pandemic started, and there is research that shows that people with a pre-existing mental health illnesses are more likely to catch the virus and become severely ill, according to Dr. Mark Van Ommeren, who was featured on a WHO episode (the World Health Organization's Science in 5 video series that looks at mental health) posted on July 13th, 2022.
- It is encouraged that everyone look out for themselves and notice the signs of mental illness. Are you feeling more anxious than usual? Do you feel sad or depressed? Are you turning to alcohol, or drinking more? Are you losing interest in things that you normally like to do?
- To help yourself stay mentally healthy, it is important to: stay physically active, avoid alcohol (makes mental health problems more difficult to overcome), find something enjoyable or meaningful every day to participate in, and practice stress management techniques, like mindfulness.
- If these steps are not enough, seek help from a health professional, or a trusted person in your community.

Source: weforum.org



Wild Strawberries

from: Plant Teachings for Growing Social-Emotional Skills

Wild strawberries might be tiny, but they pack ten times the flavor of store bought strawberries. Their sweet fruits ripen in fields and forests during the height of summer and bring joy to those who taste them.


They will not continue to ripen once picked and must be enjoyed when they are ready - a powerful reminder that

JOY CAN BE FOUND BY LOOKING FOR GIFTS THAT ARE PRESENT IN THE MOMENT



Remembering Shirley La Fleur

For those of you who knew Shirley, or for those of you who did not, she was known for dedicating a large portion of her life to serving the American Indian community and the AICA. Although Shirley is no longer with us, her legacy will always be remembered and live on.



Shirley played a very large role in implementing all of the important services that are offered by AICA; her goal was to educate and inform the American Indian community in Milwaukee to the best of her ability.

She began her righteous journey with AICA on July 7th, 1977, which would have made July 7th of this year (2022), her **45th** year with the program!

We remember Shirley for her commitment and dedication to AICA and the people that she served.

Happy 45th work-anniversary Shirley, you are truly missed!

Did you know?

**In 1977 when Shirley first started working for AICA,
a stamp costed only 13 cents!**

"Do something you love, and you'll never work a day in your life."