

JULY 28TH, 2022

AICA NEWSLETTER



Upcoming AICA Activities

- **Wednesdays:** Student Support Sessions (by appointment)
- **Tuesdays:** Chair Yoga from 4:00-5:00 & Level One Yoga from 5:30-6:30
- **Wednesdays:** Morning Gentle Yoga Class from 10:00-11:00

Stay up to date with us!

Visit our website:

<https://www.aicamilwaukee.com/>

Utilize our app! Search for: *American Indian Council on Alcoholism* in the app store! You will see our logo.

Today's Little Chuckle

In memory of Shirley LaFleur 1941-2022

Q: Where do cows go on the weekend?

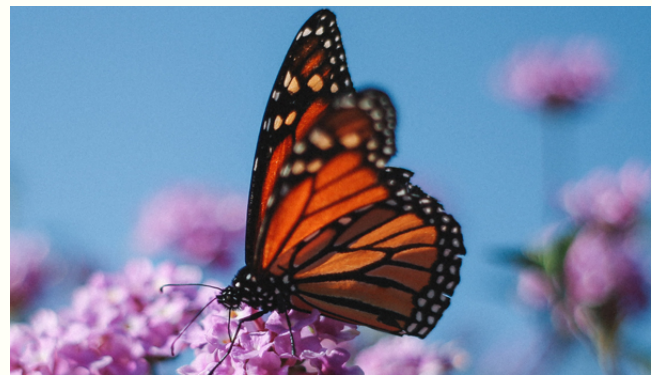


A: To the moo-vies.

COVID Conversation

What is NovaVax?

- On Tuesday, July 19th, CDC endorsed the Novavax COVID-19 vaccine. This is the fourth one to be authorized in the United States for the prevention of COVID-19 for adults ages 18 and older.
- Unlike the other vaccines, Novavax directly injects a version of the spike protein (the spikes you see sticking out of the coronavirus in pictures), along with another ingredient that also stimulates the immune system, into the body, leading to the production of antibodies and T-cells.
- The Novavax vaccine is a traditional one compared to the other vaccines. Its technology has been used before in vaccines to prevent such conditions as shingles, human papillomavirus, and DTaP (diphtheria, tetanus, and pertussis), among others.



A Moment of Mindfulness

Here is a morning mindfulness exercise you could try for a week or so!

Choose to wake up a little earlier each morning. This allows you to begin your day with mindfulness, but also extends the amount of time you have to enjoy life. You may be surprised at how much more you enjoy your mornings with just a few extra minutes!

Overdose Death Rates Have Increased for American Indians and Alaska Natives

Since 2020

- Providing tailored tools and resources to combat overdose and address underlying risk factors will ultimately help reduce health disparities and save lives.
- Overdose death rates for American Indian/Alaska Native women 25–44 years of age were nearly two times that of White women 25–44 years of age.

“The increase in overdose deaths and widening disparities are alarming,” said CDC Acting Principal Deputy Director Dr. Debra Houry, M.D., M.P.H. “Overdose deaths are preventable, and we must redouble our efforts to make overdose prevention a priority.”

988 : The New 3-Digit Number Suicide and Crisis Lifeline

