

Thursday, August 25th, 2022



AICA NEWSLETTER

Upcoming AICA Activities

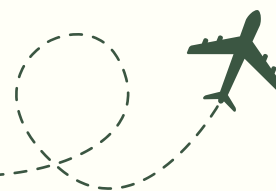
- **Tuesdays:** Chair Yoga from 4:00-5:00 & Level One Yoga from 5:30-6:30
- **Wednesdays:** Morning Gentle Yoga Class from 10:00-11:00
- **Wednesdays:** Student Support Sessions (*by appointment*)
- **Saturdays:** Youth Sessions focusing on, "Social, Emotional Learning and Substance Abuse Prevention," with Rae from 9:00-12:00

Today's Little Chuckle

In memory of Shirley LaFleur 1941-2022

Q: What happens when you wear a watch on an airplane?

A: Time flies!



COVID Conversation in Milwaukee

With school starting, it should be noted that only 30% of kids in the Milwaukee area have completed their first set of vaccinations. *What does this mean for our risk of another COVID surge?*

"We know that the most important layer of protection for anyone to have, including kids, is to be vaccinated and, if eligible, boosted to have that maximal level of protection to, yes, prevent infection, but even more so now to prevent that severe disease and that hospitalization. So, it is worrisome not seeing more children in the community, let alone adults, being fully vaccinated and being up to date on their boosters as well," says Dr. Ben Weston, the chief health policy advisor for Milwaukee County.



A Moment of Mindfulness

Do a Mindful Body Scan

The simplest way to get in touch with how you're feeling is to do a mindful body scan. A body scan is a meditative practice in which you focus on each part of every area, often beginning at the toes and moving to the head.



The key here is to train your attention on each specific part for a moment and pay close attention to how you feel.

<https://www.developgoodhabits.com/mindfulness-exercises>

<https://www.wuwm.com/2022-08-24/low-covid-19-vaccination-rates-among-school-age-kids-in-wisconsin/>

REMINDER!

*Free Narcan Training
offered at AICA quarterly*

*Keep an eye out for our
next announcement!*

Narcan Facts

- Naloxone, also known as Narcan, is a drug that temporarily reverses respiratory depression from opioid overdose.
- Narcan is often available without a prescription from a pharmacist and comes as an injectable or nasal spray.
- According to the CDC, 91 Americans a day die from opioid overdose, but increasing the availability of Narcan and educating people on how to administer it can help save lives.
- Studies show that distributing Narcan to at-risk opioid users and their loved ones decreases opioid overdose deaths by 30-45%.
- Access to Narcan also reduces further heroin consumption and visits to the Emergency Department.

Narcan Stigma

A recent study published in the Journal of the American Pharmacists Association examined awareness and perception of Narcan among pharmacists, people with opioid use disorder, patients with chronic pain, and caregivers.

They found that the people who would most benefit from receiving Narcan are often unaware of its availability.

Among those aware of Narcan, a stigma exists both for patients, who worry about judgment from their pharmacists, and pharmacists, who don't want to offend patients by offering the drug.

The study concluded that more must be done to educate the public on Narcan and its importance for any person using opioids, because it is a vital tool in attempts to reverse the nation's opioid overdose epidemic.

31 AUGUST

INTERNATIONAL OVERDOSE
AWARENESS DAY

**NALOXONE
(NARCAN)
SAVES LIVES.**

A Pennington Institute Initiative