

Thursday, September 8th, 2022



AICA NEWSLETTER

Upcoming AICA Activities

Tuesdays

Chair Yoga
4:00-5:00

Level One
Yoga
5:30-6:30

Wednesdays

Student Support
Sessions
(by appointment)

Morning Gentle Yoga
Class
10:00-11:00

Saturdays

Youth Sessions
focusing on,
"Social, Emotional
Learning and
Substance Abuse
Prevention," with
Rae
9:00-12:00

Today's Little Chuckle

In memory of Shirley LaFleur 1941-2022

WHAT DO YOU CALL A COW
IN A TORNADO?



A MILKSHAKE!

What is Gabapentin?

& Why We Should Know What it is

Gabapentin is a common medication used to treat neuropathy, seizures, and restless leg syndrome.

In Wisconsin, Gabapentin is classified as a monitored prescription drug, and not a controlled substance, even though Gabapentin's effects on the central nervous system have been recognized in the addiction community to enhance the euphoric effects of heroin, and produce a marijuana-like high when consumed in high doses.

In efforts to help reduce opioid abuse, providers began to increase prescribing Gabapentin, with the understanding that the medication was a safer alternative to opioids for pain management.

However, rates of reported overdose cases associated with Gabapentin were alarming. Studies also show that between 15-22% of people with opioid use disorder are also misusing Gabapentin as well.



A Moment of Mindfulness

Practice a Morning Breathing Exercise

Do you pay much attention to your breathing? Practicing mindful, focused breathing, even for ten minutes a day reduces stress and promotes relaxation.

Slow, deep, rhythmic breathing causes a reflex stimulation of the parasympathetic nervous system, which results in a reduction in the heart rate and relaxation of the muscles.

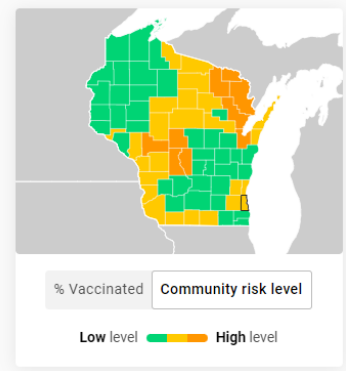
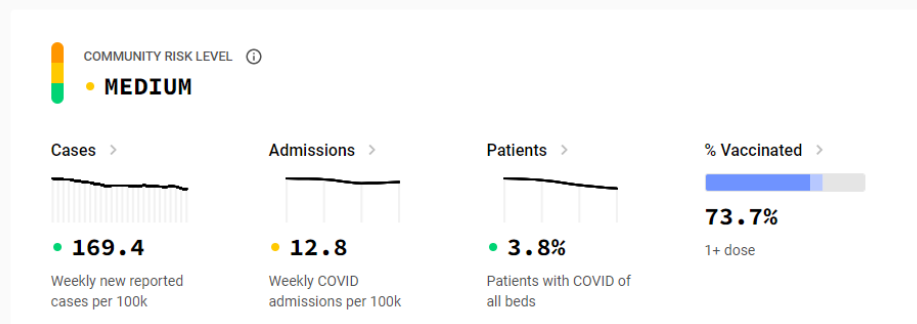
<https://www.developgoodhabits.com/mindfulness-exercises>

<https://www.usdtl.com/blog/gabapentin-an-emerging-threat-in-todays-opioid-epidemic>

Masks are recommended if your community risk level is high, you have recently been exposed to or infected with COVID, or you've been told by a health professional to wear a mask based on your personal risk factors.

Booster shots offer necessary protection against infection, serious illness and death from all COVID variants, and are 90% effective at preventing hospitalization from Omicron.

Updated on [September 6](#)



Masking in MPS

MPS schools are now back in session, and currently, masking is optional. MPS will only require masks when the Community Level is in the, "high" category. Since the CDC updates every Thursday, MPS officials will make a choice based on that information, and will change the masking mandate by the next day if necessary.