


Thursday, December 15th, 2022



AICA NEWSLETTER

Upcoming AICA Activities			Today's Little Chuckle
Tuesdays Chair Yoga 4:00-5:00	Wednesdays Student Support Sessions (by appointment)	Saturdays Youth Sessions focusing on, "Social, Emotional Learning and Substance Abuse Prevention," with Rae 9:00-12:00	<i>In memory of Shirley LaFleur 1941-2022</i> Q: Where do books sleep?  A: Under their covers!

A Moment of Mindfulness *Practice Morning Meditation*

Meditation is the centerpiece of practicing mindfulness exercises.

Practicing meditation at some time during your day is going to be an important part of your mindfulness routine.

Taking time to meditate for just ten minutes a day will support all of your other daily mindfulness habits, as meditation is a form of strength training for your mind.

The purpose of meditation is to observe the patterns and habits of your mind and learn to tame the constant chattering of your thoughts. With practice, you'll gain more and more control over your thoughts, rather than your thoughts controlling you and your emotions!



AICA Reminders

- We still have COVID Test Kits available! Please contact us at (414)-930-9210 if you are in need of a free test kit.
- There are still a few NYE Survival Kits available! They are packed with activities and goodies guaranteed to entertain all ages for New Years! Give us a call, or email: monicahooper.aica@gmail.com to reserve your free kit now.
- You can never be too safe around the holidays! We are offering a 30 minute Narcan Training on Thursday, December 29th from 4:00 - 4:30. Call for more information and to RSVP.

Do you Have Diabetes?

Take precautions during the holiday season

The holidays can cause a lot of stress on some people and it can also be a particularly tough time for people with diabetes. Although the time from fall through the new year is a time for family and filled with faith, festivities, fun, favors, and feasts, it can also cause the hardest holiday hurdle for those with diabetes.

There are sweet temptations all around during the holidays, but that can cause people with diabetes to ignore reality. The reality is: it is very easy to make the wrong choices and overindulge; this can also be true for people without diabetes as well.

You want to preserve yours and your family's traditions still, but it is important to remember that there can be negative consequences of giving into the "sweet enemy".

It is important to not compromise your traditions, and still have a taste of something sweet, but remember, try not to **stress**. If you are stressed, your blood sugar can raise all by itself! It is also important to **save calories**. Skipping meals in order to binge later is not a good habit to have. Engaging in binging is not a good practice to have during the holidays, or ever. Your blood sugar may spike by doing this.

It is also very important not to **drink too much alcohol**. Drinking can lower your blood sugar and cause hypoglycemia, especially if you take insulin. Of course, we have to be realistic that during the holidays we tend to eat and drink more; in this case, you need to compensate. Become more active during this time and if it makes it easier for you, get your family involved! After eating a big meal, help clean up; get your body moving and maybe you could convince everyone to gather and even go for a walk! Help yourself burn off that extra sugar.

If you do have diabetes and struggle during the holiday season, remember to take it one day at a time. You do not want to be stressed, or give yourself extra anxiety.

It can be very difficult to cope with diabetes, so be kind to yourself. Engage in some of these practices listed above to make your holiday season more healthy, and enjoyable for yourself!