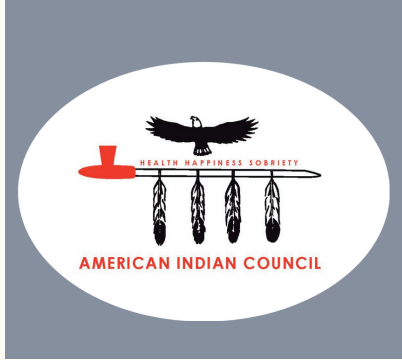



Thursday, January 12th, 2023



AICA NEWSLETTER

Upcoming AICA Activities			Today's Little Chuckle
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	In memory of Shirley LaFleur 1941-2022 Q: Why can't skeletons play music at church?  A: They have no organs!

A Moment of Mindfulness *Read Inspirational Content*



Rather than beginning your day with an information overload, like checking your email or turning on the TV, you can choose to read uplifting, inspiring, and positive books or articles.

An important part of being a mindful person includes challenging your own beliefs and assumptions and reading the ideas and perspectives of others in order to stretch yourself. This requires a proactive decision to read books that uplift and educate you and support your values, goals, and passions.

Five habits that can strengthen your relationship with money and set you up for financial success! 💰

- 1. Open your mind:** Mindset matters, and negative thinking is self-sabotage. Every day, notice how you talk to yourself about money. Are you putting yourself down? Going straight to disaster scenarios? If so, revise your self-talk and affirm positive thoughts.
- 2. Track your money:** Check your bank and credit card balances at the start of your day. This tunes you into your finances, shows you where you are, and will likely help you make better financial decisions throughout the day
- 3. Live within your means:** Winging it doesn't work. Create a budget and stick to it. Save every receipt for one month to learn what you spend money on. Use that information to make a budget.
- 4. Set financial goals:** Changing bad habits and staying motivated to save for the short and long term is easier when you're driven by purpose. Start with micro-financial goals, as these can build the framework for larger ones to follow.
- 5. Invest in your own self-knowledge and power:** Educate yourself about money, you can start by utilizing online resources, regularly reading financial articles and books, or via financial education tools. Every day or week, vow to learn something new about money. Financial education is a journey, and not a destination; so be ready to expand into new areas of financial growth as you are able!

Resources:

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

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



XBB.1.5

There is a new COVID variant and it is very contagious. This variant is infecting people who have not had COVID before, and it is possible that it will make its way to 80% of Americans who already had COVID. It is likely that you can catch it again even if you already had COVID.

The number of severe infections and deaths remains relatively low, despite the high level of infections, thanks to vaccinations, and probably, previous infections.

The latest variant, XBB.1.5, grew exponentially over the month of December, from about 1% of cases nationwide to 27% as of Jan. 7, according to data from the Centers for Disease Control and Prevention. The variant is likely behind the vast majority of cases in New York and New England.

Some experts say the virus appears to be five times more contagious than the earlier omicron version. It doesn't appear that the virus causes more severe illness in those it infects, but those who are immunocompromised continue to face elevated risk.

"Getting vaccinated and staying up to date on COVID-19 vaccines remains the best form of protection from serious illness, hospitalization and death," Iowa Department of Health and Human Services spokesperson Sarah Ekstrand said.

An infection from XBB.1.5 has the same symptoms as an infection with earlier versions of the coronavirus. Symptoms, which can range from mild symptoms to severe illness, can appear between 2 to 14 days after exposure.

Resources:

<https://news.yahoo.com/xbb-1-5-latest-covid-113042528.html>

<https://news.yahoo.com/people-havent-had-covid-likely-144149735.html>