



# AICA NEWSLETTER

The official bi-weekly newsletter of the  
American Indian Council on Alcoholism, Inc.



**FRIDAY,  
DECEMBER  
29TH, 2023**

### **AICA is Closed**

January 1st, 2024  
All Day

### **Chair Massages (Appointments Only)**

January 4th, 2024  
4:00 - 6:30

### **Monday Wellness Series**

January 8th, 2024  
6:00-8:00

### **AICA is Closed**

January 15th, 2024  
All Day

## **OPTIMIZE YOUR BRAIN HEALTH IN THE NEW YEAR**

SUMMARY BY MONICA H., AICA STAFF

New Year's Resolutions can vary from year to year, and you may have a recipe for success when it comes to fulfilling these resolutions; however, one resolution that everyone should take on is prioritizing your brain health! After all, if you care for your brain, you are nurturing your mental and physical health too.

You can develop problems with your brain at any age, so it is never too early to pick up good habits to optimize your brain health. If you focus on your brain health in 2024, it could also lead to other common resolutions, like making more money, getting a new job, or improving relationships.

Spending time with family and friends is an excellent way to keep your brain healthy, and studies have shown that lonely people are more likely to have depression and anxiety. Toxic relationships can also negatively impact your brain health, so the new year may be a good time to let go of those relationships.

Engaging in physical activity will work wonders to keep your brain healthy! Activity that increases your heart rate helps to boost your circulation. An additional benefit of increased physical activity is that it is associated with a *lower likelihood* of developing cognitive problems like Alzheimer's later in life.

Getting a good night's sleep is extremely important for optimizing brain function. Disruptive sleep is associated with depression and other mental health conditions. A Harvard study also found that sleep deficiency in adults was linked to dementia.

As we get ready to celebrate another new year, there is no better time to decide to optimize your brain health than now. By taking action now, you can minimize your risk of developing dementia and other ailments in the years to come. Give yourself, and your brain, the focus and attention it deserves in 2024!

**Source:** <https://www.forbes.com/>

# FENTANYL USE DURING PREGNANCY- A POSSIBLE NEW BIRTH DEFECT SYNDROME IDENTIFIED.

SUMMARY BY KIM N., AICA STAFF

According to NBC Health, a new syndrome related to fentanyl use while pregnant may have been identified.

The babies are born with a cleft palate, small heads and bodies, drooping eyelids, small lower jaws, webbed toes, underdeveloped thumbs, and feet deformities.

Fentanyl has not been proven to be the cause of these defects but is suspected. Researchers say that it also could have been exposure to the contaminants in the Fentanyl supply or a combination of other substances during the pregnancy.

The mothers in this study reported using many street drugs including Fentanyl during pregnancy.

The babies were initially thought, but ruled out through testing, to have a cholesterol processing disorder. As that was not the case, researchers are now looking to study how Fentanyl affects cholesterol processing during fetal development.

## Source:

<https://www.nbcnews.com/health/health-news/fetal-fentanyl-exposure-pregnancy-birth-defects-rcna126006>



## From the Staff at The American Indian Council,

We want to thank you all for another great year! 2023 has been filled with positive change, growth, and expansion here at AICA. Our dedicated team is ready to set the bar even higher for our Milwaukee area Native community in 2024. We look forward to seeing you all in the new year and provide even more services! Have a safe and fun New Year's Eve!

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## Today's Little Chuckle

*In memory of Shirley LaFleur 1941-2022*

What do you tell someone you didn't see on New Year's Eve?



*Answer: I haven't seen you for a year!*