



# AICA NEWSLETTER

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



**FRIDAY,  
JANUARY  
19TH, 2024**

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### **Monday Wellness Series**

January 22nd, 2024  
6:00 - 8:00

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### **Friday Speaker Series**

January 26th, 2024  
12:00 - 2:00

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### **AICA is Closed**

January 29th, 2024  
February 1st, 2024  
February 2nd, 2024  
All Day

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

February 8th, 2024  
4:00 - 6:30

## **MEDITATION FOR BEGINNERS**

**SUMMARY BY MONICA H., AICA STAFF**

A new year may guide you to want to feel your best and adopt new routines. You may want to hit that reset button, and one way to do so is by focusing on your mind; meditation can help with that.

Meditation can help you transform your life from the inside out by transforming your mind. The most common form of meditation is mindfulness, which involves focusing on your thoughts, your breath, an object, or a feeling without judgment. There is a reason this practice stands the test of time: for many people, it just works.

Meditation offers a wide range of benefits that vary from person to person, from need to need, and even from culture to culture. Over time, spending more time with your mind can help with many goals.

Sleeping better, feeling less stressed, less anxious, focusing better, and making better decisions are just some of the benefits that can come over time with meditating.

Aside from the mental benefits, meditation has also been shown to improve conditions like hypertension, and reduce the chance of heart disease.

Since meditation has been around for a very long time, the practice has evolved. There are countless types of meditation, but in this summary, let us start with a few tips to help get you started!

1. Make sure you find an intention for your practice.
2. Find a comfortable, yet upright position that you can hold.
3. Set your timer for the duration you have chosen for your session.
4. Gently close your eyes. Bring attention to your breath.
5. When your mind wanders, gently draw your attention back to your breath. This may happen many times - be kind and patient with yourself!
6. When the timer goes off, bring your awareness back to your body, and blink your eyes open.
7. Move slowly as you re-engage with the world and notice how you feel.

**Source:** <https://www.popsugar.com/fitness>



# SLOW BRAIN AGING BY CUTTING CALORIES

SUMMARY BY MONICA H., AICA STAFF

Not only do we feel a change in our bodies as we get older, but our brains also age naturally too. The ability to perform certain tasks can get harder and our memory can decline. There have been many studies done that show a healthy lifestyle can help slow down brain aging though.

Researchers from the *Buck Institute for Research on Aging* in California have found that restricting the amount of food a person eats may also help protect the brain from aging. They used models of both fruit flies and human cells in their study.

The study identified a specific gene that is enhanced through calorie restriction, aiding processes necessary for healthy brain aging.

Dr. Ellerby and her colleagues believe these findings may be used in the future to help identify biological pathways that potentially slow aging and slow age-related diseases like Alzheimer's.

"Finding factors that make the brain resilient or prevent the aging process will be important to slowing aging. It is possible that simple changes in our diet can increase the levels of OXR1 (*a protein that defends cells against oxidative stress in the brain*) and this would be protective," says Dr. Ellerby.

Age is the largest risk factor for developing diseases of the brain, so it is important to follow the research and adapt as healthy of a lifestyle as you can.

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



## Interested in Playing Ping-Pong? Come Play at AICA!

Come and check out our new Activity Center and play a game of ping-pong! The new year is a great time to get active and start a new hobby, and AICA recently added a new table and equipment so that you can play by yourself, or against others! We would love to see if there is any interest in setting up some practice times, or even starting a small ping-pong league! Call us at (414)-930-9210 or email [monica@aicamilwaukee.com](mailto:monica@aicamilwaukee.com) if you have any input on the idea. Thanks!

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## Today's Little Chuckle

*In memory of Shirley LaFleur 1941-2022*

### Why did the bear keep getting fired?



*Answer: He always disappeared in the winter!*