

*Helping caregivers through their journey one step at a time.*

## Mental Health Awareness Month

### HISTORY OF MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month was first celebrated in 1949. It was commemorated by the Mental Health America organization, which was then known as the National Committee for Mental Hygiene and then later as the National Mental Health Association before it got its current name. The association was founded by Clifford Whittingham Beers. Beers, who was born in 1876 in Connecticut, was one of five children in his family who all suffered from mental illness and psychological distress. All of them also went on to spend time at mental institutions and it was from his hospital admittance that he discovered that the mental health field had a notorious reputation for malpractice, maltreatment, and immense bias.

Beers went on to author “A Mind That Found Itself”, which is a bestseller even today. Gaining popularity and support from medical professionals, Beers founded the National Committee for Mental Hygiene. Beers and his colleagues at the association wanted to find ways to make sure that mental health patients not only received the right care but also did not feel alone in their fight against mental diseases.

Since 1949, each year, a theme is selected to be highlighted and celebrated throughout May. Recent years have seen themes like ‘Do More for 1 in 4’ (2011), ‘B4Stage4’ (2015), and ‘Nature’ (2021). During the month, various events are held that are covered by media and well-known figures like politicians and actors. Mental Health America also diligently releases a mental health toolkit for outreach activities.

### IMPORTANT MENTAL HEALTH HELPLINE NUMBERS

1-800-273-TALK (8255) or text ‘MHA’ to 741741.

You can also visit the following websites for more information:

Mental Health America: <https://mhanational.org/get-involved/contact-us>

Suicide Crisis Lines: [https://en.wikipedia.org/wiki/List\\_of\\_suicide\\_crisis\\_lines](https://en.wikipedia.org/wiki/List_of_suicide_crisis_lines)

Suicide Prevention Lines: <https://suicidepreventionlifeline.org/talk-to-someone-now/>

### HOW TO OBSERVE MENTAL HEALTH AWARENESS MONTH

#### Take care of yourself

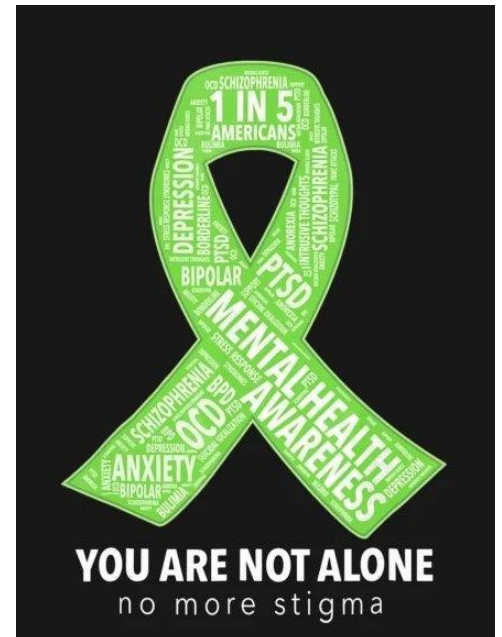
Life has numerous ups and downs. Some are solvable but others not so much. When your mental health acts up, seek the right treatment and make yourself better because, after all, life has much more to offer than just pain and suffering.

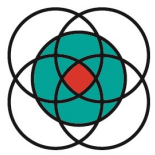
#### Take care of your loved ones

Check up on your friends and family. Many times, all people need is a shoulder to cry on and/or an ear to listen. Support and encourage them if they are being treated for any mental problems.

#### Talk about mental health

One of the best ways to celebrate Mental Health Awareness Month is by talking about it with your peers. The more you talk about it, the more normalized it will become. This is one of the aims of the month as the stigma attached to mental health has led to countless delays in treatment AND research on the matter.





# The Facts About Incontinence

As many as 13 million people deal with incontinence. Incontinence is a correctable, yet costly condition, with an excess of 30 billion dollars spent last year alone on treatment. Incontinence is a symptom of other problems such as nerve disorders, loss of sensation and weakening muscles. It can also occur due to medications or surgery and affects approximately 10-15 percent of those age 65 and over.

## There are four different types of incontinence

### Stress Incontinence

People with stress incontinence lose urine when they exert pressure on their bladders. It may happen when they lift something heavy, laugh, cough or exercise.

### Overflow Incontinence

This is when a person cannot completely empty their bladder. Often frequent urination may occur or sometimes there is a constant leak of urine. Your loved one may feel as though their bladder is always partly full or may drip urine all the time.

### Urge Incontinence

People who just can't seem to get to the bathroom in time or who lose urine when they feel the need to urinate have what is called urge incontinence. Sometimes they have accidents at night have to go to the bathroom quite often day or night.

### Mixed Incontinence

Mixed incontinence means that a person has some combination of the other three types. Stress and urge incontinence are commonly seen together, especially in older women.

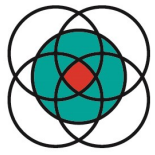
If you suspect your loved one is incontinent, consider the following:

- Talk about incontinence with your loved one.
- Those suffering from incontinence are often too embarrassed to seek help or even admit that they are incontinent.

- Consult your loved one's primary care physician about incontinence
- There are treatments available that can ease, if not cure, this common condition.
- Frequently check for soiled undergarments.
- Urine is a skin irritant and may promote skin ulcers.
- Be aware that people with incontinence are prone to falls that may lead to injuries. A person with incontinence will often rush and trip on their way to the bathroom especially at night.
- Set a regular schedule to use the bathroom.
- Frequent and planned visits to the bathroom, usually every three hours, will help your loved one avoid soiling themselves and can assist with bladder retraining.

If your loved one is incontinent, there are certain foods or beverages that should be avoided which may irritate the bladder.

- Alcohol
- Carbonated drinks
- Milk products
- Coffee or tea (with or without caffeine)
- Citrus fruits and juices
- Tomatoes
- Highly spiced foods
- Sweeteners (sugar, honey, corn syrup)
- Chocolate
- Artificial sweetener



MAY 2023

## Chicken Club Salad

- 1 cup small pasta (such as macaroni or rotelle — uncooked whole wheat)
- 6 cups romaine lettuce (well washed and torn) OR spinach
- 2 cups fresh vegetables (sweet pepper, celery, cauliflower florets, cucumber, carrots — chopped)
- 2 cups tomatoes (chopped)
- 1/2 cup cubed cooked skinless, boneless chicken (1/2 pound)
- 1/2 cup low fat Italian dressing
- 1 hard-boiled egg (optional)
- 1/4 cup cheese (shredded or crumbles)

1. Cook pasta according to package directions. Drain and cool.
2. In a large bowl, combine the lettuce, chopped vegetables, chicken, and pasta.
3. Add dressing and toss lightly to coat. Divide evenly among 4 bowls.
4. Top each serving with a few egg slices (if desired) and 1 tablespoon of the shredded cheese.

Serving Size 1/4 of recipe

### Nutrients Amount

Total Calories 270

Protein 24g

Carbohydrates 29g

Dietary Fiber 6g

Total Fat 6g

Saturated Fat 1.5g

Cholesterol 50mg

Sodium 380mg

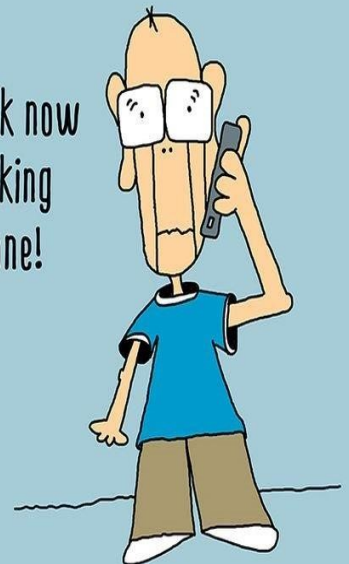
**Prep**  
20 min

**Cook**  
15 min

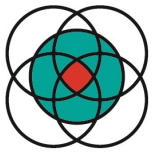
**Total**  
35 min



I can't talk now  
I am looking  
for my phone!



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# Picnic

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

T T E K S A B H E I S D E F A  
 S N A C K S L S T W H T E R A  
 S S O A S B N T A I E A O E G  
 T O F M E S U O E N E E T N C  
 R R O E C N E T H E T M O C A  
 A E L M I L K S T S A P M H N  
 W P D B P I B A S E I C A B O  
 B P I E S M E E P A R D T R P  
 E E N R C S A T V P L N O E E  
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 Y S H S S U M N D A N A I M R  
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COOLER  
 COUNTRY AIR  
 DISH  
 FOLDING CHAIRS  
 FRENCH BREAD  
 GLASSES  
 HEAT  
 INSECTS  
 MARGARINE  
 MEAT  
 MILK  
 PARK  
 PEPPER  
 SALAD  
 SANDWICHES  
 SAUCES  
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 SNACKS  
 SPICES  
 STRAWBERRY JAM  
 TOMATOES  
 WINE

APPETITE  
 BASKET  
 BEVERAGES

BLANKET  
 BUTTER  
 CAMEMBERT

CAN OPENER  
 CHEESE  
 COFFEE



Do you have an email address? Want to receive your newsletters electronically? Please submit your email address to me for future correspondence! You can email [jferri@thrive-alliance.org](mailto:jferri@thrive-alliance.org). If you would like to receive a listing of caregiver support groups whether live or virtual please e-mail or call me at **812-372-6918**. We also have a Thrive Alliance Caregiver Resources Facebook group. Email me if you would like to be a part of the group.