

Arthritis Awareness Month

The Arthritis Foundation states, “For people of any age with arthritis, walking is especially good medicine. It strengthens muscles, which helps shift pressure from joints and reduce pain. And a regular walking routine compresses and releases the cartilage in your knees, helping circulate synovial fluid that brings oxygen and nourishes your joints. When joints don’t get this nourishment, they deteriorate faster.”



Tips for Overcoming Excuses:

- Schedule it in. Set aside time for your walk, just as you would a business meeting.
- Always be prepared. Keep a pair of walking shoes in your car, and walk whenever you can.
- Have a “Plan B.” If you miss a day, know exactly how you’re going to get back on track.
- Use alternatives. If the weather is bad, walk at the mall or on an indoor track at the gym.
- Listen to your body. On days when your joints ache or you’re tired, take a shorter walk. But keep moving – a brief walk may end up giving you enough energy for a longer one.

Mental Health Awareness Month

Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans’ lives and to celebrate recovery from mental illness. For more than 20 years, the Substance Abuse and Mental Health Services Administration (SAMHSA) has recognized **Mental Health Awareness Month (MHAM)** every May to increase awareness about the vital role mental health plays in our overall health and well-being and provide resources and information to support individuals and communities who may need mental health support.



- It’s never too late to get help.
- It is important to remember that older adults may have different mental health symptoms. For example, a lack of interest in some activities.
- Talking about mental health can help older adults feel more comfortable asking for support.
- Mental health treatment can be part of a wellness program to help older adults live happy and fulfilling lives.
- Mental health professionals can help older adults cope with life changes.
- Friends and family can experience meaningful mutual connection by spending time visiting with older adults.
- Mental health is important at every age. Spending time with friends and family can boost older adults’ mental and physical health.

If you or someone you know is struggling or in crisis, help is available.

Call or text: [988](tel:988) Chat: [988lifeline.org](https://www.988lifeline.org)

You’ll be able to speak with a trained crisis counselor any time of day or night.

Mother's Day will be celebrated May 12, 2024.

In celebration of our mothers near and far, those that have passed and those we still have present in our lives. We thank you for all you have done for us all.



Happy Mother's Day from Thrive Alliance!



Memorial Day is observed May 27, 2024.

In remembrance of those that have paid the ultimate price for our freedom!

We thank you and remember your sacrifice! We want to thank your family as well.

Facts about Memorial Day:

www.aarp.org/experience-counts/memorial-day-facts.html


Memorial Day Word Search

M	H	A	U	P	G	G	A	L	F	S	B	D	B	V
V	T	H	E	X	D	S	Y	W	T	I	L	F	Y	L
E	A	L	O	I	V	O	G	C	G	P	H	R	Q	L
T	E	A	Y	N	O	M	E	R	E	C	A	L	P	T
U	R	M	P	Z	O	P	W	Q	C	T	G	T	A	R
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S	V	I	R	E	J	M	I	W	I	E	K	R	I	I
V	Y	C	R	J	R	M	A	M	R	H	U	M	O	T
R	A	A	K	O	J	M	N	W	C	O	S	V	T	I
W	D	Y	F	W	M	P	A	R	A	D	E	I	I	C
O	I	P	E	D	D	E	P	Y	S	Y	A	K	C	N
E	L	Y	R	E	T	E	M	E	C	K	H	S	D	J
P	O	B	T	R	E	B	M	E	M	E	R	F	N	Y
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AMERICA
CEMETERY
CEREMONY
FLAG
HOLIDAY
HONOR

MAY
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