

NEWS & KNOWLEDGE...  
NEWS YOU CAN USE....  
MAY, 2024

**May is Mental Health Awareness Month!**



*HAPPY MOTHER'S DAY!*



*HAPPY MEMORIAL DAY!*




UPCOMING CONNECTIONS OUTINGS:

- Thursday, May 2, 2024-Board Games at the Clubhouse.
- Friday, May 3, 2024-Unit Grocery Shopping/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).
- Saturday, May 4, 2024-Market on the Lawn at the Clubhouse from 9:00 a.m. to 2:00 p.m.
- Monday, May 6, 2024-Trip to the Catawba County Library.
- Thursday, May 9, 2024-Bowling at the Pin Station.
- Friday, May 10, 2024-Unit Grocery Shopping/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).
- Monday, May 13, 2024-Trip to the Catawba County Library.
- Thursday, May 16, 2024-Employment/Education Dinner.
- Saturday, May 18, 2024-Trip to Thrift Stores, to Yard Sales, and Out to Eat.
- Monday, May 20, 2024-Trip to the Catawba County Library.
- Thursday, May 23, 2024-Trip to Udderly Delicious for Ice Cream.
- Friday, May 24, 2024-Glynn's Last Day and, "Ph.D., Here She comes Party!"/Unit Grocery Shopping/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).
- Thursday, May 30, 2024-Shopping Trip to Ollie's and Dollar Tree.

**Mental Health Awareness Month:  
(From: [www.msn.com](http://www.msn.com)):**

In May of each year, various governments and organizations honor Mental Health Awareness Month to draw awareness to the importance of maintaining good mental health and to give people a platform to discuss their mental health concerns. In 1949, Mental Health Week was created to raise awareness of mental health issues and, later, Mental Health Week expanded into a month-long campaign to address mental health wellness. Even though 21% of American adults struggle with mental health concerns, only less than 10% of Americans have received treatment for their mental illnesses. In 2023, President Joe Biden declared May to be National Mental Health Awareness, while the District of Columbia and 40 other states also officially recognized May as Mental Health Month in an official capacity. One can receive coverage for therapy and other mental health services from the Insurance Marketplace after receiving an official mental illness diagnosis from a doctor and having that doctor making a referral to enable the client to qualify for that coverage. Organizations observe Mental Health Month, also known as Mental Health Awareness Month, as a means to recognize the prevalence of mental illness in the United States and to encourage people to obtain professional help if they need it. Organizations also use Mental Health Month as a means to compile information that will help people to maintain their mental health awareness on their own, so their mental health will not deteriorate to the point that they need professional help. Mental health awareness is very important because of the common prevalence of mental illness in the United States, and because of the fact that most Americans with mental illness do not seek professional help. In 2022, a study showed that about 21% of American adults deal with some form of mental illness and that nearly 5% of Americans with mental illness have thought about committing suicide. According to the study, about 45% of people with mental health problems reported getting any type of treatment. Also, the 2022 study showed that 11% of people with mental illness did not have health insurance, making it difficult for them to seek mental health treatment and to be able to afford it. When President Biden released a statement recognizing the month of May as Mental Health Awareness Month in May, 2023, officials in over 40 states and the District of Columbia issued proclamations recognizing May as Mental Health Awareness Month as well. In 1949, Mental Health Awareness Month started out as Mental Health Week as a collaboration between Mental Health America and the United States Junior Chamber, which is also known as the Jaycees. Eventually, Mental Health Week expanded to a whole month observing mental health awareness, with the intention of educating Americans about mental illness and, also, educating Americans about mental wellness as well. Presently, many additional organizations take the opportunity to promote mental health awareness in the month of May, such as the Substance Abuse and Mental Health Services Administration (SAMSHA) and the National Council for Mental Wellbeing.



The best way to observe Mental Health Awareness Month is to help promote mental health awareness yourself. A couple of things you can do include posting about mental health statistics on social media and/or discussing the importance of good mental health with your family and friends. You can also contact your elected officials to let them know ways that they can address mental health concerns in your community. You can also attend any fundraisers and other events in your community that cover the importance of looking after your own mental health. Also, you should make sure that your own mental health is good and that you take any steps you need to address any mental health concerns that you believe you may be facing. One way to address your mental health concerns is to evaluate your current lifestyle to see if it is helpful or not. You also may need to change your priorities and your behaviors to reduce the amount of stress in your life and to help improve your mood. If necessary, you also can seek professional help with a therapist. Here are some tips to help you maintain a positive state of mental health and to help you reduce the amount of stress in your life, decreasing the chance of you getting sick and helping you to raise your energy level as follows:

1. Exercise for at least 30 minutes on a regular basis.
2. Eat healthy and drink plenty of water.
3. Stick to a consistent sleep schedule and minimize your time on screen before you go to bed.
4. Make time for activities such as listening to music, reading and/or meditation that can help you to relax.
5. Set realistic goals and avoid over scheduling yourself.
6. Be thankful for the things in your life that are going well.
7. Maintain a positive attitude as much as possible.
8. Reach out to people who are close to you for emotional support when you need it.

Marketplace health plans are required to cover psychotherapy and counseling, inpatient services related to mental and behavioral health, and treatment for substance abuse disorder. Health insurance plans will generally cover therapy, though you may not be eligible for coverage until your doctor diagnoses you with a specific mental illness, and your doctor also feels that counseling is medically necessary for you.

### Some Information on Cicadas:

(From: <https://nationalgeographickids.com>, written by Allyson Shaw):

If you hear a buzzing sound in the summertime, you could be hearing a male cicada trying to impress and to attract a mate. Depending upon your location and what year it is, you may hear a lot of buzzing cicadas in the trees that can get so loud that you will not hear anything else but their buzzing. Some species of cicadas can live as long as 17 years, though they would spend most of those years underground. The scientific name of the cicada is *cicadoidea*. They are invertebrates who eat a plant diet and they are also known as a cloud and/or the plague. They range anywhere in size from 0.75 inches to 2.25 inches. Cicadas start life as eggs. Female cicadas can lay anywhere from 200 to 400 eggs in tiny holes that they make in the branches of trees and shrubs. After six to ten weeks, the young cicadas, now called nymphs, hatch from their eggs and they immediately fall to the ground. They dig underground and they attach themselves to tree roots. The nymphs stay buried to suck on tree sap from anywhere from two to 17 years, depending on the species. When they finish their life underground, known as the dormant period, the cicadas emerge from the underground at sunset, climb onto the trunk of a nearby tree, and shed their skins, becoming adult cicadas. Then, the male cicadas start filling the air with shrill, buzzing sounds that are created by rapidly vibrating drum-like plates on their abdomens. The female cicadas make clicking sounds with their wings if they like the sounds they hear. The male and female cicadas mate, lay their eggs, and then, they die just about five weeks after being aboveground. Scientists have divided over 3,000 species of cicadas into two groups, which are known as annual and periodical. Annual cicadas fly from the ground at different times during the summertime. They are generally dark with greenish marking. These cicadas evade predators by camouflaging themselves in the trees and flying away from hungry insects and moles. Only seven species of cicadas make up the periodical category. They emerge from the ground together at the same time. These groups of cicadas are called broods and they emerge from the ground after dormant periods of either 13 or 17 years. Periodic cicadas live only in the central and eastern parts of the United States. They have black backs, orange bellies, and red eyes. Anywhere from millions or billions of cicadas emerge from the ground together, not hiding. They survive by having a large population that predators cannot eat them all at once. Almost every year, different periodical broods emerge from the ground in different parts of the United States. Some broods are small like the Brood VII (The Roman numeral for the number 7), which only exist in upstate New York. But other broods are large. For example, in the summer of 2021, hundreds of billions of cicadas in Brood X (The Roman numeral for the number 10), buzzed through parts of Delaware, Georgia, Illinois, Indiana, Kentucky, Maryland, Michigan, North Carolina, New Jersey, New York, Ohio, Pennsylvania, Tennessee, Virginia, West Virginia, and Washington, DC. Cicadas are not harmful; they do not attack people, they do not bite or sting and they do not destroy crops.

(Additional Information from [www.usatoday.com](http://www.usatoday.com), written by Emily DeLetter, on Saturday, April 13, 2024):

In 2024, two broods (Groups) of cicadas will appear in over a dozen states. One brood that will appear, the Brood XIX (Brood 19), is a 13-year brood that will appear in 14 states in the Southeast and the Midwest. Another brood, XIII (Brood 13), is a 17-year brood that will appear in the Midwest. In Iowa and Illinois, the two broods will overlap. The cicadas will emerge when the soil temperatures, which is eight inches underground, reaches 64 degrees, which will occur around mid-May. This period will last until around late June. The two broods last emerged in 1803 and the next double-emergence is projected for 2245.



**Mother's Day:**  
**(From: [www.timeanddate.com](http://www.timeanddate.com)):**

Each year, Americans celebrate Mother's Day every second Sunday in May. In 2024, Mother's Day is on Sunday, May 12, 2024. Mother's Day is a day set aside to honor mothers and people who serve/served as mother figures in people's lives such as grandmothers, great-grandmothers, stepmothers, and foster mothers. People honor their mothers by giving them flowers, giving them candy, taking them out to eat, giving them Mother's Day cards with sweet messages, and, perhaps giving their mothers a voucher for a beauty treatment and/or for a trip to a spa. Some families get together to plan an outing for their mothers. In many schools, teachers help students to make cards for their mothers and/or to help them make them small Mother's Day gifts. If you choose to give your mother a bouquet for Mother Day's, you can choose to give her red carnations and/or pink carnations, which are used to honor living mothers. However, white carnations symbolize death and are only used to honor deceased mothers. Around 1870, a woman named Julia Ward Howe encouraged the celebration of Mother's Day to encourage peace and disarmament among all people. For ten years, people in Boston celebrated Mother's Day under the sponsorship of Ms. Howe, but then, the holiday lost popularity afterwards. In 1907, a woman named Anna Jarvis held a private Mother's Day celebration in the memory of her mother, Ann Reeves Jarvis, in Grafton, West Virginia. During the American Civil War, Ann Reeves Jarvis served as a peace activist and she also established, "Mother's Day Work Clubs," to help women to improve their health and their hygiene. Her daughter, Anna Jarvis, campaigned for Mother's Day to be a more recognized holiday. A clothing merchant named John Wanamaker from Philadelphia, Pennsylvania financially supported Ms. Jarvis' campaign to make Mother's Day a more recognized holiday. In 1908, Ms. Jarvis arranged a service in the Andrew's Methodist Episcopal Church in Grafton, West Virginia, which was attended by 407 children and their mothers. Andrew's Methodist Episcopal Church is now known as the International Mother's Day Shrine. It serves as a tribute to all mothers. It is also now designated as a National Historic Landmark. In 1914, President Woodrow Wilson signed a proclamation to make Mother's Day a national holiday to honor all mothers on the second Sunday of May. Mother's Day is not a federal holiday, but organizations are open or closed, depending on their usual hours on any other Sunday. Public transit systems may run according to their regular Sunday schedule. Restaurants are generally busy because people take their mothers out to eat on Mother's Day. Mother's Day is a state holiday in the state of Arizona. Since Mother's Day falls on a Sunday, most state governments and offices observe their usual Sunday hours on Mother's Day.

**Some Unusual Holidays for May, 2024:  
(From: [www.timeanddate.com](http://www.timeanddate.com)):**

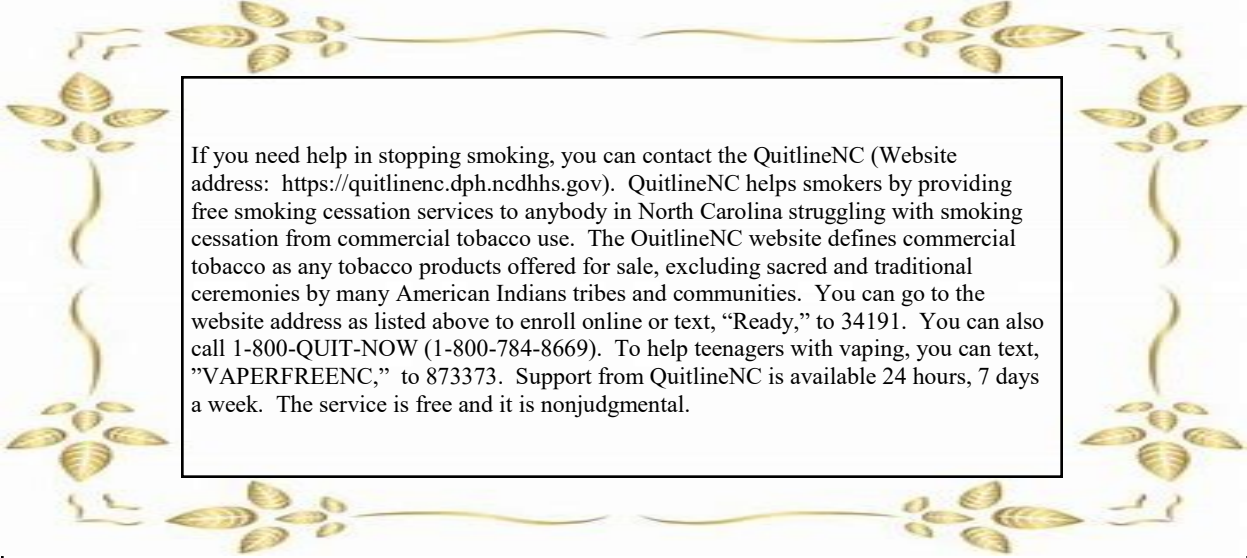
Wednesday, May 1, 2024-Batman Day.  
Friday, May 3, 2024-No Pants Day.  
Friday, May 3, 2024-Space Day.  
Saturday, May 4, 2024-Herb Day/Free Comic Book Day.  
Monday, May 6, 2024-Beverage Day.  
Wednesday, May 8, 2024-National School Nurse Day.  
Thursday, May 9, 2024-Europe Day/Lost Sock Memorial Day.  
Friday, May 10, 2024-Clean up Your Room Day.  
Saturday, May 11, 2024-Twilight Zone Day/Eat What You  
Want Day.  
Sunday, May 12, 2024-Limerick Mother/Mother's Day.  
Monday, May 13, 2024-Frog Jumping Day.  
Tuesday, May 14, 2024-Dance Like a Chicken Day.  
Wednesday, May 15, 2024-Chocolate Chip Day.  
Friday, May 17, 2024-Pizza Party Day/Pack Rat Day.  
Saturday, May 18, 2024-Astronomy Day/No Dirty Dishes  
Day.  
Sunday, May 19, 2024-Man Ray Day.  
Monday, May 20, 2024-Be a Millionaire Day.  
Tuesday, May 21, 2024-Talk Like Yoda Day.  
Wednesday, May 22, 2024-Buy a Musical Instrument Day.  
Friday, May 24, 2024-Scavenger Hunt Day.  
Saturday, May 25, 2024-Sing Out Day/Towel Day.  
Sunday, May 26, 2024-World Lindy Hop Day.  
Monday, May 27, 2024-Sun Screen Day/Memorial Day.  
Tuesday, May 28, 2024-Hamburger Day.  
Wednesday, May 29, 2024-Put a Pillow on Your Fridge Day.  
Thursday, May 30, 2024-My Bucket's Got a Hole Day.  
Friday, May 31, 2024-Macaroon Day.

**A Few Funny, Short Jokes:**  
(From: [www.today.com](http://www.today.com), written by Sarah Lemire):

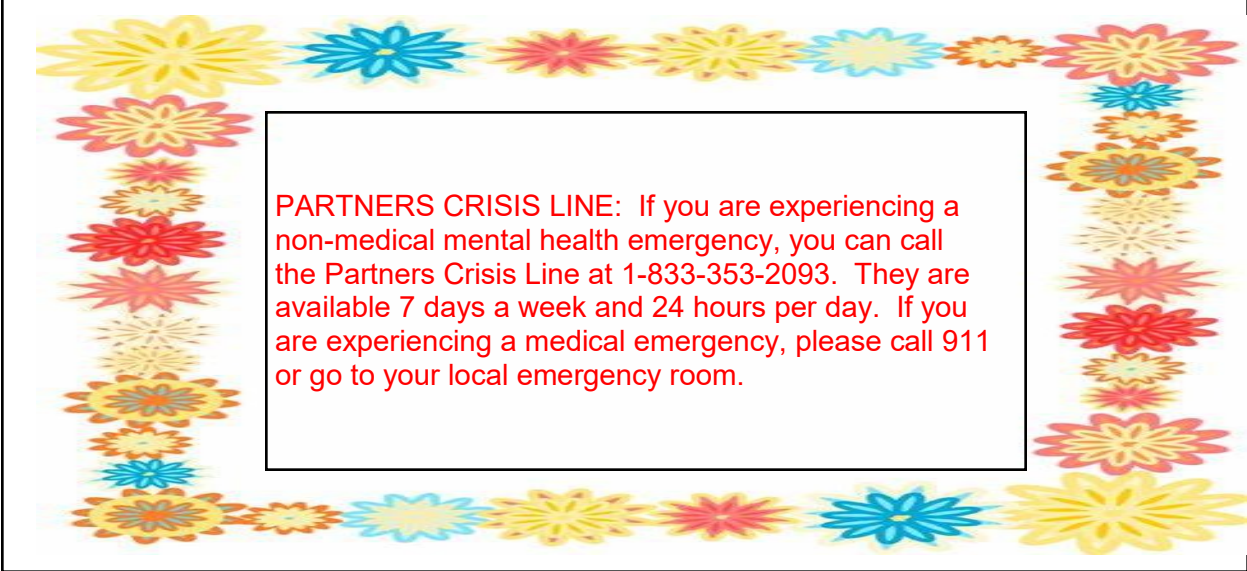
- How did people see in the dark during medieval times? They used knight lights!
- Did you hear about the dolphin romance? They really clicked!
- Did you hear about the math book that got a therapist? It had a lot of problems!
- What's worse than raining cats and dogs? Hailing taxis!
- What do you call a cow with only two legs? Lean beef!
- Why is the ocean so clean? It has mer-maids!
- Why did the king go to the dentist? He needed a crown!
- Where do boats go when they're sick? To the dock-tor!
- I'm obsessed with telling airport jokes. My doctor says it's a terminal problem!
- Why did Darth Vader go to the dermatologist? He had Star Warts!
- Did you hear about the archeologist who got fired? His career was in ruins!



Every day is a new opportunity!



If you need help in stopping smoking, you can contact the QuitlineNC (Website address: <https://quitlinenc.dph.ncdhhs.gov>). QuitlineNC helps smokers by providing free smoking cessation services to anybody in North Carolina struggling with smoking cessation from commercial tobacco use. The QuitlineNC website defines commercial tobacco as any tobacco products offered for sale, excluding sacred and traditional ceremonies by many American Indians tribes and communities. You can go to the website address as listed above to enroll online or text, "Ready," to 34191. You can also call 1-800-QUIT-NOW (1-800-784-8669). To help teenagers with vaping, you can text, "VAPERFREENC," to 873373. Support from QuitlineNC is available 24 hours, 7 days a week. The service is free and it is nonjudgmental.



**PARTNERS CRISIS LINE:** If you are experiencing a non-medical mental health emergency, you can call the Partners Crisis Line at 1-833-353-2093. They are available 7 days a week and 24 hours per day. If you are experiencing a medical emergency, please call 911 or go to your local emergency room.

**Market on the Lawn and Folk Art Festival:**

**On Saturday, May 4, 2024, Connections held its annual Market on the Lawn. In spite of the inclement weather, Connections raised \$800.00 in sales at the Market on the Lawn. People had a lot of fun and they ate a lot of good food. Connections would like to extend a special, "Thank You," to the Advisory Board, to our volunteers, and to Jason Bolton, who undertook the management of Market on the Lawn. WAY TO GO, CONNECTIONS! Also, on Saturday, May 11, 2024, Connections had its own booth at the Folk Art Festival in downtown Newton, North Carolina, selling Connections pottery. Connections raised over \$200.00 at the Folk Art Festival!**





**Information about Memorial Day:  
(From: [www.timeanddate.com](http://www.timeanddate.com)):**

In the United States, Memorial Day is observed on the last Monday of May. In 2024, Memorial Day will be observed on Monday, May 27, 2024. Memorial Day was formerly observed as Decoration Day. Memorial Day honors all men and all women who have died in military service for the United States. Many people visit cemeteries and memorials on Memorial Day. People also see Memorial Day as the beginning of the summer season. Memorial Day is a state public holiday, during which State government offices are closed. Also, some schools and business may also be closed on this date as well. On Memorial Day, people traditionally fly the United States flag at half-staff from dawn until noon. People visit cemeteries and memorials to honor those people who have died in military service for the United States. Many volunteers also go to national cemeteries to place American flags on each grave in the cemeteries. In Mississippi, people celebrate Jefferson Davis' Birthday along with Memorial Day. Over time, Memorial Day has become less of an occasion for remembrance and more of a day when people decide to hold picnics, sports events, and family gatherings on this holiday weekend. People traditionally see Memorial Day as the start of the summer season for cultural events. Fashion conscious people may choose to wear white clothing, especially white shoes, from Memorial Day to Labor Day. However, many people do not follow this tradition and they opt to wear white clothing throughout the year. Memorial Day is also a federal holiday, during which non-essential Government offices are closed, as well as schools, businesses, and other organizations. Public transit systems do not run on a regular schedule on Memorial day. Some people choose to go on short vacations or to visit family and friends. These situations can cause congestion on the highways and at airports. Memorial Day started out as a day to honor Union soldiers who had died during the America Civil War. Memorial Day was inspired by the way that people in the Southern states honored their dead. After World War I, the holiday included all men and all women who died in any war or any military action. The original name of Memorial Day was Decoration Day. After World War II, Decoration Day was renamed Memorial Day. People celebrated both Decoration Day and Memorial Day on May 30, regardless of the day of the week on which it fell. In 1968, the Uniform Holidays Bill was passed to use federal holidays to create three-day weekends. From 1971 to the present, Memorial Day has been officially observed on the last Monday in May. However, it took a longer period for all American states to recognize the new date for Memorial Day.

### Self-Esteem:

What is self-esteem?: The word self-esteem means to have esteem and/or respect for yourself. If you have a high self-esteem, you have a positive image of yourself. Dorothy Corkville Briggs in her book, *Celebrate Yourself*, defines the difference between your real self and your self-image as that your real self is unique and unchanging. Most of your self-image, which is what you think of yourself, may not be accurate because most of your self-image is derived from learning what others have said you. Your beliefs about yourself result from what other have said about you, what other people have told you about yourself, and what other people have done to you. For example, you may believe that you are not smart, that girls aren't any good in math, and that you are painfully shy, among other phrases. In addition to learning what people believe about you, you may have grown up in an environment where you were criticized, where you were not being loved, where you were rejected, and/or where you experienced failure. These factors can cause people to feel inferior or lacking in self-esteem. Having low self-esteem can make you feel sad, make you inferior to others, make you angry, make you jealous of other people, make you feel rejected, and/or make you feel lonely. Fortunately, your low self-esteem can be fixed by seeing a therapist who knows cognitive therapy. Cognitive therapy is a process where clients analyze their faulty thoughts and their faulty beliefs and learn to replace them with healthier thoughts and beliefs. Cognitive therapists can help their clients by identifying upsetting events that cause bad feelings, recording the clients' thoughts about those events, identifying the distortions in the thinking process of clients, and helping clients to replace faulty beliefs and faulty thoughts with more rational thoughts and beliefs. After completing these four steps, clients start to feeling better about themselves. Another way of dealing with low self-esteem is taking a look at your life environment and see if supports your ability to feel good about yourself. Ask if people in your life treat you with respect and love, encourage you to do and to be anything you wish, help you to find out what you want to do and how to do it, encourage you to explore your talents and your interests, are happy when you succeed, listen to you whenever you have any complaints, and help you to come back from failure without making you feel bad about yourself. After thinking about these items, see where your environment is providing positive support for your self-esteem and see where your environment is not providing enough positive support for your self-esteem. This analysis can help you to find clues to build up your self-esteem. One way to help you with your self-esteem include paying attention to your current feelings and how your five senses experience your feelings such as feeling tightness in your stomach and feeling light-headed. Also, you can revisit your interests and your goals and make a list of what you want to do and what you want to learn. Daily, take one step toward learning more. You also need to spend less time with critical people and spend more time with people who appreciate you. At the end of each day, spend a little time with yourself and review the events of your day and how you felt during the day. You can write about your day in a journal. If you are still feeling bad about yourself, consider finding a supportive therapist who can help you to get your life on a more positive path.