

APRIL 2019

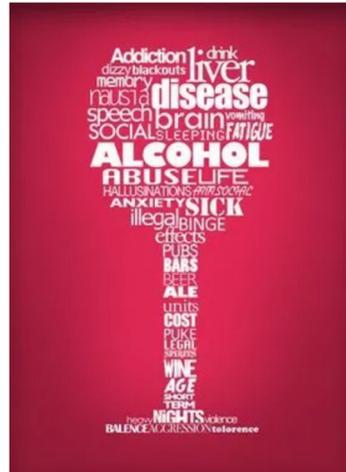
FULL OF LAUGHS

National Humor Month was conceived to heighten public awareness of the therapeutic value of humor. Laughter and joy - the benchmarks of humor - lead to improved well-being, boosted morale, increased communication skills, and an enriched quality of life. It's no coincidence that the month begins with April Fool's Day, a day which has sanctioned frivolity and amusement for hundreds of years. Humor as a tool to lift ailing spirits is an established notion supported by scientific research. The curative power of laughter and its ability to relieve debilitating stress and burnout may indeed be one of the great medical discoveries of our times.

This site is loaded with resources and projects related to humor. Laugh it up!
<http://www.humormonth.com/>

Alcohol Awareness

"Help for Today, Hope for Tomorrow"



One in every 12 adults, or 17.6 million people, suffer from alcohol use disorder or alcohol dependence.

Founded and sponsored by the National Council on Alcoholism and Drug Dependence (now Facing Addiction with NCADD), Alcohol Awareness Month was established in 1987 to help reduce the stigma so often associated with alcohol addiction by encouraging communities to reach out to the American public each April with information about alcohol, alcohol addiction, and recovery. Alcohol addiction is a chronic, progressive disease, genetically predisposed and fatal if untreated. However, people can and do

recover. In fact, it is estimated that as many as 20 million individuals and family members are living lives in recovery from alcohol use!

Alcohol Awareness Month provides a focused opportunity across America to increase awareness and understanding of alcohol addiction, its causes, effective treatment, and recovery. It is an opportunity to decrease stigma and misunderstandings in order to dismantle the barriers to treatment and recovery, and thus make seeking help more readily available to those who suffer from this disease. For more information click on

<https://www.facingaddiction.org/resources/alcohol-awareness-month>

Donate Life Month

For the 2019 National Donate Life Month theme, Donate Life America was inspired by bicycles and the phrase "Life is a beautiful ride." Like the donation and transplantation journey, a bicycle serves as a symbol of progress, renewal and the moving circle of life.

Bicycles come in all styles, shapes and sizes, but each is comprised of the same components, essential to supporting the rider and converting their energy into motion. Similarly, organ, eye and tissue donation offers many ways to give hope, support and strength to patients waiting, recipients and donor families. We each carry the potential to help make LIFE a beautiful ride for ourselves, and then for others, by registering as a donor, considering living donation, being a caregiver and championing the cause. For more information go to

<https://www.donatelife.net/ndlm/>

Tips to Keep Feet Happy



You may be doing a lot of walking, dancing, standing and sitting in one position throughout the holiday season. Half of all Americans report experiencing foot pain at some point in their lives, according to a [survey](#) conducted by APMA. No one wants soreness or injuries to slow them down during the holidays, so it's important to care for your feet so they can carry you through all those seasonal celebrations and chores. Follow this advice to keep feet healthy (and happy) this holiday season:

- **Moisturize** – Dry winter air and cold temperatures can take a toll on skin. Moisturize feet daily to help avoid dry, cracked and irritated skin.
- **Exercise your feet** – Stretching is a good way to avoid muscle cramps. Stave off toe cramps by raising, pointing and curling your toes for five seconds. Repeat 10 times. Rotating your ankles can also help relax feet. Cup your heel and turn each ankle slowly five times to loosen ankle joints.
- **Massage** – Foot rubs not only feel good, they're a great way to release tension, boost circulation and refresh skin after a long day on your feet. Take a few minutes to massage your feet at the end of a day of shopping and celebrating. Use lotion and take care of moisturizing at the same time!
- **Pedicure properly** – Picture-perfect toes are part of a great holiday wardrobe for many women. Whether you do it yourself or go to a salon, be sure your pedicure is done properly. Never use a razor to remove dead skin – opt for a good pumice stone instead. Don't cut cuticles; push them back gently with a rubber tool made for this purpose. Use toenail clippers with a straight edge to cut nails straight across.
- **Raise your legs** – Feet and ankles can swell from sitting too long in one position (taking a long flight to grandma's house for the holidays, for example) or if you've been on your feet all day (shopping, baking or cooking). Elevate your legs to reduce swelling. Lay or sit and lift your legs above your heart.
- **Wear smart shoes** – OK, so you'll never give up your sparkly high heels when it's time for that special soiree. But for other holiday activities such as shopping, traveling or cooking, ditch the high heels. When you know you'll be on your feet all day, wear comfortable shoes with good arch support and a padded sole. See which types of footwear have received the [Seal of Acceptance and Seal of Approval](#) for promoting foot health.
- **Get help** – Feet shouldn't hurt all the time. Persistent foot pain can be an indication of injury, irritation or illness. See a podiatrist if you experience pain; don't wait until the holidays end.
- More information can be found at <https://www.apma.org/Patients/HealthyFeetTipsList.cfm?navItemNumber=31088>