

TADISO TIMES

ISSUE 221

March 2021

IMPORTANT NEWS.....

Remember to change your clocks
**FORWARD 1 hour on Sunday,
March 14.**



**Wednesday, March 17
is St. Patrick's Day.**



National Save Your Vision Month March 2021

Every year in March, the American Optometric Association (AOA) recognizes National Save Your Vision Month, a campaign designed to promote good eye health.

More than 20 million Americans suffer from severe vision loss. While not all eye diseases can be prevented, there are simple steps that everyone can take to help their eyes remain healthy now and reduce their chances of vision loss in the future.

Here are some tips from the Academy to safeguard your vision:

Wear sunglasses

Don't smoke

Eat right

Get regular eye exams

Wear eye protection

Know your family history

Be aware of eye fatigue

The AOA deserves credit for its efforts in helping educate the public on the importance of eye care and eye health, particularly through Save Your Vision Month. It has been reported that around 80% of vision problems are avoidable or curable with proper evaluation and treatment. If you need assistance finding a provider, see Tadiso's Wellness Nurse. This information is courtesy of the AOA.

No Parade. No Problem. Other activities for St. Patrick's Day

*For an extra-fun activity with the whole family, set up a scavenger hunt around the house with clues that lead to some delicious treats (like chocolate coins). Who knows, you might just find a pot of gold at the end of the rainbow!

*Wearing green is a must on St. Paddy's Day, obviously, but why not take it to the next level? Break out those leprechaun hats and make it a friendly contest to see who has the most festive outfit.

*Get your family together for a fun and cozy movie night featuring some of the best Irish movies to watch on St. Paddy's Day. Top Irish movies include: Wild Mountain Thyme, Wolfwalkers, Sea Fever, The Hole in the Ground, Sing Street, The Secret of Kells, and Waking Ned Devine.

*Spend time with children building a Leprechaun Trap or making crafts.



BuggyandBuddy.com

STRESS AND ANXIETY AS WE LOOK AT THE 1 YEAR ANNIVERSARY OF COVID 19

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manage stress.

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances

Healthy Ways to Cope with Stress

- Take breaks from watching, reading, or listening to news stories, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals. Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol, tobacco, and substance use.
- Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
- Make time to unwind. Try to do some other activities you enjoy. Connect with others. Talk with people you trust about your concerns and how you are feeling. Connect with your community- or faith-based organizations. While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

If you are struggling to cope, there are many ways to get help. Call your counselor or RSS if stress gets in the way of your daily activities for several days in a row.

DO I NEED TO WEAR A MASK AND AVOID PEOPLE EVEN AFTER I RECEIVE 2 DOSES OF THE VACCINE??

Yes. Not enough information is currently available to say if or when CDC will stop recommending that people wear masks and avoid close contact with others to help prevent the spread of the virus that causes COVID-19.

Experts need to understand more about the protection that COVID-19 vaccines provide in real-world conditions before making that decision. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision. We also don't yet know whether getting a COVID-19 vaccine will prevent you from spreading the virus that causes COVID-19 to other people, even if you don't get sick yourself.

It's important for everyone to continue using all the tools available to help stop this pandemic.

To protect yourself and others, follow these recommendations:

- | | |
|--------------------------------------|---------------------------------------|
| Wear a mask over your nose and mouth | Stay at least 6 feet away from others |
| Avoid crowds | Avoid poorly ventilated spaces |
| Wash your hands often | |

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html#mask>