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Spotlight BUSINESS OF THE MONTH

NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

The days and weeks seem to be flying by. I wonder how many times I have said that I just want things to slow down a little. But you know what? Not this time! Like many of you, I can not wait for this year to be over! With all the political craziness and this virus, and all the changes that have happened in our everyday lives, I know that we are all longing for some kind of normal!

Hopefully, after the New Year, we will begin to see more positive things around us.

Our new normal may not be what it was a year ago, but we can all hope and pray that things will improve and people will feel like they can get on with their lives. But as we head into the fall season, please continue to follow the guidelines, wear your masks, and stay safe.

On a brighter note, *Spotlight Magazine* is holding its own. Yes, things could always be better, but I continue to be forever grateful for the things and people in our lives; and that includes you, our Spotlight readership. Weekly I receive phone calls or bump into many of you in person, and your ongoing show of support is appreciated and very uplifting.

Whether this is your first time reading our publication, or if you have been one of our long-time *Spotlight Magazine* readers, I hope that you have been enjoying your community magazine. If you do, I would ask that you kindly help us out by leaving a review on Google Reviews. Should you also feel so inclined, maybe share a few kind words that would help us tremendously as we continue to strive to be a quality magazine that everyone enjoys.

Thank you in advance and God Bless!,

Bryan McDonough
Publisher, *Spotlight Magazine*, Inc.

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A MONTHLY PUBLICATION
September 2020 | Volume 23 | Issue 09

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WHEN THE SKY LOOKS DARK

Jim Campbell, Pastor, Bay West Church of Palm Bay

Some of the darkest skies I've ever seen happen in Florida.
When the storm is coming, and you look across the sky, it can look very ominous. There's a reason for that. There's a lot of rain and power behind the storm and you can see it from far away. At the same time, on the other side of the storm is usually some of the sunniest skies ever. It's beautiful, usually all year round in between the storms, but too often the storms are what get the headlines. Rarely do you have Jim Cantorre show up just to tell us how awesome our day is going.

That's also the way it is in life also. People are always ready to pronounce doom or pour on the coverage when the sky is dark. Sometimes, people get used to that signal and they consistently try to amp up the darkness in their lives. They always have drama. Every wrong thing is the worst thing, because they spend their life trying to mine for tragedy to spend it to buy sympathy and attention. It's a sad way to live, because they rarely concentrate on the beauty all around them as they look for the dark skies that gets them the spotlight. So basically, you never enjoy the blessings of life, because you don't want to notice them.

There's another problem with this viewpoint in life. When we see the dark storm coming, we spend all our energy on that. When it's over, we spend our time talking about it, and worrying for the next one that might come.

Here's my challenge. Don't fast forward through the sunlight to get to the storms. Also, don't make the storms slow motion so you can milk the moment as long as you can. Take everything in real time. If anything, slomo the sunlight. Make sure you stop and enjoy the bright days a little more, and you might have more energy to last through the storms that are needed.

"Don't fast forward through the sunlight to get to the storms."

In the book of James, James writes that "Every good and perfect gift is from above, coming down from the Father of the heavenly lights…" and we need to treat the good things, and the hard times honestly, with the respect and value they deserve, not because of what they are, but because of Who they came from.

Jim Campbell (@jwcamp on Twitter) is the Lead Pastor of Bay West Church, which meets at 100 Emerson Drive in Palm Bay on Sundays at 11am. For more info on Bay West Church, Like us on facebook.com/baywestchurch, or see baywestchurch.com.

AMERICAN CHEESE **is a Recipe Staple**

With its silky texture, ability to melt, and mild flavor, American cheese can do wonders for burgers and grilled cheese. American cheese can make quesadillas really sing, and it long has been a school lunch staple.

Although American cheese may not be part of high-class charcuterie platters or coveted by French fromageries, it has its own unique place in the culinary landscape.

According to the online cheese purveyor Cheese.com, American cheese is a semi-soft, processed product made from pasteurized cow's milk and has a creamy, mild flavor. American cheese can come in yellow or white varieties.

American cheese is made from a mixture of cheeses, including Colby and cheddar. Each slice of American cheese today contains less than 51 percent of curds, which means it doesn't exactly meet the definition of cheese as defined by the Food and Drug Administration. To be a true "cheese," a product has to be more than 50 percent cheese. American cheese is made from a base of cheese and combined with whey, milk proteins, and emulsifying salts. This blend of ingredients helps American cheese melt without breaking or turning greasy the way a traditional cheese does.

According to the resource Serious Eats, the process for making American cheese was invented in Switzerland. In an effort to reduce cheese waste, scraps from various batches of cheese were melted together and formed into a new product. In 1916, Canadian-American cheese salesman James Kraft perfected and patented the technique. He produced and sold the first American cheese.

While American cheese has cheese in it, labels on the American cheese typically sold at the deli counter typically say pasteurized processed cheese. Those individually plastic-wrapped slices sold in the dairy case often go by pasteurized cheese food. The latter has a higher percentage of added ingredients that affect texture and meltability.

While true cheese connoisseurs may scoff at American cheese, the product certainly has had staying power and stands up in many recipes.

SIGNS YOUR **Pet may be in Pain**

Pet owners go to great lengths to treat their animals well. When a pet is ill, the animal may exhibit signs of anxiety and upset. However, sometimes it is not so easy to detect that something is awry with a pet, even if the animal is in pain.

Companion animals descend from wild animals and it is important for wild animals' survival that they do not display signs of physical weakness. In a domestic setting, pets may hold onto some of these inherent traits, which can make it challenging for pet owners to know when the animal is feeling poorly. Cats are very stoic and it can be easy for humans to miss signs of discomfort or pain, according to Pam Johnson-Bennet, a cat behavior expert and author of several books on cats. Even dogs may not exhibit signs of pain or illness.

By learning to pick up on some cues, pet owners can determine if it is time to make a vet appointment.

• **Lack of appetite:** A lack of appetite might be a sign of various medical conditions or that a pet is in pain. If the animal is normally a chowhound but suddenly he or she is skipping meals or turning up his or her nose at the bowl, be sure to alert the veterinarian, especially if this behavior continues for more than a few days, and especially if water is being refused as well.

• **Irritability:** Cats in pain may be uncharacteristically aggressive, even growling or hissing when other pets or people in the household approach. Dogs, too, may try to avoid contact or even become aggressive. Any noticeable changes in normal behavior can be a cause for concern.

• **Increased sleep:** Pets in pain may sleep more as they try to heal or find it difficult to move around. Shifting positions, hunching and disinterest in chasing toys are other indicators that pets are in pain.

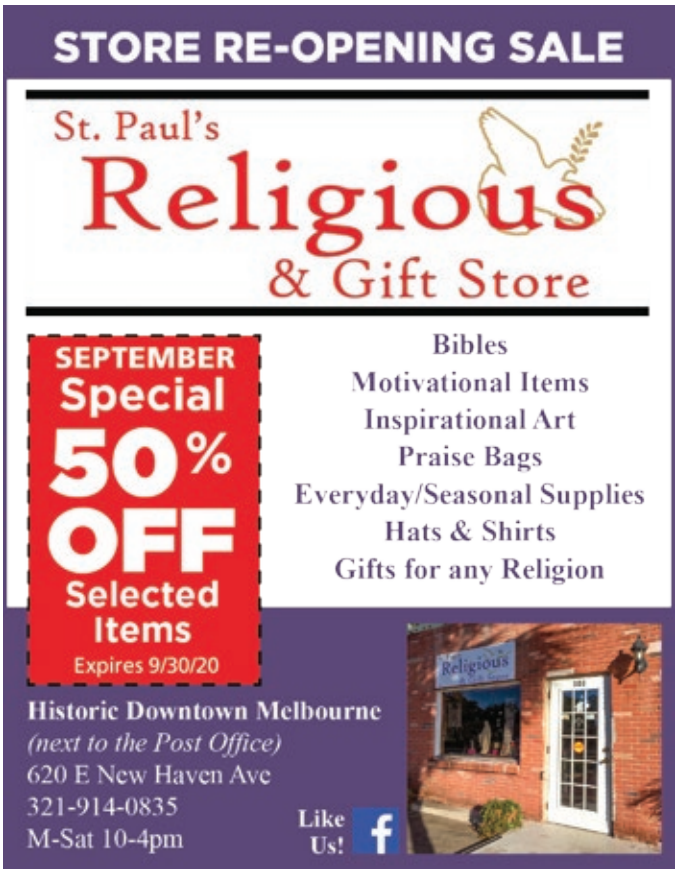
• **Vocalizations:** Both dogs and cats in pain may make be more vocal, either meowing, yelping, growling, or howling to indicate something is not right.

• **Excessive grooming:** The animal resource VetsNow says that if grooming seems excessive or centralized to a spot on the body, it may be the pet's attempt to soothe.

• **Panting or altered breathing:** A dog or cat who is breathing heavily while at rest may have an underlying illness and pain.

• **Potty changes:** Cats may miss the litter box or choose not to use it if they're in pain. Dogs that are ill may have accidents indoors or need to go out more frequently, even if they are house trained.

Those who suspect their pets may be in pain can consult with a veterinarian and monitor symptoms carefully. Do not attempt to offer pain medication without first receiving professional advice.



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Can One Auto Repair Shop make a difference in the fight against breast cancer? You Bet! Again this year, Rich's Auto Tech in West Melbourne Florida will be teaming up with More than 100 Independent Auto Repair Shops across the U.S. by fundraising to support research for the Cleveland Clinic Breast Cancer Vaccine Fund.

FREE BRAKES
DURING THE MONTH OF OCTOBER!

Dr. Vincent Tuohy and his team at the Cleveland Clinic have successfully tested a Breast Cancer Prevention Vaccine in his lab and are working to take it to human trials.

Please help us support Dr. Tuohy's research and help create a world where your daughters and granddaughters will never have to worry about the tragedy of facing breast cancer. Right now his vaccine is specific to triple-negative breast cancer, the most lethal form of breast cancer with no real treatment. We are about a year to going to bedside trials. Dr. Tuohy has received the funding that takes care of FDA, trials, etc., and our donations go strictly to research. The research is to continue the vaccine efforts with the other three forms of breast cancer, ovarian cancer, prostate cancer and possibly a host of other diseases. This is groundbreaking – don't miss out on a chance to make a difference.

Help Rich's Auto Tech put the Brakes on Breast Cancer – and in return, we'll give you FREE Brake Pads! For every brake service performed, our customer will receive their brake pads for free and just pay for the labor and other parts. We will donate 10% of that brake service to The Cleveland Clinic Breast Cancer Vaccine Research Fund.

Brakes for Breasts 10th anniversary 2020

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Safety is the real issue here. According to the AAA Foundation for Traffic Safety, cloudy or severely oxidized headlights can be found on nearly seven out of every ten vehicles over three years old on the road today. Poor driving visibility is the leading cause of night time traffic accidents. Clear headlights show objects one hundred and fifty feet ahead. Oxidized headlights can decrease light projection by up to seventy five percent or just less than forty feet of visibility, exposing the driver to a much higher risk of being involved in an accident. Don't expose yourself or your family to this risk. Call EZ Brite Lights today and resolve this issue. We will make your headlights look new again.

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How to Effectively and Safely SANITIZE A CAR

The COVID-19 pandemic changed the way people live. One readily felt effect was spending more time at home. Vehicles sat idle in driveways and even some automotive insurance providers reduced rates because people were driving much less.

Even with stay-at-home measures in place, people still need to leave their homes to stock up on essentials, such as food or medicine. In other cases, people may have been essential workers who drive for a living, including delivery drivers or health care personnel who were incapable of working from home.

Any time a person goes out in public, he or she runs the risk of contracting viruses. Bacteria and germs may reside on various surfaces, including those inside vehicles.

People want to protect themselves and now are more aware of the importance of frequently cleaning and sanitizing their cars. Keeping a vehicle safe to drive without affecting its upholstery or electronic components is paramount.

The Centers for Disease Control and Prevention makes a distinction between cleaning and disinfecting. Cleaning refers to the removal of germs, dirt and impurities from surfaces. It does not kill germs, but can lower their numbers. Disinfecting refers to using chemicals to kill germs on surfaces. The following are some ways to deeply clean and sanitize a car.

• **Wash hands.** First and foremost, it is crucial to wash your hands before and after using the car. This can reduce the likelihood of growing ill because of transferred viruses or bacteria.

• **Use rubbing alcohol.** Solutions that contain 70 percent alcohol are effective against many viruses and bacteria, including coronaviruses, says the CDC. Furthermore, Jeff Stout, Executive Director of Global Innovation at Yanfeng Automotive Interiors, says that, for the most part, nearly every interior surface of a vehicle can be cleaned with isopropyl alcohol. Plastic to painted chrome to imitation leather have been tested to ensure they don't degrade when exposed to pure isopropyl alcohol.

• **Avoid bleach or hydrogen peroxide.** While bleach and peroxide are very effective cleaners and sanitizers, they are likely to damage a car's upholstery, according to Consumer Reports.

• **Use soap and water:** Experts say that vigorous washing with a soap-and-water solution can be effective against many contaminants because it breaks down the protective envelope that surrounds coronaviruses and other germs to disarm them. Friction also can help to break down germ cells during cleaning.

"You want to do the best with what you have, so even soap and water can chip away at the risk," says Stephen Thomas, M.D., Chief of Infectious Diseases and Director of Global Health at Upstate Medical University in Syracuse, NY.

• **Address frequently touched surfaces.** Pay attention to the steering wheel, door handles, buttons, touchscreen displays, shift lever, and more when sanitizing. Each of these items can harbor germs.

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Brevard Adult and Community Education
WELCOMES NEW DIRECTOR

Brevard Adult and Community Education is excited to welcome its new Director Ms. Lorri Benjamin. We're looking forward to an awesome year!

Ms. Lorri Benjamin, Director of Brevard Adult and Community Education

Letter from Director: "I am pleased to be the new Director of Adult and Community Education for Brevard Public Schools (BPS). This is my 10th year with Brevard Public Schools and I have been afforded the opportunity to work in many different roles in the organization that led me here. I began my career in Brevard as an academic coach in the area of mathematics. I was a coordinator for one of our high school's magnetic program focusing on STEM education and from there I have worked as an administrator in both middle and high schools. Prior to these experiences, I taught Pre-K through 6th grade in Syracuse, New York.

I currently live on Merritt Island with my dog, Rocky. My parents also reside in the area. My son is a graduate of BPS and is currently studying Jazz at Florida State University. My daughter is living in the Central Florida area where she manages a restaurant and is raising my one-year-old granddaughter. I love to travel and experience new places and their culture.

I bring my belief and passion for equity in education and giving back to the community. Adult and Community Education will continue to grow as a place where adult learners can continue or restart their formal education and acquire skill sets that will focus on their individual success and career readiness. We will continue to explore our Career and Technical Ed programs and grow relationships with our business partners. We will also continue to grow our community classes with an inquiry and interest platform that will focus on enhancing the lives of those currently living in our community.

I look forward to collaborating with our local community and businesses. Please feel free to contact me, and we'll get the conversation started."

To stay connected with Lorri T. Benjamin call 321-633-3660 ext. 31401 or email Benjamin.lorri@brevardschool.org.

DOES BACK PAIN GO AWAY ON ITS OWN?

Dr. Deanna Carlisle, Carlisle Chiropractic Center

Eighty percent of people suffer from back pain at some point in their lives. Back pain is the second most common reason for visits to the doctor's office, outnumbered only by upper-respiratory infections. Most cases of back pain are mechanical or non-organic, ai.e., not caused by serious conditions, such as inflammatory arthritis, infection, fracture, or cancer.

What Causes Back Pain?

The back is a complicated structure of bones, joints, ligaments, and muscles. You can sprain ligaments, strain muscles, rupture disks, and irritate joints, all of which can lead to back pain. While sports injuries or accidents can cause back pain, sometimes the simplest of movements-for example, picking up a pencil from the floor-can have painful results. In addition, arthritis, poor posture, obesity, and psychological stress can cause or complicate back pain. Back pain can also directly result from disease of the internal organs, such as kidney stones, kidney infections, blood clots, or bone loss.

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Back injuries are a part of everyday life, and the spine is quite good at dealing with these often "pulled" muscles. These very minor injuries usually heal within 1 or 2 days. Some pain, however, continues. What makes some pain last longer is not entirely understood, but researchers suspect that the reasons may include stress, mood changes, and the fear of further injury that may prevent patients from being active. Sometimes a painful injury or disease changes the way the pain signals are sent through the body, and, even after the problem has gone away or is inactive, the pain signals still reach the brain. It is as if the pain develops a memory that keeps being replayed.

Will Back Pain Go Away on Its Own?

Until recently, researchers believed that back pain will "heal" on its own. We have learned, however, that this is not true. A recent study showed that when back pain is not treated, it may go away temporarily but will most likely return. The study demonstrated that in more than 33% of the people who experience low-back pain, the pain lasts for more than 30 days. Only 9% of the people who had low-back pain for more than 30 days were pain free 5 years later.

Another study looked at all of the available research on the natural history of low-back pain. The results showed that when it is ignored, back pain does not go away on its own. Those studies demonstrate that low-back pain continues to affect people for long periods after it first begins.

What Can I Do to Prevent Long-Term Back Pain?

If your back pain is not resolving quickly, visit your doctor of chiropractic. Your pain will often result from mechanical problems that your doctor of chiropractic can address. Many chiropractic patients with relatively long-lasting or recurring back pain feel improvement shortly after starting chiropractic treatment. The relief they feel after a month of treatment is often greater than after seeing a family physician.

How Can I Prevent Back Pain?

Don't lift by bending over. Instead, bend your hips and knees and then squat to pick up the object. Keep your back straight, and hold the object close to your body.

- Don't twist your body while lifting.
- Push, rather than pull, when you must move heavy objects.
- If you sit for long periods, take frequent breaks and stretch.
- Wear flat shoes or shoes with low heels.
- Exercise regularly. An inactive lifestyle contributes to lower-back pain.

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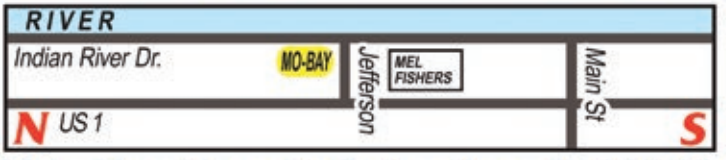

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HOW TO MONITOR YOUR MONEY
when Relying on Cashless Spending

Cashless spending has long been a convenient way to make purchases, and that convenience became even more evident in 2020. The outbreak of the novel coronavirus COVID-19 in the winter of 2019-20 forced people across the globe to change how they live, and those changes even affected how items are paid for.

According to the Centers of Disease Control and Prevention, touching or handling certain items, including cash, could expose people to the COVID-19 virus. That led many people to rely more heavily on cashless payments, including traditional options like credit or debit cards, but also relatively new cashless options, including apps such as Venmo. While these options can be very convenient, cashless payments can make it more difficult for people unaccustomed to making purchases without cash to monitor their spending.

The following are some tips to make it easier for consumers to monitor their spending when they're not using cash.

• **Use an app to track spending.** If you're using an app like Venmo to make purchases, you can just as easily use an app to track that spending. Mint is a free app that automatically updates and categorizes how your money is spent. Users can see how they're spending their money in real time, making it easy to know where they stand with their finances.

• **Recognize the temptation associated with cashless spending.** Studies have shown that cashless spending tempts people to spend more than buying with cash. A recent study from the Massachusetts Institute of Technology asked business students to bid on basketball tickets. Some participants were told they would eventually have to pay with cash, while others were told they would need to use a card. Those who paid by card spent more than twice as much as those who were told they had to pay with cash, which illustrates just how easy it is to spend more on transactions that do not involve cash. By recognizing that temptation in advance, consumers can better prepare themselves to remain disciplined when using cashless payments like credit cards or mobile apps like Venmo.

• **Pay off your balance each month.** If your preferred mode of cashless spending is credit cards, then make sure you pay off your balances each month. This not only saves you from potentially hefty interest charges, but the knowledge that you will need to pay off your purchases at the end of each month can help you stay more disciplined with your spending.

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OVERCOMING CRIPPLING FEAR DURING THE PANDEMIC

Dr. Kevin Kilday, PhD, D.Psc., Holistic Health Center, Specialities: Natural Therapies for Cancer

People who typically worry much about their health react more strongly to health-related threats especially during a pandemic. This is what psychologists are calling Health Anxiety, a serious mental illness.

Health anxiety is characterized by an excessive and persistent fear of serious illness. It often leads to significant suffering and functional impairment. In a recent poll, nearly half of Americans report the pandemic is harming their mental health. Emergency hot-lines for people in emotional distress registered more than a 1,000 percent increase in the last few months. Recently in one month, 20,000 people texted the hot-line being run by the federal Substance Abuse and Mental Health Services Administration.

I don't mean to paint such a grim picture but today many people are suffering. However, there's some good news in this era of sheltering-in-place.

While in-person talk therapy is the go to type of therapy to overcome a crippling fear of health threats, online therapy can be just as effective.

There are significant advantages with online therapy. The online therapist can deliver the treatment regardless of the patient's geographical location, including people living in rural areas. It makes it easier for people who are reluctant to seek psychological treatment due to perceived stigma. It is much more private and convenient to have a session at home at any scheduled time of the day. No hassle taking time off from work or driving to a therapy session.

These are challenging times. We have to hang in there. Love God, love yourself, plus love, respect, and help others. Always practice safety.

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BACK to SCHOOL

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The Tobacco Free Brevard Partnership meeting

Wednesday, September 23, 2020
8:30AM - 10:30AM

You are invited to a Zoom meeting

Register in advance for this meeting by emailing us at
tobaccofreebrevard@gmail.com
for this registration link.

After registering, you will receive a confirmation email containing information about joining the meeting.

EVERYONE IS WELCOME

Tobacco Free Brevard invites you to come help Brevard County become a Tobacco Free Community! Tobacco Free Brevard supports policies that create tobacco free environments, increase restrictions on minors' access to nicotine products and promote tobacco cessation programs.

For more information:
Contact (321) 408-4332 or tobaccofreebrevard@gmail.com

TOBACCO FREE BREVARD

Individuals needing accommodations under ADA should contact the sender of the notice at least 72 hours prior to the scheduled function by calling **(321) 408-4332.**

Advance Employee WELLBEING

By Phyllis Deloach, Secretary, Tobacco Free Brevard

Americans spend more than half of their time at work, and many are either at risk for or dealing with lung disease of some kind. Lung disease, which includes chronic conditions like asthma, COPD, and respiratory illnesses like the flu and pneumonia, is one of the most common and costly of all health problems. Smoking is the leading cause of lung cancer and other major health issues. By making small changes in your workplace environment and providing resources to employees to change behaviors and improve health, you can create a safer and healthier workplace for all employees and see significant savings in healthcare-related costs.

Small changes can include focusing on indoor air quality, providing quit smoking resources for employees, educating those living with a chronic lung disease and helping employees adopt healthier lifestyles.

TOBACCO FREE BREVARD

All workplaces should be 100% tobacco-free to ensure that employees are breathing safe and healthy air. Secondhand smoke is a serious health hazard, causing more than 41,000 deaths per year. It can cause or exacerbate a wide range of adverse health effects, including lung cancer, respiratory infections, and asthma. Tobacco-free worksites protect employees from the harmful effects of secondhand smoke, can encourage current tobacco users to reduce their use, and help those who are trying to quit. It's an opportunity for employers to reduce the negative impact of tobacco on their emSployees and their business.

> "Smoking is the leading cause of lung cancer and other major health issues. All workplaces should be 100% tobacco-free to ensure that employees are breathing safe and healthy air."

Organizations can take immediate advantage to advance employee wellbeing through the Wellbeing Works Florida program. Wellbeing Works Florida is a collaborative program between HR Florida State Council and Tobacco Free Florida. The program helps organizations improve employee wellbeing while connecting them to free resources and tools.

Tobacco Free Florida offers comprehensive support to help employers implement workplace policies and programs that support a healthy work environment, while contributing to a healthier bottom line. For assistance with developing tobacco-free worksite policies or for more information, contact BTI at 321-726-2860 x 2726.

NATIONAL **Recovery Month**

by Angela Bozorth, CCJAP/CSAC/ACA

For over thirty years, here in the US September has been recognized as National Recovery Month. The primary goal is to educate Americans that recovery is possible with proper substance abuse treatment and adequate mental health services. Right now in our country, there are millions of people living healthy, productive lives they and their families never thought was possible during the depths of their addiction. This year's theme for National Recovery Month is Join the Voices for Recovery: Celebrating Connections. This focus is a reminder that recovery is possible but not in a vacuum and that is why substance use and mental health conditions such as anxiety and depression have escalated during this pandemic.

Because addiction thrives in isolation people struggling with substance abuse often become even more secretive out of the guilt and shame that relapse causes. This behavior then increases to include avoidance of any social interaction where there is a fear of their drug or alcohol use being discovered. Many people attempt to use excessive work as a way to stave off the addiction but once someone has relapsed, it will only be a matter of time before they are back to their previous life of daily drug use. As a result, the addict's life will begin to slide into chaos whether it be financially, spiritually, emotionally. Health, relationships, and employment all suffer once addiction takes hold. Many times over the years I have had clients tell me they are newly sober and doing fine, everything is good with their job, their family, and they feel they have everything under control. However, when I ask what they are doing for their recovery, they reply they've got that under control and it's in the past. Unfortunately, if recovery isn't put first in an addict's life, the addiction will take top priority. It will not be denied.

"Because addiction thrives in isolation people struggling with substance abuse often become even more secretive out of the guilt and shame that relapse causes."

So that is why National Recovery Month is so important, especially in this new Covid-19 era when norms have changed and people no longer connect with each other on a regular basis. The main goals are to educate the public, especially young people as well as others vulnerable during this unprecedented time and advocate for people struggling during this crisis and are unsure of how to remain sober or get back on the right track after a relapse.

Treatment and Recovery are the two most vital keys to getting life back on track. There are 12 Step meetings as well as many other programs now offering virtual meetings. So if you or someone you care about is struggling with addiction, research, and reach out. It can be as easy as googling "local addiction help" and a list of services are provided. Remember, help is still just a phone call away so reach out today. Life is too short to suffer in secrecy.

* If you or someone you know is searching for help with their addiction, reach out to CHANGES RECOVERY SERVICES at (321) 506-2765.

Angela is a certified substance abuse counselor in FL and NC. Email at angelabozorth50@gmail.com.

DON'T DO THIS IN AN INTERVIEW

Alan Bernstein, SHRM-SCP

During a recent job search training, one of my students asked: "What is the one thing I should never say or do in an interview?" My initial response was "There really isn't just one thing!". After some group discussion, I offered my top three things to avoid when searching for a job.

Don't be late

Of all the things that can go wrong, top of the list is being late to the interview. There is an old expression: "If you are not 15 minutes early, you are late". That is great advice when interviewing.

If you are running late, call ahead. While you cannot beat the clock, you can communicate your schedule and show professionalism.

Pro-tip: If you arrive sooner, sit in your car until 15 minutes prior. Too early and you put the interviewer in the uncomfortable position of having to rearrange their schedule to accommodate you.

Don't try to be funny

Having a sense of humor is a good thing, but interviews are about job skills and capability. You want to be personable and communicative. Telling jokes or being silly reduces your professionalism.

Recently I interviewed someone for a restaurant position. I asked, "why should my client hire you" and he responded: "Because I have a great smile" and then laughed because it was meant to be funny. We did not move forward.

Don't come unprepared

It is your responsibility to be prepared for the interview. You should bring two copies of your resume and something you can take notes with, such as a pad of paper and a pen or pencil.

Research the company before the interview and read the job description so you can know what questions to expect. If you don't have a job description, lookup similar jobs online to get a feel for what you might be asked in the interview.

Pro-tip: Ask for a business card or write down the interviewer's name and email so you can follow up later with a thank you note.

In Conclusion

There are many ways to trip up. But with practice, you can master the basics. Many mistakes are avoidable with a little foresight and planning.

Alan is the owner of HR Office Savers, Inc., an independent human resource consulting firm that supports small local businesses and individuals with their human resource needs, including staffing, compliance, and job search. Prior to launching his business, Alan held a series of Human Resource positions of increased responsibility at Harris Corporation, Honeywell International, GTSI Corp, and Verizon Wireless. Alan holds a bachelor's degree in Psychology from The University of Buffalo, is Six Sigma Green Belt Certified, and is a Senior Certified Professional with the Society of Human Resource Management. HR Office Savers offers a full range of human resource support options, from employee relations to termination, including performance improvement plans and progressive discipline policies. Contact us today at www.HROfficeSavers.com. Promoting positive and sustained employment for both workers and employers! You can join Alan on his free monthly webinar "From Resume to Hired" the third Friday of every month from 1-2pm. Register at HROfficeSavers.com.

DIABETES: **What is your A1C number telling you?**

The Diagnosis: Your doctor just gave you the diagnosis "I'm sorry, you have diabetes. Your A1C is high, it is 9, should be under 6.5. You need to do something about it, I may have to put you on medication." Your head is still swirling around that diagnosis, Diabetes with a big "D".

What does high A1C mean? What's so different between 6.5 (nondiabetic) and 9, it is only a difference of 2.5. Doesn't seem so bad. You're looking at a number which just an indicator of what's going on in your body, not just with glucose metabolism, but metabolism as a whole.

Glucose the Energy fuel: Glucose, of course, is our energy fuel, it is very important. We use it for making energy, building up cells, tissues, repairing ourselves. Our muscles need its energy to work. Glucose needs to be inside the cell.

Insulin resistance: Insulin will take the glucose inside the muscle cell with its receptor. it's like the doorman opening the door, for you. When the glucose is high, your pancreas, puts out a lot of insulin. At first, muscles are happy to open the doors and letting the glucose in. and extra is stored as glycogen. However, they only have limited capacity to store. Once you have enough in the muscle, muscle shuts the door, switches off or removes the insulin receptor. No matter how much insulin is there, insulin cannot get glucose into the cells. Insulin resistance develops.

Excess glucose, the troublemaker: Excess glucose in the blood waiting to be converted to storage, is a troublemaker. It starts combining with different proteins in your body such as hemoglobin, your A1C (HbA1C). That number tells you how much of hemoglobin, which is your oxygen carrying molecule in your RBC, is coupled with glucose.

Glucose and proteins a deadly marriage: It takes a lot of glucose to make those numbers change. That's why that little difference of 2.5 from 6.5 to 9 means you had a lot of excess glucose in your blood. For rough estimate just multiply A1C by approximately 20. For 6.5A1C, your fasting glucose level, is about 130. Not perfect, but not terrible. When A1C is 9 it is180. You can do something about it. All the lifestyle choices matter. A1C is trying to get your attention.

Want to know more how Liver plays an important role in this orchestra? Stay tuned.

Dr. Jaya Prakash, MD, MPH
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Take Charge of Your Health

TIPS FOR GMAIL USERS

Bill Ford, Data Doctors Computer Service

Change is hard, especially when it comes to our computers, but there are so many advantages to using Gmail over a traditional email program that the learning curve will be worth the effort.

One of the great things about Gmail is that no matter what email service you use, it can become your primary interface: https://bit.ly/2WLqY2F

Once you've made the switch, you're no longer beholden to any specific computer because all it takes is a web browser to access your email from any device or location in the world. These tips assume you'll be using Gmail from your computer, so some of the features discussed may not appear if you're using the Gmail app on a mobile device.

Gmail also has some of the best junk message filtering technology as well as a huge number of add-on tools from third-party vendors that can really improve your productivity: https://bit.ly/39kPIDS

Archiving vs. Deleting

Archiving removes the message from your Inbox and places it into a private section that you can easily search through later. It's a management tool that allows to clear out your Inbox but still keep the messages available for future use (click on 'All Mail').

Search

Search is probably one of the most powerful tools in Gmail as it leverages Google's industry-leading search technology. Using simple keywords will usually find the messages that you are looking for, but if you ever need to really get specific, click the down arrow on the far right side of the search box for more options.

Snooze

If you're constantly bombarded by new email messages, you can easily snooze any message so it comes back to you at a more appropriate time. It's available on any message via the clock icon that appears on the far right whenever you are hovering over any message. All your snoozed messages are always available by clicking on the 'Snoozed' label of the left column.

Keyboard Shortcuts

This is where things can get really efficient, but first make sure that you have turned on this feature by clicking on the gear icon in the upper right side of Gmail and then on 'See all settings'. You'll need to scroll down about halfway to see the setting and while you're there, take some time to review the other options that can dramatically change the way Gmail works for you. Once turned on, you'll have an enormous number of keyboard shortcuts available such as tapping 'c' to compose a new message, '!' to report spam messages, 'e' to archive messages and '#' to delete a message.

A full list of the available keyboard shortcuts is posted here: https://bit.ly/3eYHMJW

Confidential Mode

If you want to prevent recipients from forwarding, printing, copying or downloading your message, click on the icon that looks like a clock with a lock to the right of the Send button at the bottom. This mode also allows you to create an expiration date for the message.

Dig In to Learn More

There are so many features and options in Gmail that can be discovered simply by clicking on icons and exploring all of the tabs in the Settings menu, which will be time well spent.

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7. Name our advertiser who is a personal chef and also offers catering.

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CAR TROUBLE? **Check the Fuse Box**

Modern automobiles are technological marvels that rely on electrical components more than ever before. According to The Family Handyman, vehicles have 40 or more fuses grouped in two or more places.

Just like fuses in a home's electrical panel, automotive fuses stop excessive current flow that can overheat circuits, damage equipment or cause fires. Any electrical component in a vehicle, such as the radio or headlights, are tied to a fuse.

When something goes awry with automotive electrical components, drivers may be quick to believe the components themselves or even the car's battery or alternator are to blame. Mechanics say that it's entirely possible that a blown fuse is the cause of the problem. Simply checking and/or replacing the fuse can alleviate the issue.

Finding the fuses

The location of the fuse box depends on the make and model of the vehicle. Drivers should consult their owner's manual to learn where the fuse boxes are located. Some vehicles have two fuse boxes that serve different purposes. Engine compartment fuse boxes protect certain engine components, including the anti-lock brake pump. Fuses inside or beneath the dashboard may protect dome lights or the air conditioning system.

According to How a Car Works, the individual fuses in the box are typically numbered. That makes it easier for drivers to determine which vehicle components aren't working. If the fuses are not numbered, then it's a matter of removing fuses to see which circuits stop working to help narrow down the issue.

Replacing fuses

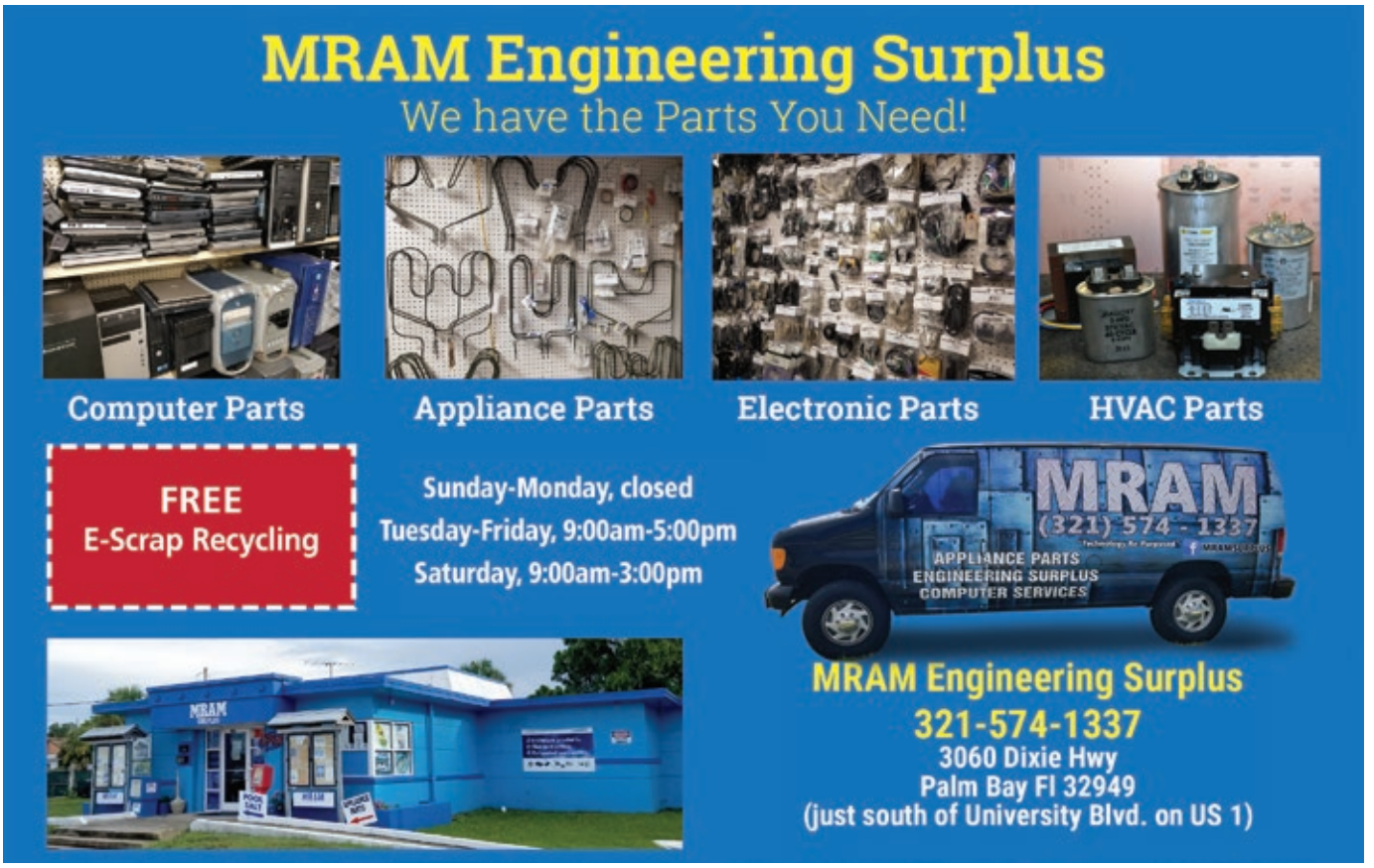
Vehicles may have different types of fuses. It's important to know which ones are in the car so you can get the right replacement.

"Blade" fuses are common and have a conductive horseshoe-shaped metal strip that runs through an outer plastic housing. If the metal strip appears broken, the fuse is no good.

Cylindrical glass fuses are found in some cars. They're also known as "Buss" fuses. If the metal strip that runs down the center is broken, the fuse needs to be replaced.

Regardless of their design, fuses will be clearly labeled with their ampere ratings, according to CarID. Physically remove the fuse using a small, specially shaped fuse puller tool that may be included inside the fuse box. Replace the fuse with one of the same amperage by gently pushing it into place.

If the new fuse blows relatively quickly after replacement, or multiple fuses blow at one time, a larger current issue may be the problem. Consult a mechanic in this instance.



LIFESTYLE, HEALTH & WELLNESS WEEK
September 21-25, 2020

Living your best life involves our overall health and the important choices we make along the way. The lifestyle we choose can have a real impact on our future health… many times an accident or illness puts us in a position where education and accurate information is an absolute necessity in making the best decisions. As we age, knowing our options becomes so critical in choosing the services and care that meets our specific needs! In all these circumstances, it is what we know and who we can trust that plays such an important role in our decision-making process.

The Lifestyle, Health & Wellness Week helps you focus on living your best life! Hosted by the Greater Palm Bay Chamber of Commerce, September 21-25, every day features a 10:00 am presentation on Facebook. The event is FREE and accessible to anyone. Throughout the week, expert panelists are scheduled to speak on various Lifestyle, Health & Wellness topics such as Chronic Illness, Nutrition, Elder Law, Dementia, Medical Cannabis, Senior-Life Transition, Financial Health, Mental Health, Pain Management, and much more.

The Expo will kick off with The Big Red Bus at the Chamber offices located at 4100 Dixie Hwy NE in Palm Bay Monday, September 21, from 10:00 a.m. until 3 p.m. for the public to donate blood, get a wellness checkup including: a Covid-19 Antibody test, blood pressure, temperature, iron count, pulse, and cholesterol screening.

Each day the community can participate in fun outdoor activities with local community leaders. All events except kayaking ($10) are FREE and open for anyone to attend.

Monday in Malabar with Dr. Mark Mullins, Superintendent of BPS, Cycle Malabar Scrub Sanctuary following avid mountain bikers, Dr. Mark Mullins or Danny Timothy, Manager of El Chico Mexican Restaurant to go on a variety of trails. You can also meet to walk the paths or rollerblade/skate. FREE pedometers from VITAS for all participants.

Tuesday Turtle Trek with Debra Foley, Partners in Education Coordinator for Brevard Public Schools, Meet at 7 a.m. at Tuckaway Shores on A1A for a lovely morning stroll on the beach. We are hopeful that turtle sightings will occur. FREE pedometers from VITAS for all participants.

Wednesday Wheels or Walk with Keith Gee, Executive Director of Bridges and inline skater, & Dawn Bittar, Skate dancer and Carolina Rojas, to skate/rollerblade along the paved path at Malabar Scrub Sanctuary. If you prefer, follow Danny Timothy, Manager of El Chico Mexican Restaurant, through cycling trails, or come out to walk the paved path or trails. FREE pedometers from VITAS for all participants.

Thursday Turkey Creek Kayaking at Paddling Paradise. Paddle down Turkey Creek or out into Palm Bay for a fun adventure on the water. $10 rentals.

Friday Focus Your Mind Health with a Virtual Trivia Contest.

It will be a week committed to education and awareness to give you the tools you need to LIVE YOU BEST LIFE!

The Greater Palm Bay Chamber of Commerce continues to bring innovative events with Mayhem: From Dawn Till Dusk, a world-class drone racing the event at Valkaria Airport October 3-4. Professional drone racers, coming from throughout the United States, compete for an unofficial World Record for the longest drone race for 12 hours. A perfect event since most of Brevard County schools have a drone-racing team and we have a number of local drone manufacturers. Come out to watch drones race through an obstacle course at high speeds, enjoy food trucks and vendors for a fabulous weekend of thrills and adventure.

For more information or sponsorship opportunities, please contact the Greater Palm Bay Chamber of Commerce at 321-951-9998 or go to www.greaterpalmbaychamber.com.

HOW TO COMBAT **Dementia and Memory Loss**

Alzheimer's Disease International says that there were approximately 50 million people living with dementia in 2017. Experts predict that number will roughly double every 20 years, highlighting just how pervasive dementia is across the globe.

Dementia describes symptoms affecting memory, thinking and social abilities. The Mayo Clinic says dementia can become so severe that it interferes with daily life. Alzheimer's disease is the most common cause of progressive dementia, though there are other causes as well. Dementias can result from frontotemporal lobar degenerations, vascular disorders, Parkinson's disease, and Lewy Body disease.

Depending on the cause, some dementia symptoms may be reversible. For example, medical professionals have discovered a link between insulin resistance and the development of dementia. Insulin resistance, which results from eating too many carbs and sugar and not enough fat, is a major factor that contributes to Alzheimer's disease, according to The Women's Alzheimer's Movement. Some scientists now refer to Alzheimer's as "Type 3 diabetes." Cutting out sugar and refined carbs and adding lots of good fats may prevent and even reverse pre-dementia in many aging adults.

Using an animal model, researchers at Temple University Health System discovered that a drug blocking inflammatory molecules known as leukotrienes can reverse tau pathology, the second most important lesion in the brain in patients with Alzheimer's. This can bring hope that medication may help reverse Alzheimer's instead of just mitigating symptoms.

Other ways to prevent or reverse dementias involve preventing the brain pathology that occurs. For example, reducing the risk of stroke can prevent vascular dementias. Dementia risks linked to infections and immune disorders may be lowered by making dietary changes or taking appropriate medications for conditions.

The Mayo Clinic also says nutritional deficiencies, such as dehydration and not getting enough vitamins B1, B6 and B12, can cause dementia-type symptoms. Dementias linked to heavy metal poisoning also may be resolved with treatment.

In addition, people can take proactive approaches to preventing aging of the brain even if they aren't yet suffering cognitive decline. A proactive approach can include:

- getting adequate sleep;
- controlling stress levels;
- getting thyroid and reproductive hormone levels checked and treated, if necessary;
- exercising daily, aiming for at least 30 minutes;
- Eating healthy fats like omega-3 fatty acids, which are found in fatty fish, coconut oil, olive oil, whole nuts, eggs, and some seeds; and
- reducing consumption of sugar and processed carbohydrates.

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G	R	B	N	V	P	E	E	C	N	E	N	I	T	N	O	C	N	I	Y
C	D	X	C	B	E	C	L	T	G	V	C	X	F	N	O	C	W	P	U
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X	K	T	N	N	N	E	E	V	T	B	I	E	S	A	F	X	Y	I	M
I	V	K	I	V	I	I	K	K	I	I	I	T	Y	E	I	L	P	M	L
K	E	E	N	E	T	D	B	M	O	T	N	W	E	L	L	N	E	S	S
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E	I	T	B	P	A	B	R	B	N	B	P	T	G	B	K	V	L	Y	S
L	L	D	R	I	M	O	W	Y	V	F	U	M	N	N	R	C	B	F	O
F	X	F	G	D	H	Y	D	R	A	T	E	R	A	E	O	C	I	T	A
C	L	I	P	P	E	R	S	I	T	U	K	L	T	H	V	C	D	T	N
R	E	X	A	M	I	N	A	T	I	O	N	W	C	B	S	E	N	K	F
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B	K	T	L	I	I	N	U	T	R	I	T	I	O	N	P	F	D	D	N
V	B	D	F	C	L	N	K	C	H	R	O	N	I	C	Y	H	D	Y	N
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Send answers to Spotlight Magazine to enter a drawing for the prize(s) listed above. Please PRINT answers along with your name, address and phone number. ONLY ONE ENTRY PER HOUSEHOLD PER MONTH. Entries must be received by the 18th of the current month so winner's name can appear in the next issue. Winner will be notified by mail. One winner will be drawn at random from all correct entries. Mail to: Word Search, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197

GRACE MAKES IMPOSSIBLE POSSIBLE!

John Carrigan, CCM: Together, doing life RIGHT!

I've always believed it was possible to do the wrong thing for the right reasons, like stealing bread for your sick child, and the right thing for the wrong reasons, such as volunteerism or charity work for praises from others. Using my limited understanding of human nature, including my own, I believed it was a matter of our heart and intent. That's a slippery slope to stand on because we begin to judge other people's sin by the standard of it being worse than ours. We become upset when others sin worse than we do, and seemingly never face any consequences.

> "I had to get down on my knees and ask God to help me forgive the person who did it and to let it go forever. With man, that's impossible, but with God nothing is impossible."

The world hasn't changed since ancient times. Religious persecution and systematic racism are wrong, killing people is bad. So is rioting and looting. Many of those out in the streets of 2020 are peacefully protesting, some got caught up in the moment and maybe doing things they'll regret later. Still, some others are opportunistic criminals taking advantage to wreak havoc. Hopefully, the authorities will soon take control back out of respect for the innocent and those who aren't infringing on the rights of others. Amid city chaos, God is still in control.

Someone sent me a link to live video of the turmoil in my hometown, Philadelphia, that brought back a painful memory of growing up there. As a teenager, while in an area near to where the video was coming from, I was hit in the back of the head with a brick by people who were never caught. As bad as it was, it could have been much worse that day. What impacted me most was the realization today that I was still carrying that brick around today over forty years later. The scar on my head healed but there was still a wound in my heart that Satan reminded me of. I had to get down on my knees and ask God to help me forgive the person who did it and to let it go forever. With man, that's impossible, but with God nothing is impossible.

Once we were dead in your trespasses. Like Paul, we were once dead, but the Lord, rich in mercy, showed mercy because we were ignorant. A corrupt policeman, a rioting looter, even terrorists, and racists, should not get a pass from man's law, but because they are ignorant of God's love for them and what He's done for us all (John 3:16). They can have an opportunity to share in the same grace that saved me and you.

Scripture references from NIV unless otherwise noted.

SIMPLE WAYS TO IMPROVE **a Kitchen Pantry**

People have been spending more time at home in 2020 than in years past, and certain projects around the house have become a priority. One home improvement idea that serves the double benefit of creating organization and making cooking at home more efficient is to reimagine the kitchen pantry.

A pantry is a room or closet where food, beverages and linens or dishes are stored. Pantries can be highly useful spaces that provide ancillary storage in kitchens. Many modern homes are equipped with pantries, but older homes may require some modification to create more useful pantries. Whether starting from scratch or modifying an existing pantry, these tips can help projects go more smoothly.

• **Maximize vertical storage.** Utilizing vertical areas can help increase storage capacity. Build in extra nooks by investing in undershelf storage baskets. These baskets can instantly create designated areas for different types of ingredients. Homeowners also can look for ways to use the inside of cabinet doors or add extra shelves on walls or in eaves.

• **Consider your needs.** Figure out which items you would like to store in the pantry and then shop for corresponding storage systems. For example, storage solutions may feature wine bottle racks, baskets for potatoes and other produce, shelving for small appliances, and even pull out racks for baking pans or cutting boards.

• **Use clear storage.** Put ingredients in clear, airtight containers of similar dimensions so that you can easily find items you need. Transfer bulky items, like cereals and baking supplies, to storage containers for uniformity.

• **Store bulk items elsewhere.** Bulk shopping can be cost-efficient, but bulk items can quickly eat up real estate in the pantry. Designate another area for non-perishable bulk products, like paper goods or canned items, such as in a garage or utility room.

• **Pull out drawers are convenient.** Pull-out drawers can reduce the need to seek and reach for items. These drawers conveniently roll out so items in the back can be accessed without disturbing foods in the front. Drawers can be custom built for any pantry space.

• **Make it accessible.** Think about who will be taking items from the pantry. Put children's snacks on the bottom pantry shelf where they can reach them, and then organize other shelves for adults in the home.

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Dangers Associated with ATRIAL FIBRILATION

Atrial fibrillation, commonly known as AFib, is a heart condition characterized by a quivering or irregular heartbeat, called arrhythmia, says the American Heart Association. Millions of people across the globe currently live with AFib.

When a person has AFib, the heart's two upper chambers, known as the atria, beat chaotically and do not coordinate with the two lower chambers, states the Mayo Clinic. AFib can cause heart palpitations, shortness of breath and weakness. AFib is not often life-threatening, and symptoms may come and go. However, side effects of the condition can be dangerous.

AFib often results in poor blood flow, which can cause pooling of blood in the atria. The AHA notes that the risks of clotting increase as blood pool. If a clots forms in the atria, it can be pumped out of the heart and reach the brain, potentially blocking off the blood supply to an artery in the brain. This is known as an embolic stroke.

AFib also can reduce the heart's pumping capacity. An otherwise healthy heart may be able to compensate for this reduction in efficiency. But those with damaged heart muscle or valves cannot. AFib can trigger breathlessness and exercise intolerance and potentially coronary artery disease, offers Harvard Medical School. Other problems from poor pumping can cause blood to back up into the pulmonary veins, the vessels that return oxygen-rich blood from the lungs to the heart. This can cause fluid in the lungs. Fluid also can build up in the feet, ankles and legs.

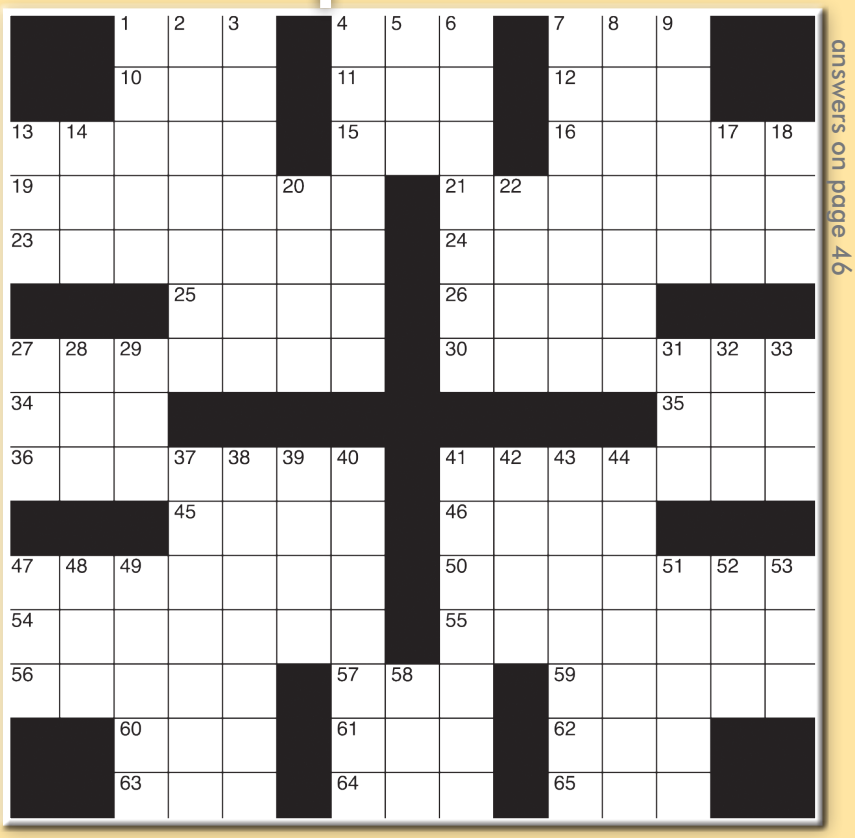
There are various potential causes for AFib, including the following conditions:

- high blood pressure
- abnormal heart valves
- previous heart attack
- congenital heart defects
- overactive thyroid
- exposure to stimulants
- previous heart surgery
- lung disease

Some people with AFib do not have any heart defects or damage, and the cause is unclear.

The Mayo Clinic says treatment goals for AFib include resetting the rhythm or controlling the rate of the atrial valves, known as cardioversion. This can be done electrically or through the use of drugs. Sometimes, other therapies to control atrial fibrillation do not work. In these cases, a doctor may recommend a procedure to destroy the area of heart tissue that's causing the erratic electrical signals and restore the heart to a normal rhythm. Medication to prevent blood clots and reduce the risk for stroke often are prescribed.

Spotlight crossword puzzle



answers on page 46

clues ACROSS

1. Chop with an ax
4. Where a bachelor lives
7. Indicates near
10. Doctors' group
11. It's just a number
12. Type of bread
13. Lively ballroom dance
15. Charles S. Dutton TV series
16. A way to use up
19. Singular event
21. Home of Disney World
23. Minerals
24. Most insightful
25. Consult
26. In addition
27. Agents of downfall
30. Organizations
34. Supervises flying
35. Bar bill
36. Alfalfa
41. Dish soap
45. Witnesses
46. Ancient Greek City
47. Newspaper bigwigs
50. Discuss again
54. Small group with shared interests
55. Support
56. Popular sportcoat fabric
57. Take hold of
59. Pre-Mayan civilization
60. Woman (French)
61. Wheeled vehicle
62. Georgia rockers
63. Cold War player (abbr.)
64. Pitching stat
65. Attempt

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clues DOWN

1. Czech monetary unit
2. Arousing intense feeling
3. Elks
4. Muscular weaknesses
5. Before the present
6. Figures out
7. Infinite
8. A low wall
9. Silly
13. Political organization
14. Used of a number or amount not specified
17. Divisions of the psyche
18. Denial
20. Ancient Iranian person
22. Count on
27. Popular sports league
28. Water (French)
29. Partner to cheese
31. When you hope to get there
32. Angry
33. One point east of due south
37. Respects
38. Organize anew
39. French wine grape
40. Intrinsic nature of something
41. Neural structures
42. Brews
43. Where ships take on cargo
44. Holiday season singer
47. Shock treatment
48. Popular average
49. Products
51. A type of bear
52. Utilize
53. Old world, new
58. Swiss river

"Small Jobs are what I do" –**Melbourne Family Handyman**

Although I am a new business owner, I have had over 20 years of experience in all areas of home maintenance, construction, and repairs. My customers' preferences and priorities always come first. I work closely with each client to ensure that their project is completed in a timely fashion, while maintaining unmatched attention to detail.

Melbourne Family Handyman is building a reputation for quality work with each satisfied customer. I take a great deal of pride in every restoration I complete from painting and finishing, to clean outs and room remodels.

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Small jobs are what I do, so when everyone else says "no," give me a go!! Call Keith Lewis at Melbourne Family Handyman 863-231-8217.

Health First

COVID-19 Isn't Just a Physical Threat – It's an Emotional One, Too

By Sara Paulson, Health First

Sure, we know it's important to do our part to protect ourselves against COVID-19 – hand washing, social distancing, mask-wearing and more. We get that.

But then there's the mental health toll the pandemic has unleashed.

For months, COVID-19 has left many of us feeling drained. We're dealing with all kinds of anxiety, stress and even fear. Some of us, quite frankly, feel hopeless – that we have no control. However, what we can control is our mindset, if we work coping skills into the fold of our daily lives.

"One strategy is finding the time to relax, which is an extremely important element in mental and physical health," said De Ann Collins, a Licensed Clinical Social Worker and Program Manager at Health First's Senior Behavioral Wellness Intensive Outpatient program. "Start by scheduling one or two minutes a day to just focus on breathing."

It's a simple task that can reap plenty of rewards – not just during this public health crisis, but for any situation that might be adding stress to daily life. Consciously being aware of breathing and focusing solely on that can be soothing and invigorating. Just carve out a little quiet time and have at it.

"As this becomes more comfortable, start to extend the amount of time, gradually working up to five or 10 minutes," De Ann said. "It's also important to learn what your signs of stress and feeling overwhelmed are so that you can be proactive in managing your mental health and wellness."

Some of us feel like we can't relax or just don't know how. It's something that can be learned, though.

For example, start by soaking in your surroundings. Engage your five senses to be more in tune with your body and the sensations you feel. What do you see? How does the air feel on your skin, or what about the sensation of the ground under your feet? Do you notice any smells or aromas? What sounds can you hear? Acknowledging these things can help clear your mind and make room for positive thoughts – all while recharging your body.

It can be tough to find a positive outlook when things seem so uncertain. However, your view of the world is about perspective.

"One person sees it's raining outside and immediately starts complaining about the clouds, the mud or the way people drive," Collins said, "while someone else immediately thinks of how nice it is that it's raining, cooler outside, the plants become green again and they don't have to add water to their pool because it saves them money."

For some of us, a simple shift in how we perceive things can make a huge difference in relaxing, refueling and increasing our positive outlook on the world.

If you or someone you love needs some help emotionally navigating these trying times, Health First's Senior Behavioral Wellness Services is available to help. If you have questions about our services, please call 321.434.7604 for more information. To schedule a virtual or in-office appointment with one of our family practice providers, call 321.434.3131.

PUZZLE [PG36] SOLUTION
How well did you do?

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		S	S	R		E	R	A		T	R	Y		

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