



## NATIONAL SELF CARE AWARENESS MONTH

### What is Self-Care?

Self-care refers to the deliberate activities we **do** in order to meet our physical, emotional, and mental health needs

Try some of these Self-Care activities this month!

### GETTING ENOUGH SLEEP



### EATING HEALTHY FOOD

### GOING FOR A STROLL



### DRINKING PLENTY OF WATER



- practicing personal hygiene
- learning a new hobby or skill
- practicing mindfulness



## EVENTS:

### PEER SUPPORT AND INDEPENDENT LIVING SKILLS:

- **Cooking Class & Healthy Living:** Happening the 1st Monday of the Month at 10 am. Are you looking to develop your cooking skills and incorporate healthy living? Plan on attending our Cooking and Healthy Living Class! Join us for our cooking class with our Chef Adonis while learning tips for healthy living from our health advocate, Brina. Our class will involve hands on learning with affordable, nutritious, easy to do meals. Join us for a culinary experience.
- **Stretch and balance class:** Happening Wednesdays at 11:30 AM. This is for all levels and abilities. The class will include both seated and standing stretches. Health benefits of this class:
  - Breathing practices to reduce stress
  - Balancing techniques to keep us steadier and stronger on our feet

Please call the center to reserve your seat at (305) 453-3491



## YOUR HEALTH + COVID

Is it COVID, Allergies, a Cold, or the Flu?

### COVID-19

*What to Know:* After a steep decline in COVID-19 cases following the Omicron surge in the winter, cases are rising again in the majority of states. This latest uptick is fueled by the Omicron subvariant BA.2, as the virus continues to circulate in New York and throughout the country.

*Key Symptoms:* Typical symptoms of COVID-19 include headache, sore throat, fever, congestion and runny nose, cough, shortness of breath, muscle aches, severe fatigue, nausea, diarrhea, and a loss of taste and smell, according to the Centers for Disease Control and Prevention (CDC).

### Cold

*What to Know:* People are accustomed to dealing with runny noses and scratchy throats in the fall and winter, but people can also get the common cold in warm weather, says Dr. Tung. As with COVID-19, viruses that cause a cold can transfer through the air, and through physical contact.

*Key Symptoms:* The usual symptoms that come with the common cold are sore throat, congestion, runny nose, fever, and body aches. Sinus infections can be associated with the loss of smell and taste, but regular colds typically don't affect those senses to the degree that can be seen in COVID-19.

### Flu

*What to Know:* The flu, like a cold and COVID-19, is a viral infection. Due in part to COVID-19 mitigation efforts, flu activity has been relatively low the last few years. The flu usually peaks between December and February, but it can continue into the spring. In fact, for the 2021-22 flu season, the CDC noted an uptick in March after seeing declining cases from mid-December through January.

*Key Symptoms:* Even though the flu and COVID-19 are caused by different viruses, says Dr. Ting Ting Wong, an attending physician and infectious disease specialist at New York-Presbyterian Brooklyn Methodist Hospital, they share a number of common symptoms: fever, fatigue, cough, sore throat, runny nose, body aches, headaches, vomiting, and diarrhea. If you find yourself experiencing any of these symptoms, it's important to get tested, diagnose your illness, and begin treatment as soon as possible.

Read more here

## Assistive Devices: Free of cost loan closet

We are still maintaining our loan closet filled with assistive devices of shower chairs, walkers, commodes etc. We THANK all who have donated their equipment for the purpose of sharing it with others. We have many happy consumers who might otherwise go without if it were not for these thoughtful donations.

If you are in need an assistive device, let us know and we will check to see if we have the needed item available. All items are loaned out at no cost to the consumer for as long as they need them.



### Contact Us:

Keys Advocacy Center d/b/a Center for Independent Living of the Keys

**Mail:** 103400 Overseas Hwy Ste 243  
Key Largo FL 33037

**Office:** 305 453 3491  
**Cellphone/text:** 786 377 4001  
**Fax:** 305 453 3488

**Email:** [cilk@cilofthekeys.org](mailto:cilk@cilofthekeys.org)  
**Website:** [www.cilofthekeys.org](http://www.cilofthekeys.org)  
(contact form)

**Messenger:** Like us on Facebook

# TRIUMPHANT SAGAS

## CIL of The Keys Success Stories

Carol has lived in the Florida Keys for the majority of her life, where she works and maintain a healthy lifestyle. She was diagnosed with a medical condition that necessitates the use of numerous drugs. Her life quickly turned dark after she was arrested and imprisoned for 30 days. She was psychologically fatigued and worn out because she spent so much time in prison reflecting and thinking. She began to CONSIDER how she would care for herself. How will she adjust to her new circumstance? How will she pick up the pages and carry on when she gets out if she doesn't know where to start?

Now that those 30 long, dark days are finally over and Carol is back in the real world, she is faced with the harsh realities of life: she has no money in her bank account, no food, and she is behind on her rent. Carol starts to feel melancholy. She made the choice to get some help by the center for Independent living of the Keys.

Carol says,

*The Center for Independent Living of the Key (CILK) salvaged my circumstances! I wouldn't have been able to recover from my lowest points without their help. Throughout the process, I had a solid support system and felt like I had many family members. They showed a sincere interest in me by enquiring about my life and listening to me as I described my circumstances. They then offered me the help I needed, applied for food stamps, but also supplied information to the food bank so I could get food right away while the food stamp application was being processed. I received help with my rent payments, and SSI disability income gave me a consistent monthly income. I've finally saw some sunshine.*

*The CILK assistance has changed my life for the better. I'm happier, more positive, and developing my coping mechanisms. It supports my efforts to attain independence, establish enduring relationships, and maintain good mental and emotional health. Knowing that I have steadfast support without having to battle for it gives me a great deal of satisfaction.*

*My own experience has shown me how unexpected health issues can fundamentally change a person's life. We all experience unexpected situations, but a strong support network may really help someone get their life back on track.*

*No words can adequately explain how grateful I am to you, CILK. Your assistance has a positive impact on people's lives!*