



Pennington & Red Lake Counties Wellness Newsletter

May 2023



National Bike Month: May 2023

National Bike & Roll to School Day: May 3, 2023

National Ride A Bike Day: May 7, 2023

Bike to Work Week 2022: May 15-21, 2023

Bike to Work Day: May 19, 2023

<https://bikeleague.org/events/bike-month/>



Established in 1963, Older Americans Month (OAM) is celebrated every May.

This year's theme, Aging Unbound, offers opportunity to explore a wide range of aging experiences and promotes enjoying independence and fulfillment by paving our own paths as we age.

Some ways to participate in Aging Unbound:

- Embrace opportunity to change. Find a new passion, go on an adventure, and push boundaries-don't let age define your limits. Invite creativity and purpose into your life by trying new activities.
 - Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
 - Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
 - Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.
- <https://aci.gov/oam/2023/older-americans-month-2023>

Mental Health Awareness Month

Tips to care for your MENTAL HEALTH



Talk to someone you trust



Take care of your physical health



Do activities you enjoy



Focus on your surroundings for two minutes



Don't be afraid to say "No"



Tell yourself that everything will be fine

#YouMatterMN

MORE THAN
enough
Mental Health Awareness Month 2023

REMINDER: Your worth is not measured by your productivity. You deserve love and healing just as you are. You are #MoreThanEnough.

If someone you love is going through a hard time, you don't need to have all the answers. Just being there is #MoreThanEnough.

No matter what my depression tells me, I am worthy of love, I am worthy of acceptance, I am worthy of fulfillment. I Am #MoreThanEnough.

If all you did was wake up today, you are still #MoreThanEnough! @NAMICommunicate: nami.org/mhm



If you or someone you know need help, contact NAMI HelpLine

Mon. – Fri. from 10 a.m. – 10 p.m. ET

Call: 1-800-950-NAMI (6264)

Text: 62640

Email: helpline@nami.org

Chat: nami.org/help

Parenting Tips

BIKE

There are so many great reasons to ride your bike: It offers fun, freedom and exercise, and it's good for the environment. We want kids and families to ride their bikes as much as possible. Here are a few tips so that you'll be safe while you do so.

The Hard Facts

Properly-fitted helmets can reduce the risk of head injuries by at least 45 percent – yet less than half of children 14 and under usually wear a bike helmet.

Top Tips

1. Wear a properly-fitted helmet. It is the best way to prevent head injuries and death.
2. Ride on the sidewalk when you can. If not, ride in the same direction as traffic as far on the right-hand side as possible.
3. Use hand signals and follow the rules of the road. Be predictable by making sure you ride in a straight line and don't swerve between cars.
4. Wear bright colors and use lights, especially when riding at night and in the morning. Reflectors on your clothes and bike will help you be seen.
5. Ride with your children. Stick together until you are comfortable that your kids are ready to ride on their own.

Learn More

The ride is just beginning. Check out more bike safety tips at <https://www.safekids.org/tip/bike-safety-tips>



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