

Quarterly Companion

AROUND THE TABLE

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Keep Your Brain Active

There are many ways to contribute to brain health. Getting good sleep, eating heart-healthy meals, exercising, managing stress, and staying socially engaged are all beneficial. Challenging oneself intellectually is another effective method. Learning new and interesting things, working on enjoyable hobbies, and reading are just a few ways to stimulate the mind. Puzzles and games are also excellent options.

With that in mind, here is one to try. Recall as many words as possible that start with the letter 'S' and end with 'R,' like summer.

Start the list on the lines below.

Submitted by [Molly Hofer](#), family life educator.

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May is Arthritis Awareness Month

While there is no specific arthritis diet that can alleviate all the pain, the Mediterranean diet, which is an anti-inflammatory diet, may help slow the progression of the disease and reduce some symptoms. The Mediterranean eating plan consists mostly of plant-based foods. Each meal is based on fruit, vegetables, grains — mostly whole grains — olive oil, legumes, nuts, seeds, herbs, and spices. It recommends eating fish or seafood twice a week with moderate portions of poultry, dairy, and red wine. The diet lists red meats and sweets as foods to eat less often. In addition, there's a heavy emphasis on drinking plenty of water, daily exercise, and sharing meals with others. Not only is the Mediterranean diet good for those with arthritis, but research consistently shows the Mediterranean eating plan effectively reduces the risk of cardiovascular disease and overall mortality. It's no wonder it's been named the Best Overall Diet by U.S. News and World Report since 2018.

Submitted by [Jenna Smith](#), nutrition and wellness educator.

Source: www.oldwayspt.org.

Illustration by George Middleton.



Practicing Basic Financial Self-Care

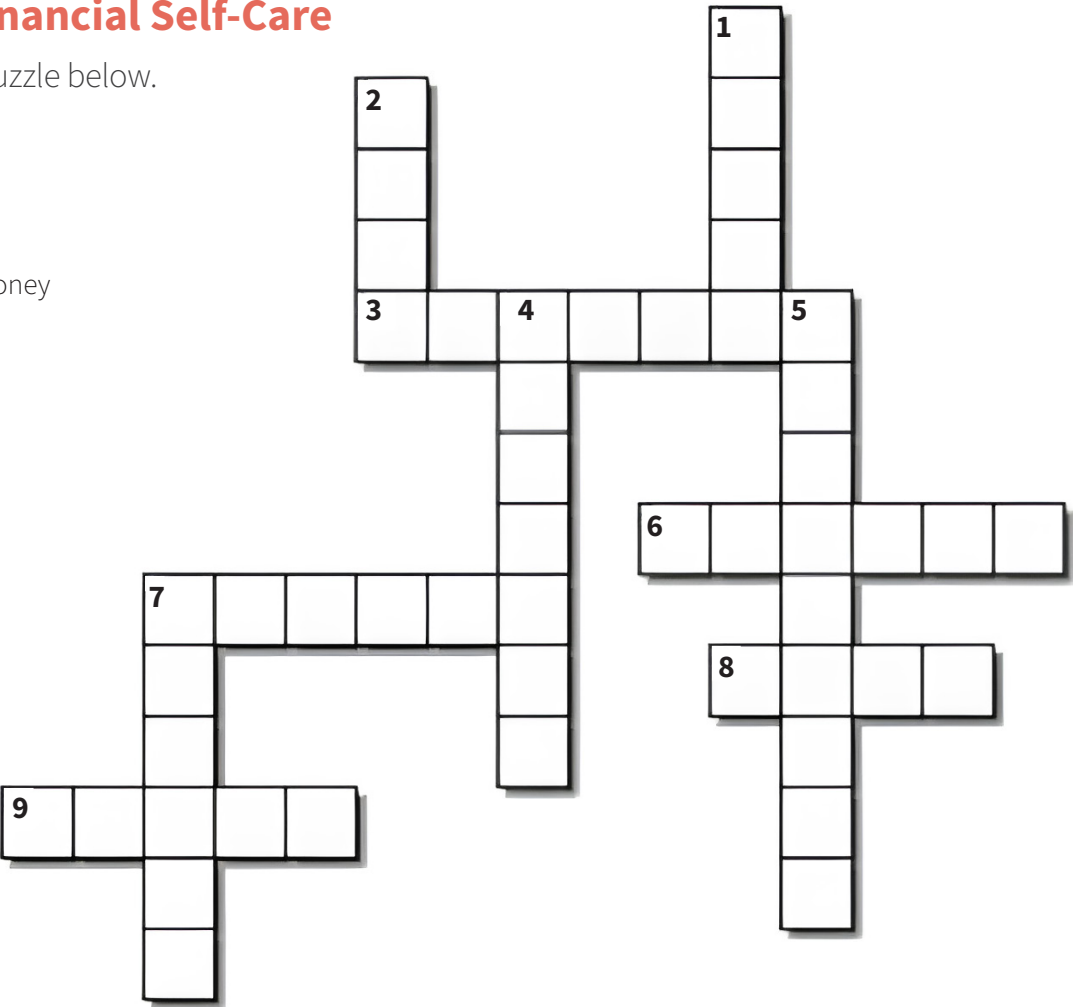
Complete the crossword puzzle below.

Across

- 3. when you spend money
- 6. when someone loans you money
- 7. earned money
- 8. when you owe money
- 9. when you make a purchase

Down

- 1. paid to the government
- 2. build wealth
- 4. keep safe
- 5. unexpected expense
- 7. way to grow your money



Created using the Crossword Maker on [TheTeachersCorner.net](https://www.theteacherscorner.net)

9. spend	7. invest
8. debt	5. emergency
7. income	4. protect
6. borrow	2. save
3. expense	1. taxes
Across	Down
Answers	

Some inexpensive ways to focus on self-care may be to read a good book, listen to a new podcast, spend some time in nature, learn something new such as a new hobby, enjoy the sunrise or sunset, try a new exercise, or make plans with a friend or family member. Take the time to see the positive experiences that exist in everyday life for free. Find enjoyment by spending little to no money at all so you can feel good and not worry about the financial impact. Focus on your financial wellness as part of your self-care routine.

Learn more about financial self-care at go.illinois.edu/financialself-care.

Submitted by [Jamie Mahlandt](#), financial educator.



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