

April 2024

Wellness Newsletter



Wellness encompasses 8 mutually interdependent dimensions: physical,

intellectual, emotional, social, spiritual, vocational, financial, and environmental (1). Attention must be

given to all the dimensions, as neglect of any one over time will adversely affect the others, and

ultimately one's health, well-being, and quality of life.

Set Wellness Goals: Mental, Physical, Social, and Spiritual Goals.

SMART goals are: **S**pecific, **M**easurable (how will you know if you met your goal), **A**ctionable (what action will you take to meet your goals), **R**ealistic, and **T**imelined

WELLNESS INFORMATION

JOIN US FOR THE

Riverlands Native Plant Festival

SAT 13 APRIL
10AM - 2PM

Riverlands Migratory Bird Sanctuary
301 Riverlands Way West Alton, MO 63386

Learn all about native plants and their importance for us and our environment! Local partners will share tips and resources for native landscaping and its benefits. There will also be open tours of the new Riverlands Greenhouse!

Join us in April for A Month of Service!

Join us this April for a month of service and fun! Choose to participate in one or two service projects and then join us for Little Creek's Earth Day on April 20th!

Honeysuckle Pull

Date: April 6th
Time: 9 - 12 PM
Location: Little Creek Nature Area
No registration required

Trash Bash

Date: April 13th
Time: 8 - 10 AM
Location: Audubon Center at Riverlands
Registration required

Little Creek Earth Day

Date: April 20th
Time: 8 AM - 12 PM
Location: Little Creek Nature Area

See the reverse side for more specific information along with any registration instructions.

MONTHLY EVENTS

April is:

African American Women's Fitness Month

National African-American Women's Fitness Month takes place every April to help educate African-American women on the importance of being active, keeping fit, and living healthy lives. The goal of the celebration is to raise awareness about what can be done to prevent illness such as heart disease, strokes, or cancer.

National Cannabis Awareness Month

How to Observe Marijuana Awareness Month:

Research: Take time to conduct research on cannabis use.

Spread Knowledge: Educate others about the risks and effects of marijuana.

Engage in Conversations: Discuss the impact of marijuana on health and well-being.

Advocate for Responsible Use: Encourage responsible consumption and informed choices.

Remember, awareness is key to making informed decisions about marijuana use

MENTAL HEALTH-APRIL 15 STRESS AWARENESS MONTH

7 Tips to Combat Stress at Work

Just Breathe... and Smile
Meditation and Mindfulness

Eat Healthy

Find a Positive, Creative Outlet

Take a Walk and Listen to Music

Get Some Sun

Talk to Someone

Alcohol Awareness Month



Riverland's 2024 Bioblitz!
May 11th, 2024 from 8 AM - 12 PM
@ The Audubon Center at Riverlands, West Alton, MO

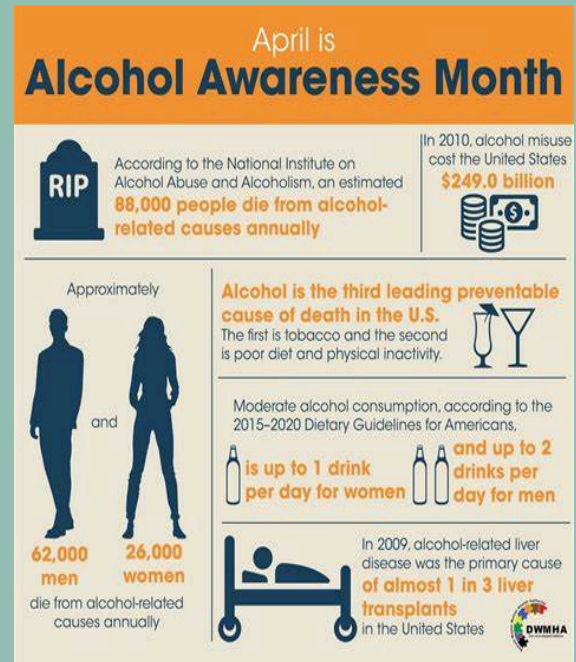
Guided Experiences
Learn about the diversity of species that call Riverlands home through these guided experiences!

Community Science
Contribute to community science initiatives by logging your sightings on iNaturalist! Plus try your hand at macrophotography!

Education Tables
Learn all about iNaturalist and other community science opportunities in the area.

Audubon at Riverlands | Saint Louis Zoo | US Army Corps of Engineers | St. Louis District

This event is free for the public and requires no pre-registration!



April is **Alcohol Awareness Month**

RIP
According to the National Institute on Alcohol Abuse and Alcoholism, an estimated **88,000 people die from alcohol-related causes annually**

In 2010, alcohol misuse cost the United States **\$249.0 billion**


Alcohol is the **third leading preventable cause of death in the U.S.**
The first is tobacco and the second is poor diet and physical inactivity.

Approximately **62,000 men** and **26,000 women** die from alcohol-related causes annually

Moderate alcohol consumption, according to the 2015-2020 Dietary Guidelines for Americans, is up to **1 drink per day for women** and up to **2 drinks per day for men**

In 2009, alcohol-related liver disease was the primary cause of **almost 1 in 3 liver transplants** in the United States

BENEFITS



UnitedHealthcare <https://www.myuhc.com/>

Medical Phone: 1-877-844-4999
Dental Phone: 1-877-816-3596
Employee Assistance Program - Care 24 Flyer: 1-888-887-4114

My UHC Step by Step Registration Instructions
Express scripts Mobile App Instructions

April First Saturday: Annual Honeysuckle Pull
Saturday, April 6, 2024 - 9:00 am

April Month of Service: Trash Bash
Saturday, April 13, 2024-8:00 am

Riverlands Native Plant Festival
Saturday, April 13, 2024 - 10:00 am

Everybody In
Saturday, April 27, 2024-11:00 am

Accessibility of Public Lands: Paddling and Nature Trail at Riverlands

Kayaking on Ellis Bay: Cinco de Mayo Paddle
Sunday, May 5, 2024 - 9:00 am

Kayaking on Ellis Bay: Lock Through Saturday, May 18, 2024 - 9:00 am

April is Distracted Driving Awareness Month

Distracted driving has become a **deadly problem** on our roads.

The most common distraction is **cell phone use**, including texting, talking, and social media.

Other risky behaviors include adjusting the radio or GPS, applying makeup, eating, and drinking.

In 2021, distracted driving resulted in the loss of **3,522 lives**.

Safety Tips:

Avoid texting while driving **Designate a passenger**
Put the phone away

Take Action: Remind friends and family: When driving, focus solely on the road—no distractions.

Encourage others to pledge not to drive distracted. You could save a life!

[Share your commitment on social media using the hashtag #JustDrive1](#)

April IS:National Soy
Foods Month



Soybeans are a high protein plant food that people can prepare and eat in a variety of ways. They belong to the pea family. Soybeans come in many colors, including: Green-edamame, Yellow-soy milk and tofu and Black.

Summer
Camp
Guide

NUTRITION:APRIL IS NATIONAL GARDEN MONTH



Pay What You Can Farm Stand

offers organically grown fruits, herbs and vegetables to everyone, regardless of income.

Location and 2024 Hours:

EarthDance Organic Farm School
233 S Dade Ave, Ferguson MO, 63135

**May 3 – September
October – November 24**

Fridays: 3pm-6pm

Sundays: 11am-3pm

Sundays: 11am-3pm

April is Fresh Celery Month



I Have Been Drinking Celery Juice Everyday and This is Happening! | The Frugal Chef

FINANCIAL HEALTH

What Is Financial Health?

Financial health is a term often used to describe your overall fiscal well-being. It takes into account factors such as your income, debts, expenses, and savings, and provides a snapshot of your financial situation.

This Financial Literacy Month the focus is on money matters

April is Financial Literacy Month, and a great time to talk about consumer protection information that helps people avoid losing money to scammers.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 2 Push-ups Wall Sits (10 seconds)	2 3 Crunches 3 Arm Circles	3 BASEBALL TASK CARD	4 2 Push-ups Wall Sits (10 seconds)	5 3 Crunches 3 Leg Raises	6 2 Push-ups Wall Sits (10 seconds)
7 5 Crunches 5 Leg Raises	8 3 Push-ups Wall Sits (20 seconds)	9 5 Crunches 5 Arm Circles	10 BASEBALL TASK CARD	11 3 Push-ups Wall Sits (20 seconds)	12 5 Crunches 5 Leg Raises	13 3 Push-ups Wall Sits (20 seconds)
14 7 Crunches 7 Arm Circles	15 4 Push-ups Wall Sits (30 seconds)	16 7 Crunches 7 Leg Raises	17 BASEBALL TASK CARD	18 4 Push-ups Wall Sits (30 seconds)	19 7 Crunches 7 Arm Circles	20 4 Push-ups Wall Sits (30 seconds)
21 9 Crunches 9 Leg Raises	22 5 Push-ups Wall Sits (40 seconds)	23 9 Crunches 9 Arm Circles	24 BASEBALL TASK CARD	25 5 Push-ups Wall Sits (40 seconds)	26 9 Crunches 9 Leg Raises	27 5 Push-ups Wall Sits (40 seconds)
28 10 Crunches 10 Arm Circles	29 6 Push-ups Wall Sits (50 seconds)	30 10 Crunches 10 Leg Raises				

April Fitness Challenge - Keep students active and practicing their baseball skills during the month of April as baseball season kicks off! Can be adapted for all age levels. Great for at home and in person, and helps encourage kids to stay active all [month](#)!



Refer to the Baseball Task Card on Page 3



For Leg Raises and Arm Circles, repeat for each side

Find the visuals & descriptions for each fitness activity below.

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.