March is National Nutrition Month and a good time to remind ourselves of the importance of making healthy decisions about the food we put into our body. If a healthy eating lifestyle is new to you, there’s no reason to be nervous. You can start by making simple changes that will become routine over time!

**Healthy food swaps**

- Instead of sugar-packed fruit juices, eat the actual raw fruit such as fresh oranges, apples or grapes. Fruit is a great source of fiber and nutrients.
- Use salsa as a spicy and flavorful alternative to high fat dips.
- Eat popcorn instead of chips! Popcorn has more fiber and less fat than chips. Just be sure you don’t add butter! Nutritional yeast can be sprinkled on top for a cheese flavor and great source of b12 vitamins.

**Make your plate colorful**

Add a wide range of colors to your plate by mixing the types of produce you eat! Prepare your veggies without sauces or gravies to lower the amount of sodium and saturated fat.

**Get your protein**

Protein isn’t only found in red meat. Did you know that you can get adequate protein from seafood, beans, nuts, seeds, soy, eggs and poultry.

**Prep your plates!**

Taking some time every weekend to prep meals for the week ahead is an excellent way to make sure you eat healthier. It saves you time, reduces food waste, and can even save money!
**Practice Deep Breathing**

Breathing is a life giving function that our bodies perform all day every day. Often times, this action goes unnoticed by us as we go about our busy days.

We invite you to be mindful of your breath and practice a few of these tips to help you breathe a little easier. Studies show that regular deep breathing has many health benefits including lower stress levels, improved sleep, optimized immunity, and improved mental focus.

*Breath from the diaphragm* - Deep breathing is recognized for its ability to melt away stress and anger and improve relaxation. To practice deep breathing, inhale steadily and slowly through your nose and focus on filling the belly with air before the lungs. Hold this breath for a few seconds and release slowly through your mouth.

*Make room for your lungs* - Posture plays an important role in the quality of our breath and the space our lungs have to expand. Be aware of your posture so that when you breathe, your lungs have the space needed to allow for full and nourishing breaths.

*Stay hydrated* - Drinking plenty of water allows the mucosal lining of your lungs to stay thin, which allows for the best lung function.

Sources: [https://www.rush.edu.health-wellness/discover-health/keeping-your-lungs-healthy](https://www.rush.edu.health-wellness/discover-health/keeping-your-lungs-healthy)

**DIY Recycled Bird Feeders**

### Materials:
- Popsicle Stick (1-2)
- 3-4 cups bird seed
- Empty plastic tube or water bottle
- Masking tape
- Utility Knife
- String or fishing line

### Steps:
1. Start by cutting a hole about 1/4 way up from the bottom of your plastic container. Make sure it is big enough for the slimmest part of the popsicle stick.
2. Repeat the same step as above on the opposite side of the bottle.
3. Using the masking tape, tape off a unique design such as stripes on your container. Paint with desired colors and let dry.
4. Once dry, insert popsicle sticks and fill with birdseed.
5. Using the utility knife, make a small hole in the top of the cap of the bottle. Insert the string and make a loop so you can hang your feeder.
6. Hang somewhere in your yard!

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**March Horoscope**

By: Phil N.

To continue some astrological enthusiasm, there is the Pisces sign, which began on Feb 18th, and reigns until March 20th. This is the optimistically and determined dreamer. Then follows Aries, from the 21st, to the end of March. Also optimistic and determined, this sign may be moody or impulsive, but, nevertheless, there is sportsmanship and leadership qualities.

*Astrology is the study of the movements and relative positions of celestial objects as a means for divining information about human affairs and terrestrial events. It dates back to the 2nd millennium BCE.*

**Trivia Questions**

1. Are there more humans or squirrels in the U.S.?
2. Are there more hairs on the average adult’s head or more feathers on a full-grown bald eagle?
3. Was the average height of an American man in 1900 taller or shorter than the height of an American woman today?
4. Who has more tv channels to watch: the average American household or the average British household?

Answers on pg. 3
Member Poetry

Look
By: Phil N.
There is the silhouette.
Standing
... with those perfect lines
before the light.
in the adjacent space,
a soft sheer face is louvered.
Above, and below our eyes.
There, ... close up,
farther back,
then lower down.
When comes the night,
al the images pale and are gone.
All of them lost into the shadows.
Until, as we wait,
Comes tomorrow.

Confusion
By: Phil N.
Confusion
Where to?
When...
What for- Why?
What am I doing?
Came into this room because...
Go back
Was doing...
Don’t remember.
Wait!
Come on, come on... look around ...
Visual reference, evidence of activity
Local and roam
Connect the dots... have to
Just sit...
And, begin again.

7 Tips to Improve Your Mental Health

1. Track gratitude and achievements with a journal. Write down the things that bring you joy each day. If someone did something nice for you, or if something made you smile, write it down!

2. Surround yourself with positivity. Invite people into your life who are positive and supportive. Make plans with these people and do activities that make you happy!

3. Volunteer your time to help a cause you care about. Volunteerism is a great way to socialize, make new friends and help the community.

4. Set goals. Decide what you want to achieve today, this week, and this year and write it down. What steps can you take to meet these goals?

5. Stay active. Regular exercise and movement helps keep your brain and body healthy. Aim for at least thirty minutes a day, 5 times a week! You can start small by going for a lap around your neighborhood and gradually work your way up to thirty minutes!

6. Go to bed on time. Its important for your mind and body to try and stick to a regular sleep schedule. Go to bed around the same time each night and avoid stimulating activities before bed like watching tv or looking at your phone.

Quotes
Submitted by: Phil N.

“Drag your thoughts away from your troubles... by the ears, by the heels, or any other way you can manage it.”
- Mark Twain

“Do not be too timid and squeamish about your actions. All of life is an experiment. The more experiments you make, the better. What if they are a little coarse and you may get your coat soiled or torn? What if you do fail and get fairly rolled in the dirt once or twice. Up again, you shall never be so afraid of a tumble.”
- Ralph Waldo Emerson

Memory Puzzle Answers

1. 2010 Census states that squirrels outnumber humans by three to one.

2. The human head has ten times more hairs than a bald eagle's feathers.

3. In the 1900’s, The average was about 5’7” tall. Today, the average woman’s height is about 5’4”. Therefore Men in 1900 were taller than women are today.

4. Per 2010, the British household has about thirty stations to watch. The average American household has a whopping 118 tv channels.
First Fridays at the Arizona History Museum
Tucson Botanical Gardens
949 E. 2nd Street
8:30AM—4:00 PM
$10 Adult admission
$5 Students
Free admission for Veterans

NAMI Walks 2018
April 7, 2018
Registration 8 AM | Walk 9AM
Kennedy Park
3359 S. La Cholla Blvd.
Support mental illness awareness at this annual walk! Register at the front desk at your site! FREE

Grief Group at Alvernon

This group will run continuously, beginning 3/19/18, and is open by therapist referral or group therapist approval to people who are at any stage of grieving the loss of a human being through death. The group will focus on moving through the emotions that are part of the grief process, remembering the loved one, relearning how to be in the world without them, and finding ways to carry the gifts of their love forward in our lives. This group is not for people who are grieving pets, job losses or breakups/divorces.

Group Details:
Mondays beginning 3/19/18
3:30—5:00 p.m.
630 N. Alvernon

You need a referral from your therapist for this group.

Easy Corned Beef & Cabbage

INGREDIENTS:
- 1 onion, cut into wedges
- 4 potatoes, peeled and quartered
- 1 pound carrots, cut into chunks
- 3 cups water
- 3 cloves garlic, minced
- 1 bay leaf
- 2 tablespoons sugar
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon ground black pepper
- 1 (3 pound) corned beef brisket with spice packet, cut in half
- 1 small head cabbage, cut into wedges

DIRECTIONS:
1. Place onion, potatoes and carrots in a 5-quart slow cooker. Combine water, garlic, bay leaf, sugar, vinegar, and contents of spice packet in a small bowl; pour over vegetables. Top with brisket and cabbage.
2. Cover and cook on low until meat and vegetables are tender, 8 to 9 hours. Remove bay leaf before serving.

Southern Arizona Center Against Sexual Assault
Services for Survivors of Sexual Trauma
Support, education, and advocacy for individuals and families impacted by sexual trauma. SACASA is a program of CODAC.

Call 520.327.7273

Voice of Action Board

Have your voice heard!
Join CODAC’s member advisory board. Monthly meetings take place on the second Tuesday of the month.
2:00 - 4:00 p.m. | 630 N. Alvernon Way

Member Appreciation Day!
Free food, resources, entertainment, activities and more!

Wednesday, March 14
10 AM - 1 PM
CODAC at Cobblestone Court
1075 E. Ft. Lowell Rd.