

## Asotin County Community Services

January 2024 Newsletter

**Serving the Lewis-Clark Valley Since 1973 All people living, working, learning and playing in a community that values diversity before labels and strengths before barriers**

### Important Dates in January

**January 1st– Day off for staff and federal program crews.**



**January 15th—Day off for staff and federal program crews.**

On Monday, January 15th ACCS will be closed to celebrate Martin Luther King, Jr Day. Martin Luther King, Jr. was a social activist and Baptist minister who played a key role in the American civil rights movement from the mid-1950s until his assassination in 1968. King sought equality and human rights for African Americans, the economically disadvantaged and all victims of injustice through peaceful protest.

"If we are to have peace on earth, our loyalties must become ecumenical rather than sectional. Our loyalties must transcend our race, our tribe, our class, and our nation; and this means we must develop a world perspective."-Martin Luther King Jr.



### Steven K

Next on our customer spotlight is Steven (Stevie)! Stevie has been a customer of Asotin County Community Services for quite some time. While he is **AMAZING** at every task he completes, he prefers to vacuum over all the other options. Stevie does an exceptional job and always comes to work with a positive attitude and a smile on his face! If you happen to catch Stevie, ask him about his love for trains, tug boats, draw bridges or the Teenage Mutant Ninja Turtles. :) Thank you, Stevie, for all the wonderful work you do and the smiles you bring to our faces here at Asotin County Community Services!



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### January is National Mental Health Awareness Month

It seems appropriate that January is Mental Wellness Month. After all, what better way to start the new year (and recover from the non-stop hustle and bustle of the holiday season) than with a reminder to recharge your mental health?

Research continues to show that your mental health significantly impacts your physical health. Individuals with chronic conditions like heart disease, cancer and diabetes are more likely to experience depression or anxiety. The opposite is true as well: Positive mental health (along with other factors) can reduce your risk of heart attack and other serious conditions. Strong mental health also helps boost your immune system, reducing your risk of getting sick. So, how can you improve your mind-body connection? View some simple tips below.

Establish emotional balance

Acknowledge body and emotional changes

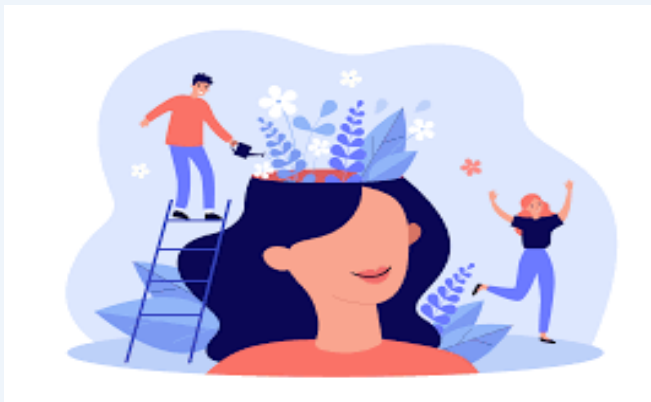
Practice mindfulness

Find a purpose

Keep healthy habits a priority

Eat healthy

Sleep well



### International Day of Person's With Disabilities

International Day of Persons with Disabilities on December 3, is a day to help everyone become more compassionate and understanding of the challenges faced by people with disabilities. The day doesn't discriminate between mental and physical disabilities, and the spirit of the day is to ensure that all people in the world have equal opportunities for work, play, health and success. People with disabilities can be and very often are contributing and valued members of society, and International Day of Persons with Disabilities is all about appreciating them.

### Connect with us!

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