



CALENDAR 2023

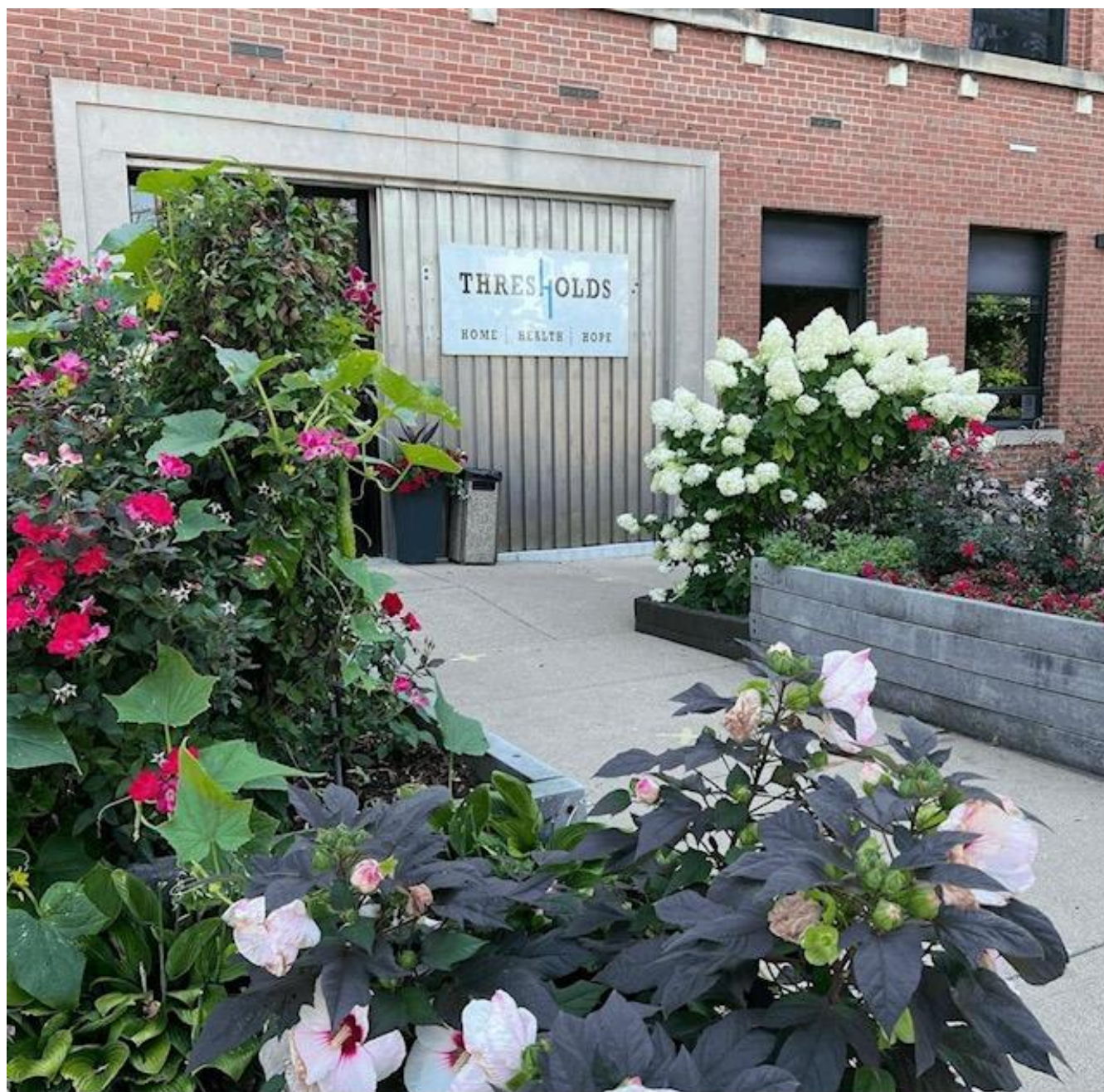
THRESHOLDS Health Literacy Center



IMPORTANT PHONE NUMBERS

Emergency	911
Suicide and Crisis Lifeline	988
Thresholds (CST/ACT) Crisis Line	
Primary Care Doctor	
Psychiatrist	
Team line	
Employment Specialist	
www.Poison.org	1-800-222-1222
Non-Emergency Police	311
Warm line	1-866-359-7953

NOTES



Happy New Year!

At Thresholds, we recognize that mental and physical health are equally important parts of overall recovery and well-being. In support of our mission to promote health and wellness as cornerstones of mental health recovery, function, and community participation, we have developed this calendar for the Thresholds community. With a focus on health literacy and health activation, the calendar highlights areas where we see the impact of social determinants of health, notes health disparities that affect the mental health community, and is mindful of the intersection of health and diversity, equity, and inclusion.

Throughout the calendar you will see Health and Wellness Tips and QR codes (similar to this one).

You can use your smart phone to access the QR code link for more



information about featured health topics, awareness campaigns, and simple health literacy materials. On the next page, we have included the instructions on how to use QR codes.

This calendar is brought to you by the Thresholds Health Literacy Center at the Research Department: Anabel Ruiz, Carla Elliott, Tovah Lieberman, Karley Nelson, Nicole Pashka and Lisa Razzano. Thank you to Mary Blaney-Rychener and the team from Clinical Best Practices, Sheila O'Neill, and our colleagues across the agency who provided input and suggestions for this health literacy and awareness tool.

Wishing everyone all the best in 2023!

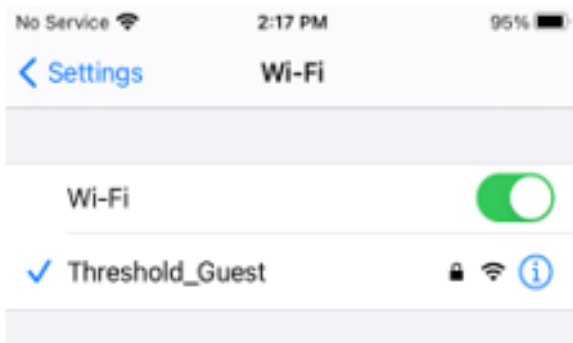
How to Scan Quick Response (QR) Codes

You can use your smartphone to access information on the internet using a QR code icon like this one:



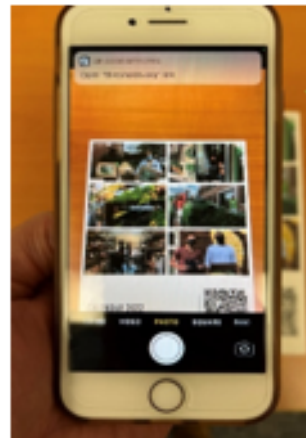
STEP 1:

Make sure you have an internet connection to Wi-Fi or through your phone carrier. The QR code will use the internet to bring you to the website.



STEP 2:

Open your camera* and point your device at the QR code until a banner or message appears on your screen. Tap on the link.



STEP 3:

The website will appear on your screen within seconds.



***If you have a phone model that cannot scan with a camera, you can download a free QR code reader app such as Google Lens or Kaspersky QR Scanner.**



EYE EXAM FREQUENCY



Birth to 2 years

Children should have their first eye exam **between 6 and 12 months**.



2 to 5 years

A second eye exam is important **between 3 and 5 years**.



6 to 18 years

Beginning in first grade, children should have **yearly exams**.



19 to 64 years

Adults should have a comprehensive eye exam **every 1-2 years**.



65+ years

Seniors age 65 and older should have **annual eye exams**.



Notes:

January

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Dr. Martin Luther King Jr Day	17	18	19	20	21
22 Lunar New Year Year of the Rabbit	23	24	25	26	27	28
29	30	31				

Health Tip: *Know Your Blood Type*

There are eight main blood types: A+, A-, B+, B-, O+, O-, AB+ or AB-. Knowing your blood type can be crucial in a medical emergency, but it can also offer some interesting insight into your health.

7 Steps To A Healthier Heart



**Avoid
Smoking**



**Move Your
Body**



**Improve Your
Diet**



**Get To A Healthy
Weight**



**Maintain Healthy
Cholesterol,
Blood Pressure/Sugar**



**Lower Your Stress
Levels**




Practice Good Hygiene

GO IMAGING

Notes:

February

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Groundhog Day	3	4
5	6	7	8	9	10	11
12 Superbowl Sunday	13	14 Valentine's Day	15	16	17	18
19	20 Presidents' Day	21	22 Ash Wednesday	23	24	25
26	27	28				































Health Tip: *Help Others Feel Valued and Understood*

1. Don't make assumptions about people
2. Respect people's differences
3. Listen to others
4. Be open-minded
5. Be inclusive



EATING THE RAINBOW

VITAMINS, MINERALS AND SUPPLIMENTS

				
WHITE	YELLOW	RED	PURPLE	GREEN
 Immune system  Protection of stomach  Low cholesterol  Healthy heart  Healthy gut	 Low cholesterol  Healthy heart  Healthy joints  Eye protection  Preventing cancer	 Healthy heart  Healthy blood vessels  Skin protection  Cellular rejuvenation  Preventing cancer	 Healthy heart  Healthy blood vessels  Improve your memory  Cellular rejuvenation  Protecting of the urogenital system	 Protection of stomach  Healthy bones  Eye protection  Immune system  Preventing cancer

Notes:

March

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8 Holi	9	10	11
12 Daylight Savings Time starts	13	14	15	16	17 St. Patrick's Day	18
19	20 Spring Starts	21	22 Ramadan starts	23	24	25
26	27	28	29	30	31 Transgender Day of Visibility	

Health Tip: Lower Salt Intake with DASH

Your body needs a little bit of salt every day for the sodium it contains. Too much sodium can boost blood pressure and stress the heart and blood vessels. The low-sodium Dietary Approaches to Stop Hypertension (DASH) diet is high in fruits, vegetables, and whole grains; moderately high in nuts and low-fat dairy products; and low in red and processed meats.



“HEALTH IS A HUMAN RIGHT. NO ONE SHOULD GET SICK AND DIE JUST BECAUSE THEY ARE POOR, OR BECAUSE THEY CANNOT ACCESS THE HEALTH SERVICES THEY NEED.”

Dr Tedros Adhanom Ghebreyesus, Director-General WHO



“Health is the most **important** thing and we do not realize it until we lose it. Let us take good care of it.

Happy World Health Day.”



Notes:

April

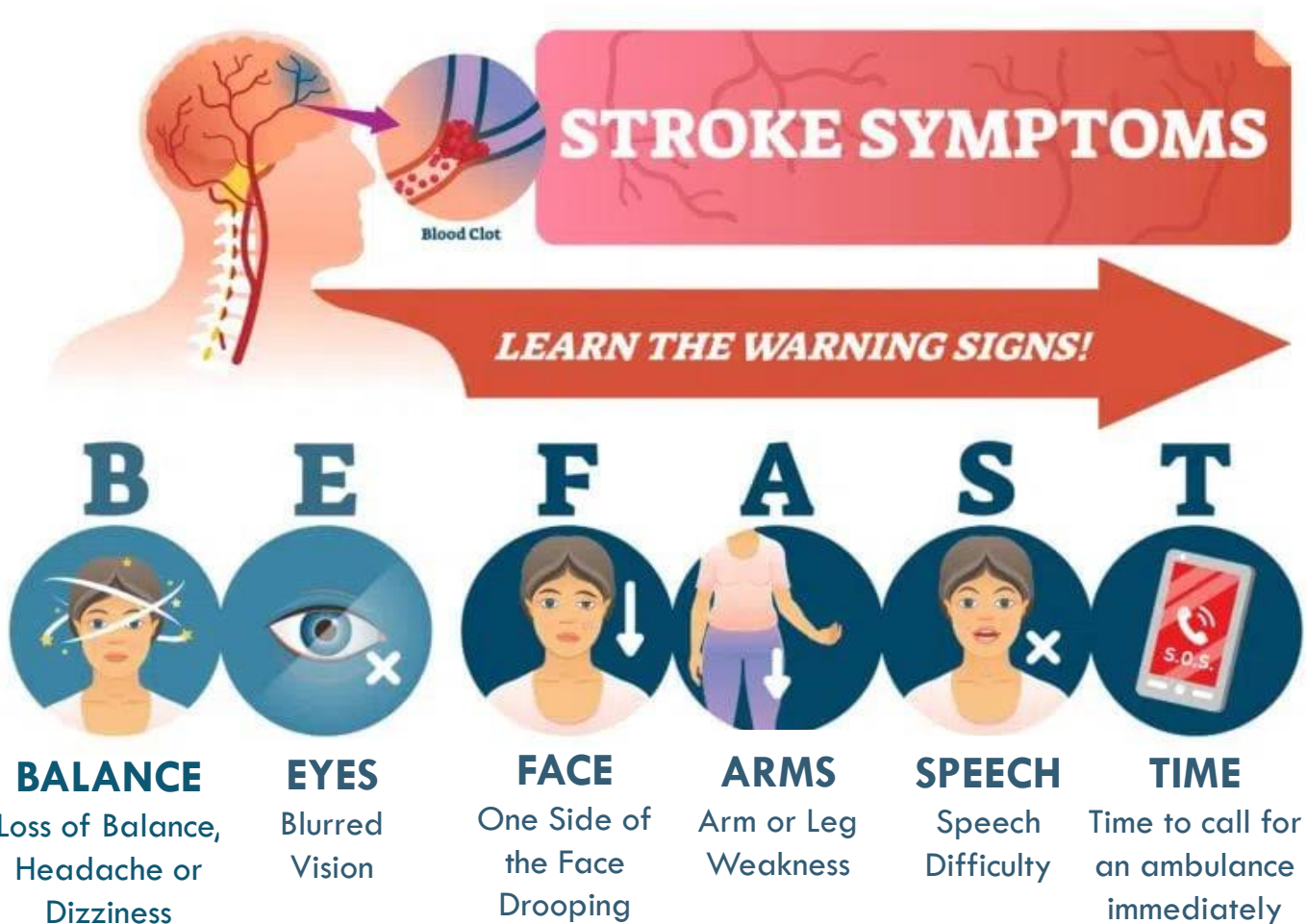
2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Passover starts	6	7 Good Friday World Health Day	8
9 Easter	10	11	12	13 Passover ends	14	15 Tax Day
16	17	18 Laylat al Qadr	19	20	21 Eid al-Fitr (Ramadan ends)	22 Earth Day
23	24	25	26	27	28	29
30	Health Tip: Alcohol Awareness Month Drinking more than the recommended amount can increase your risk of accidents and injuries. Regularly drinking too much also increases your risk of developing health problems like: heart disease, cancer, liver disease, mental illness and brain damage.					

What is Stroke?



Stroke is a brain attack. It occurs when blood vessels in the brain, called arteries, are blocked or burst. The consequences of stroke can be long-term disability and even death.



Notes:

May

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 Cinco de Mayo	6
7	8	9	10	11	12	13
14 Mother's Day	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 Memorial Day	30	31			

Health Tip: *Managing Arthritis*

1. Stay as active as possible. Some physical activity is better than none.
2. Attend regular appointments with your health care provider and follow your recommended treatment plan.
3. Lose excess weight and stay at a healthy weight.



HIV testing is an act of self-care. According to the CDC, encouraging people to get tested and know their HIV status can help them stay healthy. Today, there are more free, easy, fast, and confidential HIV testing options available than ever before. Testing, including self-testing, is the first step to engaging in HIV prevention or treatment services. HIV testing is a critical tool to helping us end the HIV epidemic in the United States.

Notes:

June

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Flag Day	15	16	17
18 Father's Day	19 Juneteenth	20	21 Summer begins	22	23	24
25	26	27	28 Eid al- Adha	29	30	

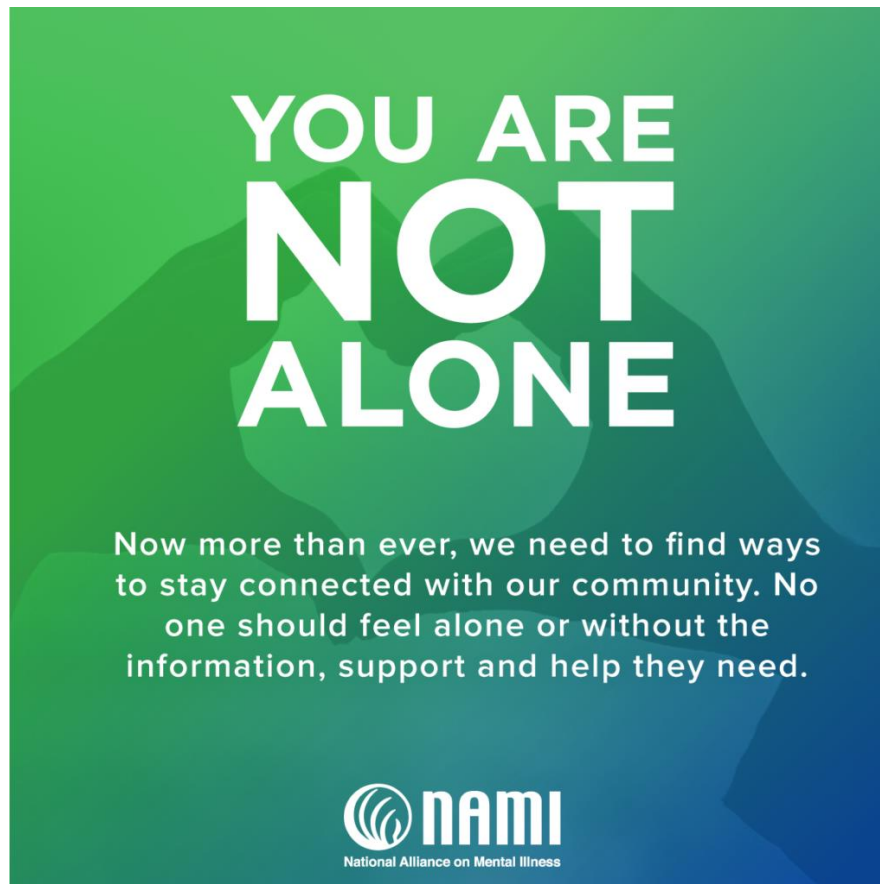
Health Tip: *PTSD Awareness, Taking Care during Triggering Times*

Taking positive action directly challenges the sense of helplessness that is a common symptom of PTSD. One of the best ways to reclaim your sense of power is by helping others: give blood, reach out to a friend in need, or volunteer your time.

Illinois Warm Line

Call: 1 (866) 359-7953, Select “The Warm Line” • TTY: 1 (866) 880-4459

The Warm Line is a non-crisis helpline staffed by peers who have experienced mental health recovery in their own lives. It provides: Emotional Support, Recovery Education, Self-Advocacy Support



Hours of Operation: Monday through Friday, 8am-5pm, except holidays

LOCAL RESOURCE HELPLINE AVAILABLE FROM NAMI CCNS — (847) 716-2252

Notes:

July

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Independence Day (US)	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Health Tip: <i>Reduce Sunburn Risks</i> Use Sunscreen with SPF 30 or higher. Apply Liberally! Reapply every 2 hours.				

EATING TO REDUCE INFLAMMATION

Inflammation can be a symptom of many chronic diseases. Certain foods can help the body reduce inflammation. You may choose to follow an anti-inflammatory diet. Eating too much of certain foods may increase inflammation. If you have chronic inflammation, you may feel better if you avoid the inflammatory foods below.



GOOD EATS (ANTI-INFLAMMATORY)

- Tomatoes
- Oils - specifically extra virgin olive oil
- Leafy green vegetables (spinach, kale, collards)
- Nuts (almonds, walnuts)
- Fatty fish (salmon, tuna, sardines)
- Fruits (blueberries, strawberries, cherries, oranges)
- Turmeric



BAD EATS (INFLAMMATORY)

- Refined carbohydrates (white bread, white rice, pastries)
- Fried foods (french fries)
- Sugary drinks (soda)
- Red meat (burgers, steak) processed meats (hot dogs, sausage)
- Margarine, shortening, and lard

RECIPE: CAPRESE SALAD

Ingredients:

- 3 vine-ripe tomatoes, 1/4-inch thick slices
- 1 pound fresh mozzarella, 1/4-inch thick slices
- 20 to 30 leaves (about 1 bunch) fresh basil
- Extra-virgin olive oil, for drizzling
- Coarse salt and pepper


Directions:

1. Layer alternating slices of tomatoes and mozzarella, adding a basil leaf between each, on a large, shallow platter.
2. Drizzle the salad with extra-virgin olive oil and season with salt and pepper, to taste.

Notes:

August

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 Dr. Jerry Dincin born, 1930	21	22	23	24	25	26
27	28	29	30	31		

Health Tip: *Stay Hydrated*

Plan ahead and keep your water bottle handy at all times. Have a glass of water with each meal and snack. Spice up plain water with a slice of your favorite fruit.

MENTAL
HEALTH
CAN'T
WAIT.

CALL 988

THRESHOLDS

This service is for anyone (or someone you know) experiencing a mental health emergency, thoughts of suicide, or a substance use crisis.

THRESHOLDS

The 988 Lifeline provides free and confidential support to people in suicidal crisis or mental health-related distress 24 hours a day, 7 days a week, across the U.S.

THRESHOLDS

Notes:

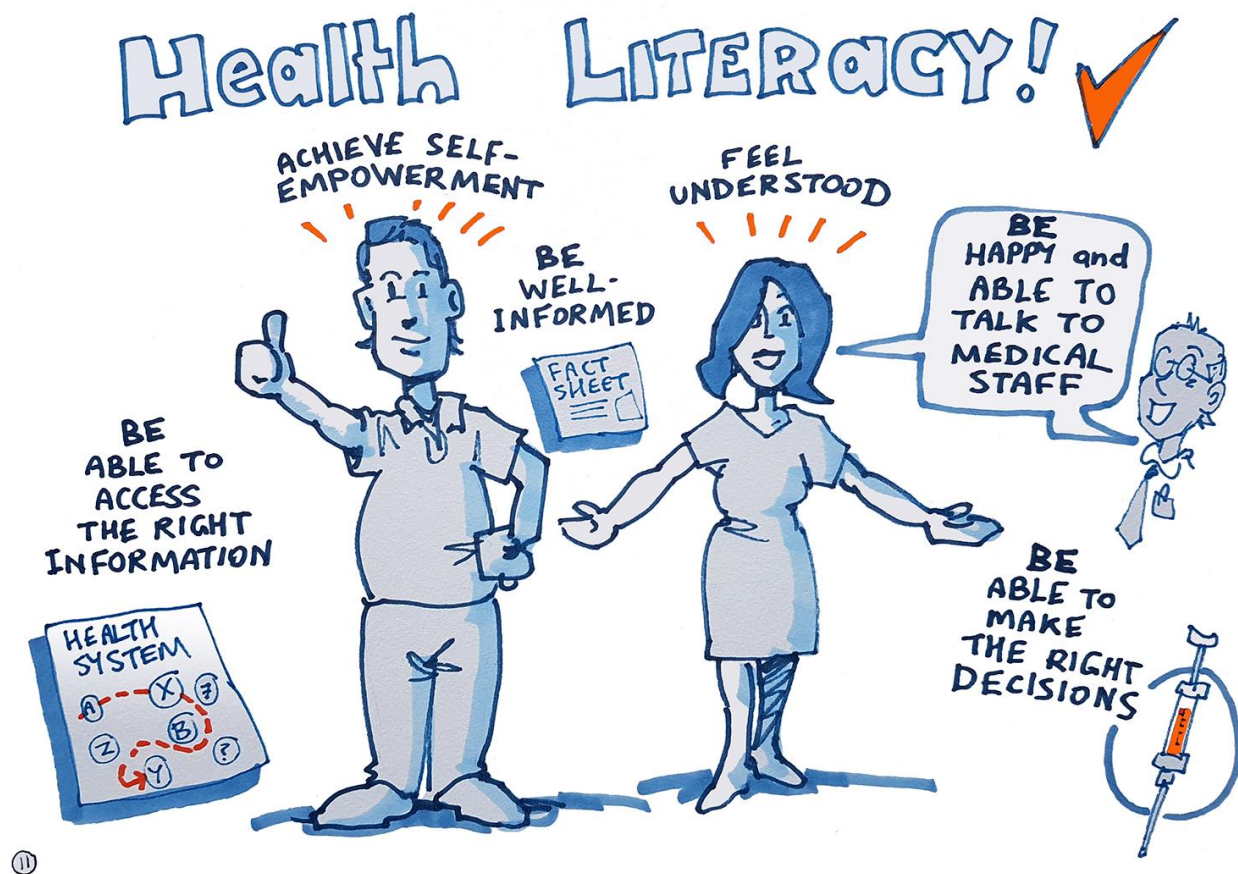
September

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Labor Day	5	6	7	8	9
10 Suicide Prevention Day	11	12	13	14	15 Rosh Hashanah	16 Mexican Independence Day
17	18	19	20	21	22	23 Fall begins Celebrate Bisexuality Day
24 Yom Kippur	25	26	27	28	29	30

Health Tip: *National Cholesterol Education Month*

Everyone can benefit from knowing their cholesterol numbers. Uncontrolled cholesterol is a risk factor for heart attacks and stroke. High cholesterol has no symptoms, you might not know that your cholesterol is too high unless it's measured by a doctor with a blood test. Adults age 20 and older should have their cholesterol levels checked every four to six years.



Your health literacy: 4 ways to be your own best advocate

1. Be an informed healthcare consumer. Keep copies of your health records from all providers you see and share them as needed.
2. Choose providers wisely. When possible, research provider or ask a friends and family.
3. Make use of technology.
4. Seek information and ask questions to better understand.

Notes:

October

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11 National Coming Out Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27 Nevada Day	28
29	30	31 Halloween				

Health Tip: *Breast Cancer has No Gender*

Wherever someone falls on the gender spectrum, there's a finite breast cancer risk they need to understand. Many different factors feed into breast cancer risk, including the organs you're born with, the organs you have now, age, lifestyle and personal health history. Now more than ever, there's no one-size-fits-all or even one-size-fits-most approach to breast cancer screening and risk evaluation. When it comes to screening, screen what you've got.

5 Healthy Habits for Diabetes Awareness Month



Add more veggies
to your diet



Find an enjoyable
exercise routine



Try going to bed
an hour earlier



Simplify your
diabetes regimen



Utilize blood
sugar apps

verywell

November is Diabetes Awareness Month. More than 34 million Americans have diabetes and approximately one in three people in the US are at a high risk of developing type 2 diabetes.

Diabetes is a chronic disease that affects how your body turns food into energy. Diabetes can develop either due to not enough or low-production of insulin or from your body's inability to use the insulin it does produce.

Notes:

November

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Mark Ishaug's birthday
5 Daylight Savings Time ends	6	7	8	9	10 Veterans Day (observed)	11
12	13	14	15	16 Great American Smokeout	17	18
19	20 Transgender Day of Remembrance	21	22	23 Thanksgiving Day	24	25
26	27	28	29	30		

Health Tip: Success on a Journey to Living Smoke-free

1. Quitting is easier a little at a time. Multiple attempts might be needed to even cut back a few cigarettes at a time. No matter how long a person has smoked or how many cigarettes are smoked, quitting smoking now allows lung health to improve and recover.
2. Nicotine Replacement Therapy (NRT) comes in various forms: gum, patch, lozenge as well as forms of medication that can be prescribed. NRT combined with other therapies have the highest success rates.

Immunizations & You

Considerations for Adults with Mental Illness



Immunizations are simple, safe, and effective ways of protecting you against harmful diseases, before you come into contact with them. They use your body's natural defenses to build resistance to specific infections and makes your immune system stronger. Typically, this is done using a **vaccine** given in the form of a shot.

Access Risk Factors: ARM SHOT

- **A**ge
- **R**isk of exposure
- **M**edical Conditions
- **S**ubstance use history
- **H**IV status or other immunocompromised states
- **O**ccupancy, or living arrangements
- **T**obacco use

Notes:

December

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 World AIDS Day	2
3	4	5	6	7 Hanukkah begins	8	9
10	11	12	13	14	15 Hanukkah ends	16
17	18	19	20	21 Winter starts	22	23
24	25 Christmas Day	26 Kwanzaa	27	28	29	30
31 New Year's Eve	Health Tip: Seasonal Health Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use hand sanitizer that contains at least 60% alcohol. This is a great time of year to consider getting your flu shot!					

The Thresholds Research Team hopes this calendar inspires a healthier you in 2023!



Thresholds Health Literacy Center



Project funded by NIDILRR/ACL, #90DPHF0001

Simple Tools. Healthier Lives.