



THE WEEKLY MEMO

2021-2022, Issue #43 - August 15, 2022- Editors: Angie Salazar & Ashley Clayton

Mission Statement

Southern Oregon Head Start prepares all children and their families for success in school and throughout life.

Did You Know?

August was once the sixth month of the year. In the original ten-month Roman calendar, the month went by the name of Sextilis, meaning "the sixth month" in Latin. August got it's name from Augustus Caesar.

Weekly Memo Submission

Please send your PDF's, jpegs, and text to

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By Thursday @ 12 p.m.

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- 2-3) Your Body May Be Pushing You..
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- 6) You Make the Difference
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Meetings and Trainings

August 15 —Monday

- 10:00-12:00 AA Training, Blue Building Conf. Rm.
- 1:00-3:00 HS Return to Work Training: MANDATORY (T/TA/FA/SM)
- 2:30-3:30 Vitus Construction, Library

August 16 —Tuesday

- 9:00-11:00 Directors' Meeting, Blue Building Conf. Rm.
- 9:00-10:00 HS RTW Training (part 2)(Required: Ed, Family Services, SMs, AAs)
- 9:00-10:00 NEP, Library
- 12:30-1:30 NEO Debrief, Blue Building Conf. Rm.
- 1:30-3:00 Policy Council, TEAMS

August 10 —Wednesday

- 9:00-2:00 NEP, Library
- 1:00-2:00 Onboarding Updates, TEAMS

August 11 —Thursday

- 8:30-4:30 SM RTW Training, Blue Building Conf. Rm.
- 8:30-9:30 Health Dept. Meeting, Red Building Library

August 5 —Friday

August 22 —Monday

- 9:00-12:00 NEP, Library
- 9:00-10:30 Home Based Home Visitor Cohort, TEAMS

August 23 —Tuesday

- 10:00-12:00 1ST HT Cohort Meeting, M.O. Blue Conf. Rm.
- 1:00-2:30 Management Meeting, Blue Conf. Rm.

August 24 —Wednesday

- 9:00-11:30 Ed Training—Housekeeping MANDATORY ALL Classroom Staff/SM, TBD by County and/or Site
- 9:00-10:30 Department Directors Meeting, Blue Building Conf. Rm.
- 1:00-2:00 Onboarding Updates, TEAMS

August 25 —Thursday

- 8:30-4:00 Pre-Service, Edgewater Church

August 26 —Friday

- 2:00-2:30 Shared Family Staffings DUE

Your body may be pushing you to make worse choices after a day of hard thinking, study finds

After a long day at work, it feels so much better to just leave the dirty dishes in the sink or put off looking at your finances -- right?

Don't just call it laziness: After a long period of thinking hard, making decisions that favor ease in the short term but are worse overall appears to be a biological regulation tool to combat cognitive fatigue, according to [a new study published Thursday in the journal Current Biology](#).

"Influential theories suggested that fatigue is a sort of illusion cooked up by the brain to make us stop whatever we are doing and turn to a more gratifying activity," said study author Mathias Pessiglione, research director at the Brain and Spine Institute in Paris, in a news release. "Our findings show that cognitive work results in a true functional alteration — accumulation of noxious substances — so fatigue would indeed be a signal that makes us stop working, but for a different purpose: to preserve the integrity of brain functioning."

Decision fatigue drains you of your energy to make thoughtful choices. Here's how to get it back

In the study, 40 people were given either an easy or hard version of a task that involved differentiating letters on a screen for more than six hours. The participants reported their levels of fatigue, and researchers used magnetic resonance spectroscopy (MRS) to monitor their metabolic response throughout the study period, according to the study.

Each participant was then offered choices of either an immediately gratifying smaller reward that required less cognitive control or one that was higher value in the longer term but involved some impulse control (for example, I'll give you \$10 now or transfer \$50 into your bank account tomorrow).

Participants who had to think harder for the six-hour task were more likely to take the smaller reward, according to the study. The researchers found that the harder the participants thought, the higher their levels of [glutamate, a neurotransmitter that works in memory and learning](#).



Researchers caution against making decisions when cognitively fatigued.

Take breaks and try new things

To learn how to beat cognitive fatigue, we first need to recognize when it happens.

You are less likely to become cognitively fatigued by an activity you enjoy than one you don't, said Phillip Ackerman, a professor of psychology at the Georgia Institute of Technology. Ackerman was not involved in the study.

Think of how much more mentally exhausted you may feel after 30 minutes reading a textbook than you would if you stayed up into the wee hours of the night reading a novel, he added.

That said, if you do anything that takes brain power for long enough, you will likely get fatigued, according to Ackerman.

8 reasons why you wake up tired, and how to fix it

Sometimes there is no avoiding the long stretches of hard thinking, and you have to perform to the best of your abilities. In those cases, how you approach cognitive fatigue can make all the difference, Ackerman said.

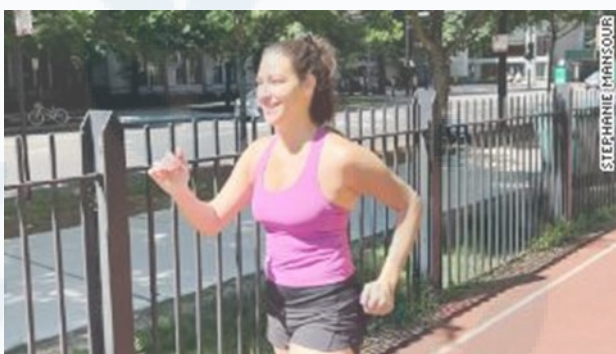
"Feeling fatigued is not the same thing as having a performance decrement," he said.

There are three responses people tend to take toward the exhausted feeling: Continue the activity with less effort, focusing to work through the strain, or pushing to think even harder.

The first option often correlates with a dip in performance as the task is given less attention and effort without a rest period to truly recover, he said. The third can be helpful to your thinking and concentration, but if you have to keep going for a long time you risk crashing hard. The second often maintains a similar or even higher level of performance across the concentrated thinking timeline, he added.

In the best-case scenario, people can avoid cognitive fatigue by building in breaks during the difficult thinking, Ackerman said.

Those breaks can be restful for a tired brain if they involve doing a different activity. Even if it involves something else that requires effort, changing things up can help to rejuvenate a tired mind, he said.



That means it could be helpful to break up a long day of intense research with a card game with a friend or a walk outside. And taking the time away can mean that when you do get back to work, what you get out of it is even better.

And true rest helps as well, Pessiglione said.

"I would employ good old recipes: rest and sleep! There is good evidence that glutamate is eliminated from synapses during sleep," he said in the release.

Isolation and Exposure Recommendations

If you test **positive for COVID-19**, regardless of vaccination status

Day 1–5

(Day 0 = day of test)



Stay home and wear a mask around others. If asymptomatic and you develop symptoms, restart your 5-day isolation period, with Day 0 being the first day of symptom onset.

Day 6–10



Wear a mask around others. If you have no symptoms or symptoms are improving, you can leave your home. If you got very sick or have a weakened immune system, consult your health care provider before ending isolation.

If you have a fever, continue to stay home until 24 hours after fever resolves without fever-reducing medication.

If you were **exposed to COVID-19**, regardless of vaccination status.

Day 1–10

(Day 0 = day of exposure)



Monitor for symptoms and consider wearing a mask around others, especially individuals at higher risk for complications.

Day 5



Consider testing on Day 5. If you develop symptoms at any time, test immediately and stay home.

Recomendaciones de aislamiento y exposición

Si obtiene un resultado **positivo** en la prueba de **COVID-19**, independientemente del estado de vacunación

Del día 1 al 5

(Día 0 = día de la realización de la prueba)



Quédese en casa y use un cubrebocas cuando esté con otras personas. Si es asintomático y luego presenta síntomas, vuelva a comenzar el período de aislamiento de 5 días. El primer día de inicio de los síntomas corresponde al día 0.

Del día 6 al 10



Use un cubrebocas cuando esté con otras personas. Si no tiene síntomas, o si los síntomas mejoran, puede salir de casa. Si está muy enfermo, o su sistema inmunitario está debilitado, comuníquese con el proveedor de atención médica antes de terminar el período de aislamiento.

Si tiene fiebre, debe quedarse en casa durante 24 horas después de que la fiebre haya desaparecido sin el uso de medicamentos para reducir la fiebre.

Si estuvo **expuesto** al **COVID-19**, independientemente del estado de vacunación.

Del día 1 al 10

(Día 0 = día de la exposición)



Haga un seguimiento de los síntomas y considere usar un cubrebocas cuando esté con otras personas, especialmente con aquellas que tienen un riesgo mayor de desarrollar complicaciones.

Día 5



Considere realizarse una prueba el día 5. Si presenta síntomas en cualquier momento, debe realizarse una prueba y quedarse en casa.



You Make the Difference:

Help Your Head Start Program Be a Great Place to Work

Every job has stress, but there are things you can do to make your workplace a great place to be.

BUILD COMMUNITYSHIP – Support each other at work:

- Find a positive person to connect to at work.
- Reduce time with toxic coworkers.
- Be the positive (or neutral) person for your coworkers.
- Have a "skill swap" and show each other strategies that work well for you.
- Give genuine compliments to others daily.
- Find and share things to laugh about.
- Limit your venting. Ask for feedback or suggestions, but focusing on and sharing the negative only keeps it going.
- Model and encourage healthy and stress-relieving habits for others.



**National Center on
Health, Behavioral Health, and Safety**

1-888-227-5125
health@ecetta.info
<https://eclkc.ohs.acf.hhs.gov/health>

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OREGON PEACHES

The United States grows approximately 25% of the world's peach supply.

Peaches originated in western China approximately 4,000 years ago.



NUTRIENTS FOUND IN PEACHES

- ~ Peaches are a good source of vitamin C, which helps maintain a healthy immune system.
- ~ Peaches contain dietary fiber, which helps regulate digestion.

Like the plum and the apricot, the peach is a member of the rose family. It is classified as a drupe, or a fruit with a hard stone in the center.



In Oregon, fresh peaches are in season from late July until September, but frozen or canned peaches are available year round.



There are over 700 varieties of peaches-- some are even flat like hockey pucks!



Peaches are related to almonds!



This material is funded by USDA Specialty Crop Block Grant Program and USDA Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon CallCenter at 211. USDA is an equal opportunity provider and employer. ©2018 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, race, ethnicity, gender, identity or expression, genetic information, marital status, national origin, sex, sexual orientation or veterans status. Oregon State University Extension Service is an Equal Opportunity Employer.

Ingredients

1 can (15 ounce) **peaches**, undrained or 1 ½ cups fresh or frozen peach slices and ½ to ¾ cups water or 100% fruit juice.

1 cup **carrots** (frozen, cooked from fresh, or canned and drained)

1 medium **banana**, peeled (fresh or frozen)

Makes: 3 cups

Prep time: 5 minutes

– smaller

+ larger



Directions

1. Combine all ingredients in a blender or food processor including the juice from the canned peaches.
2. Blend until smooth.
3. Serve right away.
4. Refrigerate or freeze leftovers within 2 hours.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

Hide nutrition box

Nutrition Facts

3 servings per container	
Serving size	1 cup (208g)
Amount per Serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 25g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 301mg	6%
Vitamin A 324mcg	36%
Vitamin C 6mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.