

COMMUNITY ACTION AGENCY OF DELAWARE COUNTY, INC.

Editor: *Heather Parmely-Roegner*

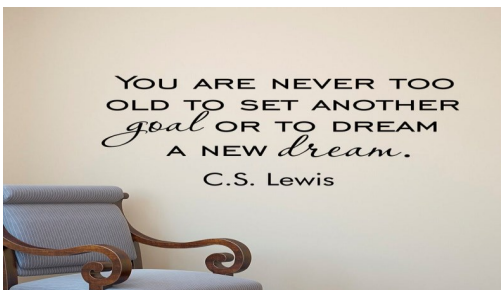
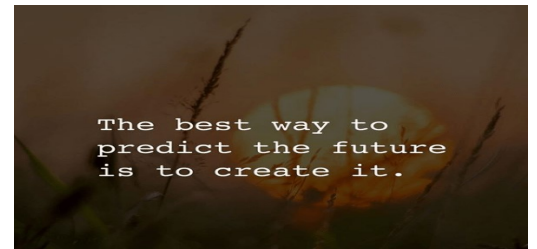
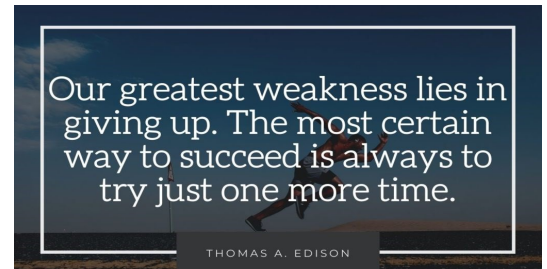
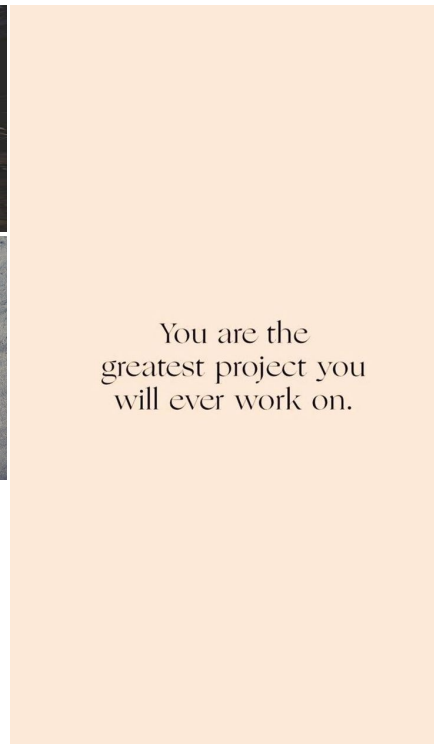
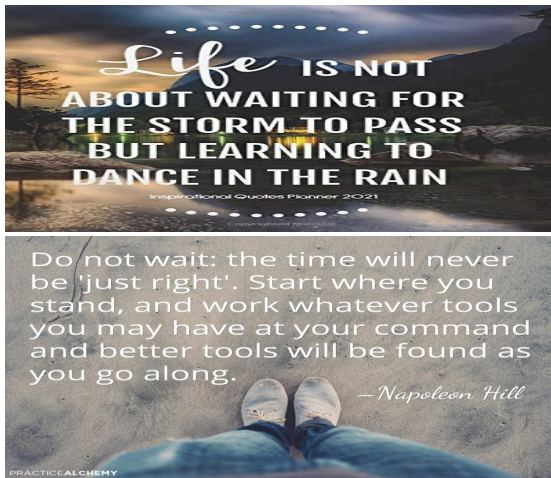
Please call 610-874-8451 or e-mail hparmely@caadc.org with questions, comments or suggestions.

Contributions made by: Jerry Paldino

The LINK! 2021



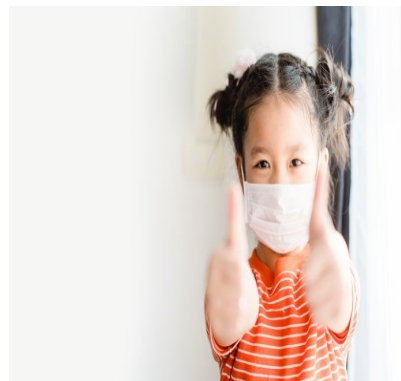
Reflect & Get Ready to Accomplish Great Things!



Follow the Science & Stay Safe!

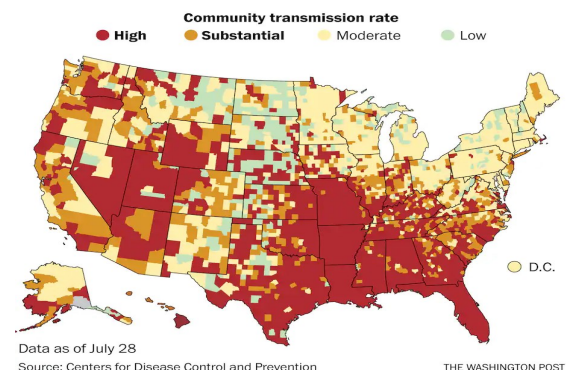
CDC urges vaccinated people in COVID hot spots to resume wearing masks indoors.

Citing new data showing vaccinated people can spread infections caused by the delta variant, health officials also call for all teachers, staffers and students in schools to wear masks, regardless of their vaccination status.



Where the CDC recommends wearing masks indoors

The CDC recommends that fully vaccinated people living or working in counties that are reporting "substantial" or "high" transmission of the virus wear masks indoors. Masks are recommended indoors for unvaccinated people everywhere.



Data as of July 28
Source: Centers for Disease Control and Prevention

THE WASHINGTON POST

Nutrition & Health Tips

Banish Brain Fog: Fine-Tune Your Diet to Find Relief

Courtesy of Heather Adams

Brain fog doesn't have to keep you from feeling your best. You can combat the unpleasant effects of brain fog by changing what you're eating.

If you're finding yourself feeling mentally foggy and unable to concentrate, you could be suffering from brain fog. Brain fog brings on [symptoms like](#) memory issues, a lack of mental clarity and difficulty focusing. You might feel like you're literally in a fog; you can also feel sluggish and exhausted. It's kind of like having brain fatigue, making it difficult to get through the day even if you're feeling otherwise healthy.

There are a number of potential causes for brain fog – and ways you can find relief. Brain fog typically doesn't appear as a standalone health concern. It's a symptom that's linked to a few different underlying causes.

A number of [health changes](#) can result in brain fog. Hormonal changes, like those that happen during pregnancy or menopause, can cause it. Certain medications, such as blood pressure medications or chemotherapy drugs, can bring it on. A number of medical conditions are also known to cause brain fog. It's particularly common in conditions that are tied to inflammation and blood glucose levels, like hypothyroidism, autoimmune diseases and diabetes.

[Viruses and infections](#) can also cause brain fog. Even if you believe you've overcome a particular virus or viral illness, the effects can linger within your body, causing aftereffects as your immune system still works to clear out any suspected viral proteins.

Brain fog can even be brought on by chronic stress and a lack of sleep. Mental fatigue is a side effect of stress, and as your brain becomes exhausted, the symptoms of brain fog can start to appear.

Perhaps the most unexpected underlying cause is your diet. If you aren't getting enough [vitamin B12](#), you may begin to experience the symptoms of brain fog. Vitamin B12 helps ensure healthy blood and nerve function, so unusually low levels of this particular vitamin can make your thinking feel fuzzy and cause fatigue.

Whether your brain fog is brought on by a vitamin deficiency or another health concern, there are [certain foods](#) you can eat that may alleviate its effect on your daily life. Try adding these foods into your diet, and you may find some relief.

Eat brain-friendly foods!

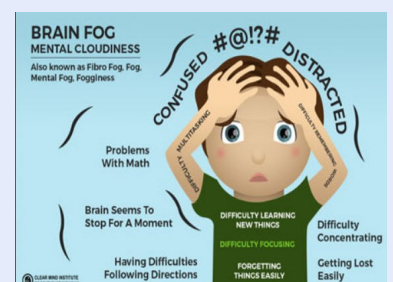
Certain foods are rich in nutrients that feed your brain – or help your brain operate smoothly.

Omega-3 fatty acids, for example, are fantastic for both your brain and your nervous system. Two particular omega-3s, EPA and DHA, [have been shown](#) to play a role in maintaining brain health throughout your life. They're found in brain cell membranes, and they work to keep those cells healthy and communicating properly. Without enough omega-3s in your diet, you could experience [faster brain aging](#) and a smaller brain size overall.

Flavonoids are another important brain nutrient. These plant-derived compounds [work like antioxidants](#), reducing damage-causing free radicals and calming inflammation. Flavonoids can also have a protective effect on your brain, potentially blocking plaque buildup and increasing blood flow.

Foods with these nutrients can enhance your overall brain health, which may have a positive effect on brain fog symptoms. Try these foods, which are rich in flavonoids or omega-3s:

- Dark chocolate or other cocoa-based foods
- Fatty fish, including salmon, trout and sardines
- Shellfish, including shrimp, clams and scallops
- Chia seeds
- Walnuts
- Citrus fruits
- Berries, including cranberries, blueberries and strawberries
- Leafy greens, including spinach and broccoli
- Fish, specifically salmon, cod or tilapia





MENTAL HEALTH TIPS

The Top Mental Health Tips by Tom Dekin



While the vaccine may not be a cure-all, there are steps you can take to improve your mental health. The following tips are backed by evidence, and they range from things you can do on your own, to treatments that require the help of a professional:

- 1. Reach out to others.** When you're struggling with a mental health condition, connecting with others for support is critical. Some areas are relaxing social distancing orders, but if this is not the case in your area, or if you are fearful of the risk of spreading the virus, there are steps you can take to connect. Whether by phone or video conferencing, technology is available to help you stay in touch with friends and loved ones. If you feel comfortable gathering, you may consider an outdoor event or meeting up with friends to take a walk. Anything you can do to stay connected can help to ease the negative effects of isolation on mental health.
- 2. Get some exercise.** Moving your body is an effective way to ease symptoms of depression and anxiety. A recent [study](#) in the *Journal of Mental Health and Physical Activity* found that exercising just once or twice a week was associated with a reduced likelihood of experiencing depression and anxiety. If gyms in your area are closed, getting outside for a walk or jog a few times a week can be a suitable way to cope with mental and emotional distress.
- 3. Try a new hobby or activity.** The pandemic may have changed your usual routine. Perhaps you have transitioned to working from home, or maybe you have had to give up some previous activities. With extra time on your hands, now is the time to try a new activity. You might consider taking up gardening, learning a new language, or remodeling the house. Regardless of what you choose, it can be helpful to reframe your thoughts from negative to positive. Instead of sadness about the pandemic, you can view this as an opportunity to try something you've always wanted to do.
- 4. Step outside.** Being outdoors is restorative, whether it's going to the park, swimming at the lake, or exploring the local nature preserve. If you are experiencing the mental health effects of the pandemic, getting outside may be more important than ever, especially if you have children. The latest [research](#) shows that teens who have spent time outdoors throughout the pandemic have had less of a decline in wellbeing, so one of the top mental health tips this year is to take the time to get outside with your family.
- 5. Set new goals.** The stress and anxiety surrounding the pandemic can make some people feel hopeless, but setting new goals for yourself can increase your self-efficacy and help you to regain a sense of control over your environment. You might set a goal to run a 5k, get a new professional certification, or save for that trip you couldn't take last year.
- 6. Turn to the power of prayer.** Not everyone is religious, but if religion is important to you, heading to church and taking the time to pray might ease some of your anxiety. Experts have named the closing of churches as a contributing factor to suicides during the pandemic, but attending religious services regularly provides a protective effect.
- 7. Try yoga.** Having an outlet for stress is important for maintaining mental health, and this year, being able to cope with stress seems more important than ever. Fortunately, yoga provides a viable option for stress relief. According to one [study](#), yoga is effective for reducing anxiety symptoms, so it might be something to consider if you are having difficulty managing the stress associated with the pandemic.
- 8. Take a break from the news.** Media outlets can communicate useful public health information, but for some people, they can increase distress. Constant exposure to reports of deaths and disease outbreaks can instill fear and anxiety, so it may be helpful to close the news tab or turn the TV off from time to time.
- 9. Practice self-care.** We often feel guilty taking time to care for ourselves, but the truth is we cannot be totally present for other people in our lives, such as children, spouses, or coworkers if we aren't caring for ourselves. Take time to care for your own health and wellbeing, and don't feel bad about it. It's true that you cannot pour from an empty cup.
- 10. Reach out for help.** If you've tried to manage anxiety and psychological distress on your own but are still struggling to cope, there is no shame in contacting a professional for help. Like a psychiatrist, psychologist, or therapist, a mental health professional can provide therapy to help you develop better ways of coping. A doctor may also prescribe medication to help you manage mental health symptoms. In the wake of a pandemic and its aftermath, many people will find they need to reach out for professional intervention.

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Some Interview Questions and Answers

By G. E. PALDINO

Jerry Paldino works finding jobs for Veterans in the SSVF program at CAADC. He can be reached at jpaldino@caadc.org or by calling 484.383.8116 x1032.

Needless to say, interview answers can make or break your interview success rate and your outright chances of getting to the next step in the hiring process and even getting a job offer. So let's cover some of the basics to really good interview answers here.

As many of you will remember from my first few essays, your story is paramount. This is a recurring theme in the finding a new job process! Remember your story is the "why"; why you are here now, why you are at this point in your life, why are you leaving your last job and so on. It is the why that has brought you to this point in the job hunting process. More specifically the best why is why you are choosing this particular role with this company? This last part is meaningful and it leads me into my interview answers.

Generally speaking, you want to be concise and direct with your answers. For example, if they ask you, "have you ever operated a forklift before"? You would say something like, "yes I have, actually I learned to operate a forklift ten years ago while working at Acme rentals and I continued to use one throughout the next ten years of my career. Lastly I would add I have had annual safety training as well". You may throw in for example if you had been asked to train new hires on how to drive one, or other things that stood out like I never had an accident, et cetera. Be succinct and give examples when possible.

One thing that you are looking for is a chance to tell a part of your story. So for example if the question is, "tell me about a time when you saved the company money"? You should have a story ready. The story should be short, meaningful and relatable, with a bit of humor added in if possible. You should have three of these types of stories at the ready way, way before the actual meeting.

Overall you are trying to appear likeable, honest, competent, and interested in the job. This leads me to one final answer. The answer to the question that you will almost DEFINITELY get which is: "Do you have any questions for us?" There is a best or most optimal way to answer this question and here it goes. If you are somehow able to use some of the information that they have already given you during this conversation and ask them to expand on that that is the best case scenario. For example, if they had indicated that they are having trouble finding employees you may ask them what they attribute that to. Your best angle here is to use this technique whenever possible.

Now if that opportunity does not present itself this is where your research comes in handy. You should have looked the firm up on google, visited their website, and so on. So now your second best line of questions would be from that info. For example, maybe you saw an article that they just got a new CEO. You may ask what the general feeling is about the new changes or new goals or company direction if any.

The position itself is also always a great angle for your questions. So for example you could take one specific part of the job and ask them to explain in a little more detail. For example, you could say; "I noticed the job description includes community outreach. How much of the job would that entail?" You may add in something like, "Hey I love hitting the road. I am just asking for a bit of clarity."

Lastly, if you are stuck or come across a brain freeze you can always ask about the person who just left the position. That may sound like this: "I was wondering what the best and the worst thing was about the last person in this role or what they could have done a little bit better and what parts of the position they really excelled at?"

You need to practice these answers and questions and remember it takes time to get this down.

As always be positive, be prepared, and be proud. Remember, you are interviewing them just as much as they are interviewing you!! You can do it!!