



Josh is Headed to the Special Olympics USA Games!



Josh McGuire has been playing tennis for fun with his family since he was in middle school. Inspired by the Williams sisters, Josh has continued to play off and on since then, building on his natural ability. His hard work, practice and skill drew the attention of Ebony Brown at a sports camp in Siloam Springs. She let him know that Arkansas was building a tennis team to participate in the Special Olympics USA Games in 2022.

Josh now practices three times a week with Brian Pillar,

tennis professional, at Creekmore Park and with Leslie Cramer on Saturdays in preparation for his competition in Orlando in June. He enjoys tennis and the training he is getting now. He and his parents, Jeff & Stephanie, appreciate that Brian and Leslie took Josh under their wings and allowed him to practice with them at the park, even before they knew he was heading for the “Big Games!”

Josh will continue to train leading up to the games and build the intensity of his training. He said he “hopes to enjoy the comraderies and build friendships. That’s the most important thing. First place might come later.” Josh and his parents realize that he is very competitive and enjoys winning so they have all been focusing on the bigger picture beyond the game itself. When he doesn’t win, he learns what he needs to work on in the future and tries to use that as a catalyst for betterment of his game.

The Special Olympic USA Games will be held in Orlando, Florida from June 5-12. With seventy-six courts at the complex, it is an extremely big deal that Josh will have a large cheering section as fourteen of his family members will be there to cheer him on! Josh’s Bost family can’t wait to see how it goes either. Keep an eye out for an update after he competes!

Grape Escapes 2022 was held on Friday, March 4, 2022. We would like to say a HUGE thank you to our donors, partners, restaurants, caterers, wineries, and distributors. Without you, Grape Escapes wouldn't have been possible!

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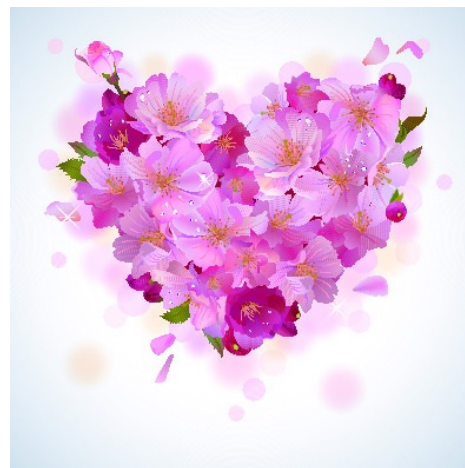
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Mental Health for All – What is Mental Health

Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to contribute to his or her community. Over the past two years, everyone has had to deal with the stressors of the pandemic and the challenges encountered. Everyone feels worried, anxious, or down from time to time. Mental health affects how we think, feel, act, and can also impact whether we make healthy choices related to food and exercise. Mental health is important at every stage of life, from childhood and adolescence through adulthood. High stress levels



can increase the risk of many types of physical health problems, like diabetes, heart disease, and stroke. It is important for all of us to remember that depending on the factors and certainly when demands are placed on us that exceeds our resources and coping abilities, mental health can be impacted. A simple walk, whether outside or indoors, can boost our mental health. The mental health benefits of walking can lower stress levels and help you solve problems. Walking is also linked to better sleep, a reduced risk of depression, and higher levels of happiness. Talking with a trusted friend can help lower stress and can help put things into perspective which may allow you to work out solutions to presented challenges. Small lifestyle changes can make a large difference in how we cope with the day-to-day stresses of life.

The Nurse.

