



"May" I Enroll Now? It's Insurance Enrollment Time!



Insurance benefits you elect could be one of the biggest financial decisions you make in a year and only you know what's right for you and your family. Plans, premiums and supplemental options could

change as well as your life circumstances and that's why you need to reconsider your elections each year.

The Bost, Inc. leadership team has taken great measures to create ways for you to have the information you need to make informed decisions about your benefit elections. We will continue electronic open enrollment which means we will forgo in-person meetings but don't worry because we've got you covered.

We have partnered with brokerage company, OneDigital, and will utilize a new benefits enrollment platform called EASE. A OneDigital representative will soon send an email correspondence to your Bost email address with details on open enrollment and how to make elections on the new EASE benefits platform. The OneDigital correspondence will provide information about how to contact representatives who will be available to answer your enrollment and benefit questions and you'll have access to a step-by-step instructional video on how to navigate the EASE benefits platform.

Get ready to learn what it means to be in charge of your benefits!!!

Don't Leave Money on the Table!

We've got great news...**newly eligible** employees will soon receive communications from our First National Bank, FNB, representatives via Bost email regarding the options to participate in the Bost Inc. 401k plan!! Wait...we've got more...401k open enrollment will now be fully electronic!!

FNB representatives will be available to answer questions and there will be instructional videos detailing plan options and providing guidance about what contributing to a 401k plan can mean to you and your family. Think about planning for your retirement TODAY!!!



SAVE THE DATE

ART
ON THE
BORDER
ART SHOW AND SALE

SAVE THE DATES

Meet the Artists Show Opening Party

Friday, July 22nd

Open to the Public Sale

Saturday, July 23rd

After two years, we are back!
More than 70 amazing artists

Benefiting: Donald W. Reynolds Cancer Support House, ArTs at Bost, Gregory Kistler Treatment Center, and Good Samaritan Clinic

NEW LOCATION: ACHE RESEARCH INSTITUTE HEALTH & WELLNESS CENTER

1000 FIANNA WAY, FORT SMITH

Presented by: Classic Charitable Foundation 501c3

  www.artontheborder.com

**CHOCTAW**
CASINO | RESORT

Pandemic Healing through the Arts with CORE Dance Group

On Tuesday, April 5th, Bost consumers and staff and Arkansas College of Health Education faculty and students came together for a community planetary dance event put on by CORE Dance Group. CORE Dance Group out of Atlanta, Georgia, is a contemporary dance organization that creates, performs, and produces compelling original dance that ignites the creative spirit and actively encourages



participation and conversation by and with the community. Sue Schroeder, CORE Artistic Director, led the planetary dance experience. Our planetary dance was in partnership with the Arkansas College of Health Education's Occupational Therapy program led by Dr. Jennifer Moore. Together, people of all ages and abilities ran and walked for the purpose of healing from the pandemic. There was an overwhelming spirit of excitement and renewal as we came together to reflect on living through two long years in a pandemic that had lasting effects on individuals and communities within the disability community.

The invitation for Bost to participate with ACHE in this event made it evident that the arts is a tool an individual with disabilities can use to process and heal from difficulties such as living through a global pandemic. Our individuals creating flags with words

such as peace, hope, and love to offer as words of healing. Everyone walked together in a spirit of openness and healing. Several were given a chance to share about their experiences during the pandemic and what the ability to come together meant for them. Some shared of the desire to see more unity across the country. They reflected on family members they had lost in the last two years. Some gave thanks to Bost for caring for them during the pandemic when they had no one else. It was a meaningful time for everyone in attendance. These stories shine light on the work of Bost and the need for the arts. We are reminded by our individuals to be resilient and never give up hope.

This project is generously funded by Mid-America Arts Alliance, the National Endowment for the Arts, and the state arts agencies of Arkansas, Kansas, Missouri, Nebraska, Oklahoma, and Texas. Additional funding is provided by the Arkansas Arts Council, Delta Kappa Gamma Kappa State Education Foundation, and the UCA Office of Research and Sponsored Programs.

Emily Autry
ArTs at Bost Coordinator

Spring Storms & How They Affect Your Health – Without You Knowing



Last month we discussed mental health and its effects on our mood, so along those lines let us talk about how the weather affects our health, specifically spring storms. Weather's impact on your body is varied, in fact there is a whole scientific study devoted to it: biometeorology. Figuring out exactly what weather does to the body is not an exact science because it affects people on an individual level. As climate change continues around the world, the impact on our health

will continue. One of the biggest changes is blood pressure. Annually, more than 3 million Americans are diagnosed with high blood pressure. As spring storms roll through, the changing pressure systems change our blood pressure, causing a host of health consequences to follow. Some of the health consequences are low and high blood pressure, joint pain, severe headaches, and sinus pressure, depending on the barometric pressure. Asthma and allergies may get worse during thunderstorms, when the pollen-laden wind causes problems for those with respiratory conditions. Individuals with diabetes can have more trouble controlling their blood sugar during spring storms. Finally, to end where we started, weather does impact our mental and emotional health. People living in temperate climates tend to rank their own happiness higher than those who experience extreme weather such as spring storms. We are all looking forward to calm sunny days.

The Nurse

