



Temple Founder Lions Club

Broadcaster

TFLC President

Boss Lion Lathé Owens



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www.templelionsclub.org

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COMING UP...

UPCOMING PROGRAMS:

- 4/15-4/29: Meeting Cancelled

CLUB CALENDAR:

- 4/15-4/29: No Meeting-Cancelled

BIRTHDAYS:

- 4/21: Ron Kasberg
- 4/26: Tony Gallagher



CLUB NEWS & ANNOUNCEMENTS:

•On Monday, April 13, 2020, the TFLC Board of Directors and TFLC Parks & Charities Board approved a \$5,000 donation to Operation Feeding Temple. Operation Feeding Temple's mission is to assist area food pantries in Temple in the organizing and conducting of food drives, fundraisers and benefits, as well as gathering, storing, and distributing food, clothing, and cash donations for the benefit of individuals and families in need. Below is a picture of Boss Lion Lathé Owens handing over the \$5,000 check to Operation Feeding Temple...and minding all social distancing rules, of course! Proud of our club and giving back to the community during this time!



•During a Zoom meeting on Monday, the TFLC Board of Directors discussed the possibility of bi-weekly Zoom meetings coming soon. More information is coming soon from TFLC Lion President Lathé Owens.

•Check it out: SOME GOOD NEWS!
https://www.youtube.com/watch?v=F5pgG1M_h_U

April is **National Stress Awareness Month**, which began in 1992 to draw attention to the health risks associated with stress and strategies for coping with it. Thursday, April 16th is National Stress Awareness Day. We have experienced unprecedented times lately and I found a few resources that will hopefully help you take a few moments to manage your stress levels. Make sure to enjoy a few moments just for YOU today (and every other day too)!

OBSERVING STRESS AWARENESS MONTH

- Practice meditation.** One of the most effective ways to deal with stress is to learn how to silence the mind. Meditation is one of the most popular methods of achieving this quiet.
- Exercise.** Another way to battle the debilitating effects of stress is to exercise. Whether you're a jogger, bicyclist or just like to take long walks, be sure to get some fresh air and exercise into your daily routine.
- Get enough rest.** Feeling like you're ready to take on the world after a long, restful sleep? You're not far off. Cells are regenerated, and harmful invaders (like cancer cells) are destroyed while we sleep and leaves us feeling thoroughly de-stressed and rejuvenated.
- Pet your dog.** Or it may be a cat, a parakeet -- or any other pet. Science shows that the unconditional love that pets freely give helps us to de-stress, and has powerful effects on lowering our blood pressure.

STRESS FACTS YOU NEED TO KNOW

Stress can help — sometimes

According to the National Institute of Mental Health, "stress can motivate people to prepare or perform and might even be life-saving in some situations."

It's sickening — literally

People under stress are more susceptible to a variety of ailments, from headaches and insomnia to high blood pressure and heart disease.

Stressed? Here's why

A survey by the American Psychological Association found that the five factors most often cited as a source of stress were **money, work, family, economic outlook, and relationships.**

