

Anchor Center Newsletter

Special points of interest:

- Public Transit Presentation on 3/12!
- Happy Saint Patrick's Day on 3/17!
- Happy International Day of Happiness on 3/20!
- "Like" us on Facebook @ Scott County Anchor Center.
- Check out the March Wellness calendar on Mindfulness!
- ****Important:** Are you getting this newsletter and not interested in getting it anymore? Are you wanting to get an emailed copy? Did your address change? Please call the Anchor Center Line to let us know!

How People Make Money on YouTube

How do they do it? Have you ever wondered how people make money on YouTube? How much money do they make? I found an interesting article on this topic and thought it would be fun to share. To check it out for yourself, visit: mint.intuit.com. To cut right to the chase, YouTubers can make anywhere **between \$0.01 to \$0.03 per view, which translates to \$3-\$5 per 1,000 views and up to \$5,000 for 1,000,000 views.** YouTube income is generated by advertisements through a company called AdSense, sponsorships with popular brands and affiliate links. YouTube pays you only after you've earned \$100 or

more from placing ads on your channel and videos. Famous YouTuber salaries can soar into the millions and the highest paid YouTuber in 2018 was a 7-year-old boy named Ryan who started his own channel called Ryan Toys Review. It earned him \$22 million in a single year! People who have made money on YouTube have these things in common: they have found their niche (a niche is a specialty) post regularly, have he right equipment (such as

camera, microphone and lighting equipment) and have great video editing skills. 5 of the top 10 profitable niches were video gaming, product reviews, Celebrity gossip, Life Hacks, cooking, demonstrations and spoofs/pranks. These are all popular choices. No matter what, it takes a lot of work and passionate commitment to make money on YouTube!



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Secrets to a Good Night's Rest

I recently attended a web-based training on SLEEP. Dr. W. Chris Winter, MD "Sleep affects everyone!" He works with a lot of professional sports teams to maximize their performance by evaluating and improve their individual sleep quality. He had always *thought* the best kept

secret in sports was steroids, it turns out that it is sleep! In an old book called The Handbook of Health, sleep is described as a necessary thing that rids the body of "fatigue poisons" that we accumulate throughout the day. These are some Interesting things I learned from this training:

- It is a myth that people that fall asleep quickly are better sleepers.
- Sleep is not the "absence of wakefulness." It's okay to have your brain turned "on" when going to bed. If it was turned off, you'd be dead!

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International Day of Happiness is March 20th!

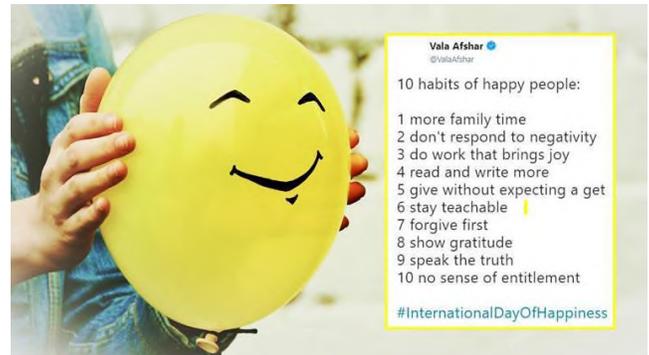
It's a day to embrace your happiness!

On July 12th 2012, the General Assembly of the United Nations proclaimed March 20th as International Day of Happiness, which recognizes the relevance of happiness and well-being as universal goals and aspirations in the lives of human beings around the world and the importance of their recognition in public policy objectives. Since 2013, the United Nations has celebrated the International Day of Happiness by acknowledging that happiness is a fundamental human goal, and calls upon countries to approach public

policies in ways that improve the well-being of all peoples. By designating a special day for happiness, the UN aims to focus world attention on the idea that economic growth must be inclusive, equitable, and balanced, such that it promotes sustainable development, and alleviates poverty. Additionally the UN

acknowledges that in order to attain global happiness, economic development must be accompanied by social and environmental well-being.

Everyone wants to be happy - and life is happier when we're together. March 20th is an opportunity to celebrate our common humanity.



AARP Tax Help

Where does AARP do taxes for free?

AARP operates tax-time assistance centers nationwide.

Volunteer tax preparers are positioned at community and neighborhood centers, libraries, schools, and shopping malls. Call **1-800-906-9887** for more information and to find a site near you.

Homemade Shamrock Shake Recipe



Ingredients:

- 3 cups vanilla ice cream
- 1 cup whole milk
- 1/4 teaspoon mint extract (not peppermint)
- 9 drops green food coloring
- whipped cream
- green sanding sugar for sprinkles
- maraschino cherries

Instructions:

1. Mix the ice cream, milk, extract, and food coloring on high in your blender.
2. Top with whipped cream, sanding sugar and a cherry.

Secrets to a Good Night's Rest *continued...*

(Continued from page 1)

- We build up a chemical in our brains to make us feel like sleeping. Caffeine can slow this down, but it will eventually win because sleep ALWAYS wins!
- When the sun goes down and it gets dark around us, our brains release melatonin to help us feel sleepy.
- Artificial light – like the light from our cell phones – will slow the release of melatonin and slow our ability to fall asleep. If you MUST be on a screen at bedtime, you'll want to block the “blue light” that emits from your screen. This is what the “night shift” function on your phone is for. You can even buy blue light blocking glasses to wear at bedtime as well.
- How much sleep do you need? The answer is “enough”. Different people have different needs and function better at different times.
- There are actually/truly night owls and early birds! Some people are more awake at night, others are more awake and ready to go in the morning.
- Insomnia isn't really a problem; it's how you *feel* about insomnia.
- How you feel during the day is the single most important identifier of how good your sleep was.
- Sleep Apnea is when you can sleep OR you can breathe but you cannot do both at the same time! People have sleep disturbances like this between 0 -180 times per hour. If it happens 7 times per hour, you are experiencing sleep apnea but not significantly enough to use a CPAP machine.
- A hot shower, chamomile tea, or other things that create a nighttime routine can help you get your body ready for sleep each night.
- Paradoxical insomnia is a term that refers to people that feel like they're sleeping less than they really are.

How you feel during the day is the single most important identifier of how good your sleep was.

What is insomnia? When a person can't sleep? That's a reasonable answer that is completely wrong because there is no such thing as a person that cannot sleep. It's impossible. There is not a person alive that doesn't get an average of at least 5 or 6 hours a night over time. Sleep Always wins/Sleep never loses...

People often define insomnia as a person that's not sleeping when they decided that they want to. Maybe a better definition of insomnia is when an individual is trying to sleep and it's not happening right away, **causing frustration**. It's really about how a person **feels** about that inability to fall asleep when they want to. If you don't care that you cannot fall asleep, you will never suffer from insomnia! Sleep always wins, we are not in danger of not getting sleep. He's often asked for tips for better sleep. He often says Consider this; Before I give you tips on getting more sleep, I need a tip. My wife makes great lasagna, but I often get ½ way through it and feel too full to eat any more. How do I get myself to be able to eat more of it? This is a prime analogy on sleep. If you wake up and you just can't fall back to sleep, don't stress about that, just wait until your body wants more sleep. Like putting the lasagna in the refrigerator for later when your body is hungry. An interesting study out of Sweden suggested that we should stop focusing on needing 6-8 hour **per night** but aim for 42 – 56 hours **per week**. Some days we will sleep more than other days.

The Magic Elevator

There was an Amish family that had made their first trip to the high end mall in town. They had never seen any modern technology. Their way of life was living off the land and nature. They were taken back by all they were seeing when they came across these bright shiny silver doors

that automatically slid open from the center. (We know this to be an elevator). The man and his son watched an elderly woman step through the doors and they closed behind her. They watched the numbers above the door rise, stop and then start counting down. When the

doors opened again, a young beautiful woman stepped out and walked by them. The father in amazement looked down at his son and said, “Quick, go get your mother!”



Scott County Health and Human Services



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Scott County Health and Human Services

Like us on Facebook @ Scott County Anchor Center!

The Anchor Center is a community support program (CSP) that offers support for adults with mental illness in Scott County. Before COVID-19, we had a calendar full of events to help and support adults with mental health issues. (**BEFORE Covid-19, we actually USED TO meet in groups, in PERSON, and communicated with each other INSIDE a 6 foot radius WITHOUT a face mask!**) In response to COVID-19, however, we now meet virtually through the WebEx Application. We invite you to join us! We meet online on Tuesdays and Fridays from 1:30 - 3:00pm. Let us know if you'd like to join us by leaving your email address on the Anchor Center line voicemail (952)496-8666. From there, we will email you a link to simply click and join our virtual get-together! We look forward to seeing you again or meeting you for the first time!



SAINT PATRICK'S DAY WORD SEARCH

- Blarney
- Connemara
- Corn
- Cottages
- Dancing
- Emerald
- Europe
- Hospitality
- Ireland
- Kylemoore
- Leprechaun
- Luck
- Many
- More
- Music
- Newgrange
- Patrick
- Rain
- Rainbow
- Shamrock
- Thatched
- Traps
- Westport
- Whiskey

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