

MASF Community Life Center

Improving Lives Through Knowledge



September is National Suicide Prevention Month

This is a time for us all to pause and reflect on how we can each be the one to prevent death by suicide and save lives. Unlike other leading causes of death, suicide is completely preventable.

5 Action Steps for Helping Someone in Emotional Pain

- ASK**
"Are you thinking about killing yourself?"
- KEEP THEM SAFE**
Reduce access to lethal items or places.
- BE THERE**
Listen carefully and acknowledge their feelings.
- HELP THEM CONNECT**
Save the National Suicide Prevention Lifeline number 1-800-273-8255.
- STAY CONNECTED**
Follow up and stay in touch after a crisis.

For more information on suicide prevention: www.nimh.nih.gov/suicideprevention

- Suicide is the 2nd leading cause of death for young people.
- Ages 10-24 and has been increasing every year since 2007.
- The suicide attempt rate has leapt by as much as half among teenage girls during the coronavirus pandemic.
- An average of 3,703 suicide attempts happen every day in the U.S. by young people in grades 9-12.
- 80% of people considering suicide show signs of their intentions.

***“See Something – Say Something”
knowing the signs is critical to prevention!***



Are mask mandates a requirement for Mississippians?

The Centers for Disease Control (CDC) has not announced any new mask mandates, although some Mississippi schools and businesses are reinstating the pandemic-era rules. Experts are now saying that depending on health situations, people may want to consider masking up again, especially in indoor public spaces. According to the CDC, citizens 65 years of age and older, and people who are immunocompromised should strongly consider masking not only for COVID-19, but for the flu and RSV.

Think about it...."If it's raining, would you use an umbrella?"

Recipe Slow Cooker Chicken

2 tablespoon butter
1 (7-ounce package dry Italian-style salad dressing mix
1 (10.75 ounce) can condensed golden mushroom soup
1 (8 ounce) container chive and onion cream cheese
½ cup dry white wine
4 skinless, boneless chicken breast halves

Directions:

1. Melt butter in a saucepan over medium heat, and stir in the salad dressing mix, mushroom soup, cream cheese, and wine until the sauce mixture is hot, smooth and well combined.
2. Place the chicken breasts into the bottom of a slow cooker and pour the sauce mixture over the chicken.
3. Cover and cook on low setting until chicken is tender, about 4 hours..

I can do all things through Him who strengthens me, (Philippians 4:13). No matter what life brings our way, we can always get through it with the help of God!"



Wisdom & Grace September Birthdays

Mary Thomas 12th
Hilton Gordon 18th
Shirley Purvis 18th
Joycie Bright 29th

Upcoming Events

September 5
Show & Tell

September 7
Field Trip to Jesse Brent Lower Mississippi River Museum
11:00 am

September 14
Social Security Information Session
11:00 am

September 19
Show & Tell

September 21
Dr. Tori Holloway -VWSD Superintendent

September 28
Field Trip to Civil Rights Museum
8:30 am - 2:00 pm

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