



# HPCC HAPPENINGS

*Preventing substance abuse and empowering community*

## Who We Are

The HPCC is a grant-funded organization dedicated to preventing substance abuse and supporting a healthy environment in Hazel Park.

## What We Do

The HPCC supports Hazel Park students and families in living healthy lives from the inside out through social education, community collaboration, and political advocacy.

## Get In Touch

**Follow us on Facebook and Instagram @HazelParkCC**

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## This month in focus: The Difference between Medicine and Drugs

We hear a lot of mixed messages about the safety of medicines and drugs. Do you know what the difference is?

**Medicine** are substances that lead to positive effects on the mind and body when used as they are prescribed. The purpose of medicine is to prevent, alleviate, or cure a symptom or disease. Medicines contain one or more active ingredients that spark the positive change, plus some inactive ingredients that help the active ingredients work effectively.

**Drugs** are substances that can have severely negative consequences on the mind and body. Some drugs overstimulate the brain, while others numb the abilities of the brain or change the brain's ability to perceive what's



## Mindful Corner

What is mindfulness?

From [www.kidshealth.org](http://www.kidshealth.org)

**Mindfulness** means paying full attention to something. It means slowing down to really notice what you're doing.

Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.

Mindfulness happens naturally sometimes. Let's say you're getting ready to take a foul shot in basketball. You carefully position your feet at the line. You look up at the hoop and feel the ball in your hands. Taking your time, you bounce the ball a few times. You tune out the other sounds and take your shot. Swoosh - yes! Nicely done!

That calm focus, that way of paying attention to what you're doing, taking your time, and taking it easy - that's you being mindful!

**Practice mindfulness and yoga made just for Hazel Park on youtube @HazelParkCC**

going on.

Scientists who do **biomedical research** explore the effect of different substances on the human body. Scientists are learning new things every day about how both medicine and drugs affect us.



## National Wellness Month Sidewalk Chalk Contest

What does *wellness* mean to you? Share your perspective, and **WIN A PRIZE!** The HPCC is sponsoring a Sidewalk Chalk Art Contest for Hazel Park kids ages 6-11.

1. **Design your sidewalk chalk masterpiece around the question: "What does wellness mean to me?"** We're excited to see designs that are creative and colorful!
2. **Ask your parents to post a photo of your entry to either Instagram OR Facebook by August 31st, 2020.** Your description/caption **must** tag both @HazelParkCC and #HazelParkWellnessMonth.

Our Youth Action Board leader and staff members will announce a winner on our social media channels in early September. We can't wait to see what you create!



Responsibility.org's *Ask, Listen, Learn: Kids and Alcohol Don't Mix* program features interactive materials to help you talk to your kids about saying YES to a healthy lifestyle and NO to underage drinking!

Get started with our information about the dangers of underage drinking and how to say NO. This will help you and your child discover how alcohol affects the brain while jump-starting important discussions about the dangers of underage drinking.

Visit [asklistenlearn.org](http://asklistenlearn.org) for more free resources to share with your kids!





### Helping Your Kids Say NO to Underage Drinking

Share these ideas with your kids and then continue the conversation by asking, "What are more ways to say NO to underage drinking?"

- 1 Be blunt.**  
"No, I'll pass."
- 2 Divert the attention.**  
"Nope, I'll go shoot some hoops instead."
- 3 Keep your cool.**  
"No thanks, that's not my thing."
- 4 Shake it off.**  
"No way, I'm not into that!"
- 5 Blame mom and dad.**  
"No thanks, my parents would kill me."
- 6 Blow it off.**  
"Nah, that's nothing but trouble."
- 7 Stay honest.**  
"And get grounded for life? I don't think so."
- 8 Think of your future.**  
"I've got to study."
- 9 Make a healthy choice.**  
"Not today: I'll wait."
- 10 Communicate clearly.**  
"No. Just no."



## August 2020 Events and Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 National Wellness Month Begins!
2 Sisters Day	3	4	5 	6 HPHS Graduation Celebration!	7 	8
9	10 	11 PERSEID	12 METEOR	13 SHOWERS	14 	15
16 National Friendship Week	17 	18	19	20	21 NEW HPCC Yoga and Meditation classes every Friday!	22
23	24	25 	26 National Dog Day	27	28 	29
30	31					