

April is National Alcohol Awareness Month

Here's a quick assessment using the acronym **C.A.G.E.**

- Have you been told or thought about **Cutting back your drinking?**
- Do you get **Annoyed** when others talk to you about your drinking habits?
- Do you feel **Guilty** about your drinking habits?
- Do you need an **Eye opener** some mornings?

If you answered yes to any of these questions you should seek help for your alcohol drinking habit. Even though COVID was a couple years ago some people are still struggling with isolation. For some the isolation have lead to addictions which have, in general, increased. Alcohol even though it is a legal substance, if you are over 21 years old, is as addictive as any narcotic available. Do not try to hide your addiction. Get help to end it.

April is also National Organ Donor Month

This is an important conversation to have with your family so they know your wishes if you are not able to speak for yourself or you do not have a designation on your driver's license or an Advance Directive. See www.organdonor.gov for more information. If you do not have an Advance Directive now would be a good time to take care of that.