

breath and closed her eyes as a nurse practitioner tightened a blood pressure cuff around her right arm. She was relieved to hear great news: The prescription to stabilize her high blood pressure was working well.

Fogle, who lives in Magalia, has found it hard to prioritize her health since the fire, she told the CN&R—she volunteers eight hours a day, six days a week at the Magalia Community Church to help run a recovery center for her fellow survivors. When Medspire hosted a clinic at the church in October, she convinced herself to stop by. What she found was an encouraging, genuine, nonjudgmental group of people, she said.

“I think like all the other volunteers and people that have stepped up after the fire ... [they’re] just people that have really good hearts and really good values and really want to help people,” she said.

Before she left that day, Fogle spoke with a counselor from Behavioral Health, leaving with

#### Check in:

Medspire Health’s next free clinic is scheduled for Jan. 11, from 9 a.m. to 2 p.m., at the Magalia Pines Baptist Church (14098 Skyway). Email info@medspire.org, call/text 833-633-7747 or go to medspire.org for more info.

mindfulness exercises she said she plans to use when she feels overwhelmed.

Andresen also received services that day. She was unable to make it in person, and spoke with a mental health provider via phone. Her mother recently died of cancer, Andresen told the CN&R, and she has been having a hard time coping. Medspire is helping her secure follow-up counseling and treatment for post-traumatic stress disorder, she said.

“They’re just always there for everybody,” Andresen said. “Because there’s people that can’t go anywhere, that can’t afford anything, that can’t do anything, and yet they’ve made it possible to show up where they’re needed ... and [help people] take advantage of the services.” □

## WEEKLY DOSE



### Holiday health watch

The holidays can bring more than cheer each year—sickness and exhaustion are common conditions triggered by the pressures of gifts, family and food. Don’t forget to take care of your mind and body by taking a break and being conscious of what you eat. Stay physically active, even if that means just squeezing in a quick walk around the block. And be sure to make space for some “me time” by taking a break from family and friends to avoid feeling stressed. As for all that food, be mindful of portion size, try to fill up on healthier foods like fruits, vegetables and whole grains, and make sure to stay hydrated. Alcohol consumption spikes during the holidays, and drinking water will help alleviate that dreaded hangover. And remember, the holidays don’t have to be perfect! Just keep your sense of humor and do your best to relax.

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