

# “THE TRUTH” NEWSLETTER (CAN YOU HANDLE THE TRUTH?)



June 2018

## Making Life Better!!

Depression is real and we must pay close attention to our love ones. When someone you love is acting out of the ordinary, take a little time to have some meaning conversation. You may be saving a life!

While we are talking about saving, make sure you check out the financial tips included.

Fulfillment can come from learning. One sure way to learn something every day is to read.

Always take time to spend with family and friends at home or by going out to events. If you have never seen “The Truth” live, check out the flier below.



## DEPRESSION IS REAL

<https://www.npr.org/sections/health-shots/2018/06/12/619274492/1-in-3-adults-in-the-u-s-take-medications-that-can-cause-depression>

### *1 in 3 Adults in the U. S. Takes Medication Linked to Depression*

Use of medications with depression or suicidal thoughts as potential side effects has been on the rise, according to the study's lead author, [Dima Mazen Qato](#), an assistant professor at the College of Pharmacy of the University of Illinois, Chicago.

Qato says physicians may want to consider including evaluations of medications when they screen for depression.

"With depression as one of the leading causes of disability and increasing national suicide rates, we need to think innovatively about depression as a public health issue," Qato writes. She suggests that one strategy to reduce depression rates might be for health care providers to give more thought to the role these medications might play in depression risk.

*Allison Aubrey is on Twitter @AubreyNPRFood.*

## Upcoming Events

**June 16<sup>th</sup>** – Funk Fest – Legion Field

**June 16<sup>th</sup>** – The Fab Four – Alabama Theatre

**June 23<sup>rd</sup>** – Comedy for the Cure - The Parthenon

**June 29<sup>th</sup>** – The Legendary Ona Watson – Workplay

**June 26<sup>th</sup>** – David Lee: The Ultimate Elvis – BJCC

**June 30<sup>th</sup>** – Tedeschi Trucks Band – Tuscaloosa Amphitheater

## CONTACT US

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*"You learn a lot about a someone when you share a meal together."*

-Anthony Bourdain

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## JOKE OF THE MONTH

Q. What did one penny say to the other penny?

A. Let's get together and make some cents.

[www.laughfactory.com](http://www.laughfactory.com)

## FINANCIAL UPDATE

*Tips from People who are  
Winning with Money*

[tps://www.daveramsey.com/blog/everything-you-need-to-know-money-20-tips](https://www.daveramsey.com/blog/everything-you-need-to-know-money-20-tips))

- 1. Keep your savings account at a different bank than your checking account.**
- 2. Only buy what you need (and can afford).**
- 3. Go old school and balance your checking account.**
- 4. Get on the same team with your spouse.**
- 5. Be prepared for emergencies.**

## ***4 Ways to Become a More Productive Learner***

<https://hbr.org/2018/06/become-a-more-productive-learner>

**by Matt Plummer and Jo Wilson**

1. Focus the majority of your information consumption on a single topic for several months
2. Put what you're learning into frameworks
3. Regularly synthesize what you have learned
4. Cycle between information feasting and information fasting

## Books from Oprah's Book Club

**[A Fine Balance](#)** by Rohinton Mistry

**[A Lesson Before Dying](#)** by Ernest J. Gaines

**[A Virtuous Woman](#)** by Kaye Gibbons

**[Black and Blue](#)** by Anna Quindlen

**[I Know This Much is True](#)** by Wally Lamb

**[Paradise](#)** by Toni Morrison

