

The PIC Informer



From the Desk of the Director

We would like to take a moment to recognize the importance of compassionate care and the role each of us plays in supporting one another in the workplace.

Every day, we demonstrate dedication, professionalism, and care—not only toward those we serve, but also toward fellow coworkers. Compassion is more than kindness; it is listening with understanding, offering help when needed, showing patience during challenging moments, and treating others with dignity and respect.

A supportive workplace strengthens our entire team. Small gestures such as checking in on a coworker, offering encouragement, lending a helping hand, or simply being mindful of one another's responsibilities can make a meaningful difference.

We encourage everyone to continue fostering an environment where teamwork, empathy, and respect are part of our daily interactions. By supporting one another, we create a stronger, healthier, and more positive workplace for all.

Thank you for your continued hard work, compassion, and commitment to each other and to those we serve.

Velda

Eric

Hallie

10 SURVIVAL FACTS THAT COULD SAVE YOUR LIFE:

- Smell almonds with none around? **Leave immediately.**
- Ocean suddenly pulls back? **Run inland.**
- Dog refuses a room? **Trust it.**
- Forced into a car? **Fight with everything.**
- Hair rises on your neck? **Danger detected.**
- Choking alone? **Use a chair for Heimlich.**
- Car sinking? **Break the window first.**
- Metallic smell while hiking? **Lightning risk—get low.**
- Someone collapses? **Check ICE contacts.**
- Fire blocking exit? **Stay low—avoid smoke.**

STRANGE BODY SYMPTOMS EXPLAINED:

1. **Too much yawning** – Low oxygen levels
2. **Unusual bad breath** – Gut health issues
3. **Constant ringing in the ears** – High blood pressure
4. **Heavy hair loss** – Iron deficiency
5. **Swollen legs** – Possible heart or kidney issues
6. **Nighttime cramps** – Low magnesium
7. **Numb fingers** – Vitamin B12 deficiency
8. **Sugar cravings** – Magnesium deficiency
9. **Frequent headaches** – Dehydration
10. **Chilly hands and feet** – Poor circulation
11. **Burning tongue** – Vitamin B deficiency
12. **Reduced sense of smell** – Zinc deficiency
13. **Bleeding gums** – Vitamin C deficiency
14. **Constant tiredness** – Low vitamin D
15. **Feeling dizzy** – Low blood sugar
16. **Yellowish eyes** – Liver-related issues

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Inc.**

FRUIT SALADS

To Go

Watermelon Salad

Dressing
3 tbsp olive oil
1½ tsp lime juice

Salad
4 cups watermelon
1½ cups cucumber
½ cup feta cheese
¼ cup mint leaves



Grape Salad

2 lb green grapes
2 lb red grapes
3 oz cream cheese
¼ cup + 1 tbsp sour cream
3 tbsp granulated sugar
1 tsp + ½ tsp vanilla
1 tbsp brown sugar
2½ tbsp pecans



Snickers Salad

3.4 oz vanilla pudding
1 cup milk
8 oz Cool Whip
6 Granny Smith
6 Snickers candy bars
caramel sauce
lemon juice



Waldorf Salad

Dressing
½ cup whipping cream
¼ cup mayonnaise
Salad
1 cup Granny Smith apples
1 cup Gala apples
½ cup celery
¼ cup green grapes
½ cup walnuts
1 tbsp lemon juice
1 tbsp granulated sugar



Taffy Apple Salad

20 oz pineapple with juice
3.4 oz vanilla pudding mix
8 oz Cool Whip
2 cups red apples
2 cups green apples
2 cups marshmallows
1½ cups peanuts



With 24 Hours Of Free Throws, Mom Raises Big Money For Special Olympics

Frankie Antonelli, like his mother, Debbie, is a pure shooter. His best sport may be swimming — he's racked up numerous Special Olympics medals in freestyle — but basketball is where his true passion lies. You see it in his myriad 3-point celebrations and the smile he wears on the court.

A crazy idea

The fundraiser started, fittingly, with a shooter's ego. Years before she came up with the idea for "Nothing But Net," Debbie created a summer shooting challenge. For each day of July, she timed herself making 100 15-foot jumpers. If a college player beat her posted time for the day, Debbie sent them a medal. But after several years, she wanted to turn the concept into something larger. A friend running the New York City Marathon sparked the breakthrough.

Debbie knew she could not run 26.2 miles. But she wondered whether she could monetize the one athletic skill she still trusted most: her shooting.

The answer became "24 Hours Nothing But Net." Every hour for 24 consecutive hours, Debbie makes 100 free throws. By the end, she reaches 2,400 makes — a clean fundraising number attached to an endurance feat bizarre enough to grab attention. Her first free throw challenge in 2019 raised \$85,000, which Debbie thought was "amazing." Last year alone, the fundraiser topped \$300,000. Now entering year eight, the challenge has outgrown the Antonelli driveway. This year's event is moving to The Deb, a gymnasium in Debbie's hometown of Mount Pleasant, S.C. The gym was renamed in her honor last October.

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Blood Test Can Predict Start of Alzheimer's Symptoms — Down to the Year

New research shows a simple blood test can predict the onset of Alzheimer's symptoms, leading to earlier therapeutic care

NEED TO KNOW

- A new blood test can predict the onset of Alzheimer's symptoms within three to four years
- Instead of testing for beta-amyloid — which requires PET scans — researchers can measure a protein in the plasma, called p-tau217, according to findings published in the journal *Nature*
- The test has "the potential to predict symptom onset accurately enough that we could use it in individual clinical care"

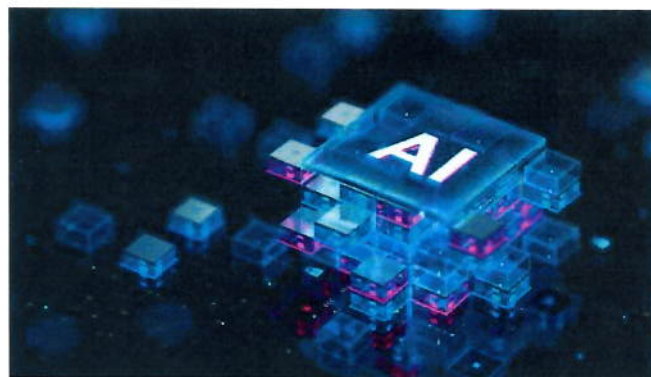
A new blood test can predict when symptoms of Alzheimer's disease may start — helping those affected begin preventative treatment more quickly.

Researchers found that a single blood test measuring p-tau217 — a protein in the plasma — can help them gauge when a patient will start to show symptoms of Alzheimer's disease.

While protein called beta-amyloid is believed to be a cause of the progressive dementia that characterizes Alzheimer's disease, tau increases in the body at the same time.

Researchers found that by measuring tau, they can create "clock models" to "track disease progression with a specific biomarker, thereby providing granular and intuitive time-based staging," according to findings published in the journal *Nature*.

"Amyloid and tau levels are similar to tree rings — if we know how many rings a tree has, we know how many years old it is," lead author Kellen K. Petersen, PhD, a neurology instructor at WashU Medicine, said in a press release from the university. "It turns out that amyloid and tau also accumulate in a consistent pattern and the age they become positive strongly predicts when someone is going to develop Alzheimer's symptoms. We found this is also true of plasma p-tau217, which reflects both amyloid and tau levels." — *People Feb.26*



Pay Off Debt Quickly

Pay off debt faster and with less stress by using ChatGPT to create clear payoff strategies and keep you motivated every step of the way.

THE SMARTER WAY TO DEAL WITH DEBT

Debt can feel like a heavy burden — but with the right plan, you can tackle it strategically and efficiently. ChatGPT can act as your personal debt coach, helping you prioritize, create payoff plans, and stay motivated. Whether you want to follow the avalanche method, snowball method, or a custom approach, AI can help map it out and keep you accountable.

PAY OFF YOUR DEBT WITH THE HELP OF AI

Paying off debt doesn't have to feel overwhelming when AI helps you create a clear, realistic plan and stick to it.

1. **Prioritize Debt Payments:** Input balances, interest rates, and minimum payments, and ChatGPT can suggest the fastest payoff strategy.
2. **Payment Scheduling:** Generate a monthly payment calendar that ensures you never miss a due date.
3. **Simulate Payoff Scenarios:** Compare the total interest paid and timelines for multiple strategies.
4. **Motivation & Tracking:** Receive prompts to celebrate milestones and track progress.

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The Truth About Microplastics



Should we really worry about Synthetic particles?

One of the most significant inventions of the 20th century was plastic. Recently, scientists and the public have been fretting about the consequences. Practicality and convenience are important, but so is our health.

The world today is saturated with microplastics, tiny fragments-under five millimeters-that have been shed from their original form. These particles have moved from obscurity to headline news, often framed in alarmist language. They are now found throughout the human body and in the soil all across the world. Research links their presence in the body to higher risks of heart attack, stroke, or death among people with carotid artery disease.

And we know less about these invisible particles than we think.

A major review by the European Food Safety Authority examined the amount of microplastic exposure from food and its packaging. It confirms that plastics shed particles when heated, twisted, or reused; however, the total mass of these particles in microplastics exposure may be negligible-typically in the nanogram-per-liter range, or smaller than a grain of sand. Many early studies likely overestimated exposure due to laboratory contamination or detection methods that mistook non plastic debris for plastic. Only about 7 percent of more than 1700 studies met scientific standards. The review concludes that real-world exposure is "much lower" than often reported and cannot yet be accurately quantified.

Importantly, though, the review did not assess health effects. Plastics contain chemicals such as phthalates and PFAS that are harmful at very low levels. Certainly, unanswered questions remain about long-term effects. Until more is known, experts recommend simple precautions: avoiding microwaving plastic, replacing worn containers, and using glass or steel to hot foods. But before you spend a paycheck on unproven "detox" products, consider that the research is still very much underway. -

Psychology Today May 26

No Cap, Slang Is Lowkey More Powerful Than Ever

For teens, it's a means of bonding. For parents, it's a font of frustration. For algorithms, it's a path of engagement. And for online influencers, it's a stream of income. Whatever role slang plays in our lives, we can't avoid it, and while it may seem more ubiquitous now than ever, it's been with us throughout our history as one of the core ways that we tell the world who we are. "

Sus – worthy of suspicion or skepticism

Sigma – a humble alpha male; the best.

Cap/No Cap – used to call out falsehoods

Giving – putting out a vibe

Rizz – Charisma; a trait that attracts us to people

Lowkey – adverb and emphazizer; change of quality but intuitive

Skibidi or Six-seven – "Meaningfully meaningless" gibberish

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