



Penguins, widow's labor, and solitary workouts: A week in Well+Being

Description

Celebrate World Penguin Day with us as we share delightful art from illustrator Abbey Lossing and feature an all-penguin "joy snack" in this week's newsletter. We will also delve into topics like "widow's work" and solo exercising, but first, let's look at this week's must-reads:

- An arthritis drug shows promise for old dogs, but concerns about side effects linger.
- Discover the concept of 'oil pulling' for dental health.
- Learn about the potential impact of cleaning product chemicals called 'quats' on the brain.
- Uncover the truth behind the myth of women living together syncing up their periods.
- Explore whether dogs can 'catch' yawns from humans.

In an emotional essay, 92-year-old writer Barbara Morris sheds light on the challenges of widowhood, highlighting the overwhelming task of "widow's work." To aid in preparation, AARP offers helpful guides to navigate the financial, insurance, medical, and legal aspects that follow the loss of a loved one.

Stay safe while engaging in solo exercise with tips and resources to prevent weather-related mishaps and injuries. Explore why individuals without diabetes are turning to continuous glucose monitors to monitor lifestyle influences on blood sugar levels.

Celebrate World Penguin Day with us by enjoying our archive of best penguin content. For more engaging topics and informative reads, be sure to sign up for our weekly newsletter delivered straight to your inbox every Thursday. Do let us know your thoughts at wellbeing@washpost.com or connect with us on TikTok.

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Vocabulary List:

1. **Delightful** // (adjective): Causing great pleasure or delight.
2. **Illustrator** // (noun): A person who draws or creates pictures for booksmagazinesetc.
3. **Delves** // (verb): To search for information.
4. **Concept** // (noun): An abstract idea or general notion.
5. **Impact** // (noun): A marked effect or influence.
6. **Overwhelming** // (adjective): Very great in amount or degree.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which term describes something that is widespread or commonly occurring?

- Option: Epidemiologist
- Option: Innovative
- Option: Prevalent
- Option: Proponents

2. Which term is related to a type of infection caused by molds or yeasts?

- Option: Efficient
- Option: Fungal
- Option: Dengue
- Option: Neurons

3. What is the term used for the cultivation of grapes?

- Option: Viticulture
- Option: Consistency
- Option: Delightful
- Option: Observation

4. Which term refers to a widespread occurrence of an infectious disease in a community at a particular time?

- Option: Endemic



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- Option: Epidemic
Option: Sanitation
Option: Impact
5. What is the act of carefully watching or monitoring something or someone?
Option: Irrigation
Option: Observation
Option: Fluorescent
Option: Deterioration
6. Which term describes the cells that transmit information in the brain and nervous system?
Option: Concept
Option: Neurons
Option: Overwhelming
Option: Prevalence
7. What term refers to an abstract idea or general notion?
Option: Surveillance
Option: Irrigation
Option: Concept
Option: Misdiagnosed
8. Which term describes the effect or influence of one thing on another?
Option: Misdiagnosed
Option: Impact
Option: Epidemic
Option: Efficient
9. Which term relates to the human organ system responsible for breathing?
Option: Innovative
Option: Respiratory
Option: Viticulture
Option: Labeling
10. Which term refers to the conditions relating to public health especially the provision of clean drinking water and adequate sewage disposal?
Option: Consistency
Option: Sanitation
Option: Innovative
Option: Efficient



Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. An _____ studies the patterns causes and effects of health and disease conditions in defined populations.
12. To achieve success it is important to maintain _____ in your efforts.
13. Installing an _____ irrigation system can save water and improve plant growth.
14. The _____ of diabetes is increasing globally due to changes in lifestyle.
15. An _____ approach to problem-solving can lead to unique and effective solutions.
16. Public health officials conduct ongoing _____ to monitor disease outbreaks.
17. Lack of maintenance leads to the _____ of infrastructure over time.
18. Some marine animals exhibit mesmerizing colors under _____ lighting.
19. The artist created a _____ illustration that captured the beauty of nature.
20. Effective product _____ helps consumers make informed choices.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The response to the charity drive was so positive that it was .
22. The of the new policy believe it will bring positive changes to the community.
23. The patient's symptoms were typical but often by healthcare providers.
24. The exploration of the by early settlers led to the discovery of new lands.
25. The mystery novel had a plot full of twists and turns that kept readers engaged and stimulated their curiosity.
26. During the dry season farmers rely on proper systems to water their crops.
27. Achieving success in any field often requires dedication hard work and a high level of .



28. Health authorities conduct regular to track the spread of infectious diseases.

29. The new policy had a significant on the local economy leading to increased investment.

30. The sudden outbreak of the flu became an in the region affecting a large number of people.

Answer

Multiple Choice: 1. Prevalent 2. Fungal 3. Viticulture 4. Epidemic 5. Observation 6. Neurons 7. Concept
8. Impact 9. Respiratory 10. Sanitation

Gap-Fill: 11. Epidemiologist 12. Consistency 13. Efficient 14. Prevalence 15. Innovative 16. Surveillance
17. Deterioration 18. Fluorescent 19. Delightful 20. Labeling

Matching sentence: 1. Overwhelming 2. Proponents 3. Misdiagnosed 4. Americas 5. Intriguing 6. Irrigation
7. Consistency 8. Surveillance 9. Impact 10. Epidemic

CATEGORY

1. Health - LEVEL4

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