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## 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](mailto: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. )**



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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  
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. )**

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| 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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