

MAR 2025

MENTAL HEALTH MONTHLY



Happy
St. Patrick's
Day



WE SEE YOU. WE HEAR YOU. YOU MATTER.

LUNAR CORNER:

THE FIRST ECLIPSE OF 2025 WILL OCCUR IN PISCES SEASON AS THE TOTAL LUNAR ECLIPSE WILL HAPPEN ON MARCH 14, 2025, AT 2:54 A.M. ET. A TOTAL LUNAR ECLIPSE OCCURS WHEN EARTH IS POSITIONED DIRECTLY BETWEEN THE SUN AND A FULL MOON, CAUSING THE PLANET'S DARKEST SHADOW, ITS UMBRA, TO COVER THE LUNAR SURFACE.

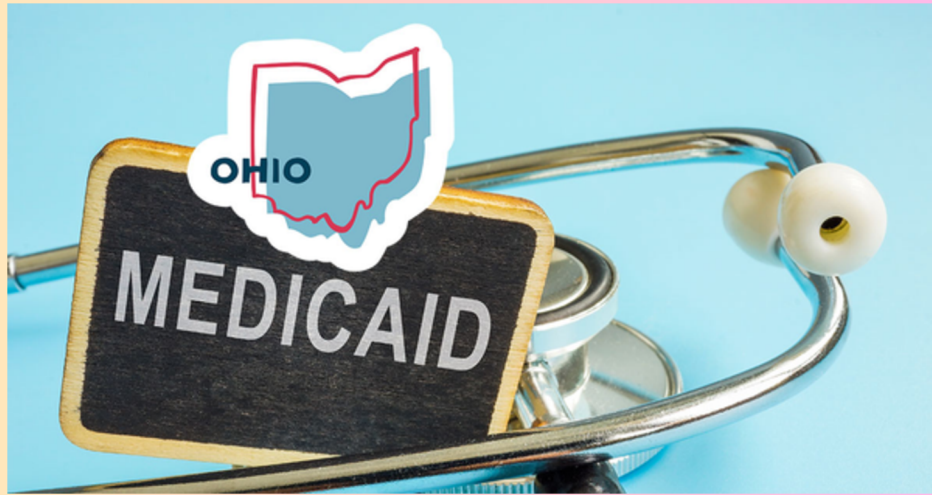
HOWEVER, THIS PARTICULAR FULL MOON IS UNIQUE. SOMETIMES REFERRED TO AS A "BLOOD MOON", THE MOON WILL TURN RED BECAUSE THE ONLY LIGHT REACHING IT IS SUNLIGHT REFRACTED THROUGH EARTH'S ATMOSPHERE, WHICH FILTERS OUT SHORTER WAVELENGTHS AND LEAVES BEHIND ONLY LONG-WAVELENGTH, REDDISH HUES.



ECLIPSES ARE FATEFUL YET UNPREDICTABLE SO ANYTHING COULD HAPPEN. SINCE THIS ECLIPSE COINCIDES WITH A FULL MOON, WHAT YOU HAVE BEEN WORKING TOWARD OR LOOKING FOR MIGHT RESULT IN AN UNANTICIPATED PLOT TWIST. GO INTO THIS ECLIPSE PORTAL WITH AN OPEN MIND, AND REMEMBER TO DO YOUR DEEP BREATHING EXERCISES TO REMAIN CALM.

FOLLOWING THIS, MERCURY RETROGRADE BEGINS ON MARCH 15. MERCURY RETROGRADE WILL IMPACT COMMUNICATION, TECHNOLOGY, AND TRAVEL. THE UNDERLYING ARIES ENERGY WILL HEIGHTEN FRUSTRATIONS AND IMPATIENCE. MAKE AN EFFORT TO KEEP A LID ON YOUR ANGER TO AVOID CRASHING OUT.

THERAPIST CORNER:



MANY OF OUR CLIENTS HAVE EXPRESSED UNCERTAINTY ABOUT THE FUTURE OF MEDICAID UNDER TRUMP'S ADMINISTRATION. WHILE WE CERTAINLY ARE NOT THE EXPERTS IN THIS SUBJECT, WE WANTED TO PASS ALONG SOME INFORMATION WE HAVE FOUND.

SOME STATES HAVE A MEDICAID-EXPANSION TRIGGER LAW, THESE STATES BEING ARIZONA, ARKANSAS, ILLINOIS, INDIANA, MONTANA, NEW HAMPSHIRE, NORTH CAROLINA, UTAH AND VIRGINIA. IF FEDERAL FUNDING TO MEDICAID IS CUT BY TRUMP, THESE STATES WOULD AUTOMATICALLY OR NEARLY AUTOMATICALLY END THEIR AFFORDABLE CARE ACT MEDICAID EXPANSIONS. IN THESE TRIGGER STATES, THE FEDERAL GOVERNMENT FUNDS ABOUT 90% OF THE COST TO COVER THE EXPANDED POPULATION WHEREAS THE AVERAGE IS ABOUT 57% NATIONWIDE. ONE SILVER LINING IS THAT OHIO IS NOT A TRIGGER STATE.

FROM OUR RESEARCH, WHAT SEEMS MORE PROBABLE IS THAT A WORK REQUIREMENT WILL BE IMPLEMENTED IN OHIO.

- IF ENACTED, A MINIMUM OF 61,000 (BUT POTENTIALLY UP TO 450,000) OHIOANS WOULD LOSE MEDICAID BENEFITS.
- IF APPROVED, OHIO WOULD REQUIRE ADULTS 55 AND YOUNGER TO PROVE THEY WORKED AT LEAST 20 HOURS A WEEK OR QUALIFIED FOR AN EXCEPTION (SUCH AS GOING TO SCHOOL, PARTICIPATING IN AN ALCOHOL OR DRUG ADDICTION PROGRAM, OR HAVING A SERIOUS MENTAL ILLNESS) TO OBTAIN MEDICAID.
- THE WORK REQUIREMENT WOULD APPLY TO ADULTS WHO EARN LESS THAN \$20,030 A YEAR FOR AN INDIVIDUAL.
- OHIO PLACED THIS REQUEST ONCE BEFORE IN MARCH 2019, BUT IT WAS PLACED ON HOLD DUE TO COVID. NOW GOV. DEWINE IS TRYING AGAIN TO GET APPROVAL.

MONTHLY BRAIN TEASER

HOW MANY STATES CAN YOU CORRECTLY LABEL (WITHOUT HELP OF COURSE!)? WE PROVIDED THE LIST OF ALL THE STATES BELOW TO GET YOUR STARTED.



ALABAMA
ALASKA
ARIZONA
ARKANSAS
CALIFORNIA
COLORADO
CONNECTICUT
DELAWARE
FLORIDA
GEORGIA
HAWAII
IDAHO
ILLINOIS
INDIANA
IOWA
KANSAS
KENTUCKY

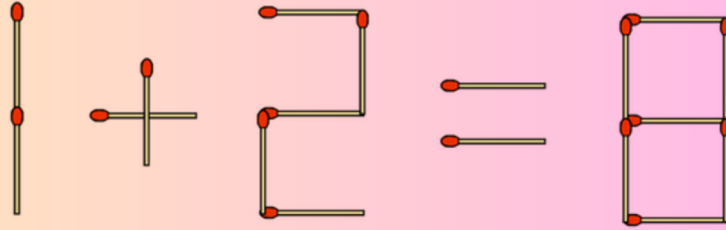
LOUISIANA
MAINE
MARYLAND
MASSACHUSETTS
MICHIGAN
MINNESOTA
MISSISSIPPI
MISSOURI
MONTANA
NEBRASKA
NEVADA
NEW HAMPSHIRE
NEW JERSEY
NEW MEXICO
NEW YORK
NORTH CAROLINA
NORTH DAKOTA

OHIO
OKLAHOMA
OREGON
PENNSYLVANIA
RHODE ISLAND
SOUTH CAROLINA
SOUTH DAKOTA
TENNESSEE
TEXAS
UTAH
VERMONT
VIRGINIA
WASHINGTON
WEST VIRGINIA
WISCONSIN
WYOMING

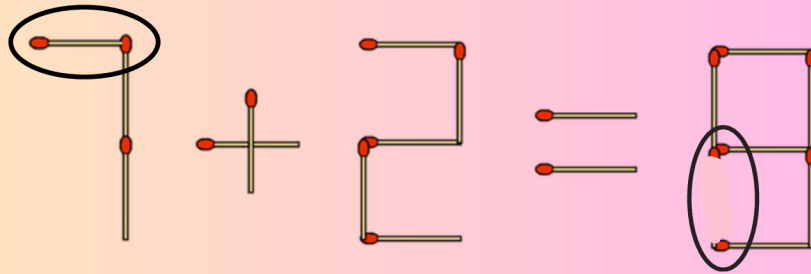
LAST MONTH'S BRAIN TEASER SOLUTION

MOVE ONLY ONE MATCHSTICK TO MAKE THE EQUATION TRUE.

ORIGINAL EQUATION:



SOLUTION: TAKE THE BOTTOM LEFT VERTICAL MATCHSTICK AWAY FROM THE 8 AND MOVE IT TO THE TOP OF THE 1 IN A HORIZONTAL POSITION TO MAKE A 7.



THE FUNNY BUNNY



WHEN YOU GET YOUR
ANCENTRY.COM
RESULTS...AND FIND
OUT YOU'RE NOT
EVEN IRISH.



Visit preveilingtouch.com

8401 Claude Thomas Rd Ste 29. Franklin, OH 45005 | 513-725-6471 | info@preveilingtouch.com