

DESCRIPTIONS FOR Weekend of 09/30/22 – 10/02/22

- Kozo reinforced the critical importance of developing a home escape plan with all members of the household and practicing it regularly. He incorporated information about Kidde's 'smart' resources into the conversation.
- Capponi discussed how Global Empowerment is assisting with disaster aid throughout the Southeast following the destruction of Hurricane Ian. Global Empowerment Mission is a 501(c)(3) nonprofit organization founded in 2011 as a first responder to global disasters. Capponi also talked about GEM'S recent missions in the Ukraine.

DESCRIPTIONS FOR Weekend of 09/23/22 – 09/25/22

- Strode talked about his personal journey with addiction recovery and their mission to build a national sober active community that fuels resilience and harnesses transformation.
- Crager talked about how Americans can stay prepared for emergencies and disasters, such as hurricanes, wildfires, flooding and more. He focused on the importance of knowing the risks of where you live and having a plan in place to your family safe, no matter the conditions.

DESCRIPTIONS FOR Weekend of 09/16/22 – 09/18/22

- According to the latest data from the CDC, vaccination rates have been steadily increasing for Latinos but remain low for boosters. Bearman focused on the continued challenges facing Hispanic communities with dispensing updated COVID health information.
- The mission of Vet Fest is to provide an uplifting and educational day, bringing the military and civilian communities together to benefit our active duty and military families. DiSabitino and Siler talked about the event and stressed the importance of peer-to-peer networking, mental health, and gratitude for active service members and vets.

DESCRIPTIONS FOR Weekend of 09/09/22 – 09/11/22

- The new Omicron-boosters are being delivered but what do we need to know about the updated COVID vaccines? Tobin told us how they are different from the previous vaccines, and how they will they better protect us against the variants that are currently circulating. She also discussed booster availability, safety, and health equity.
- 2022 marks the 21st anniversary of the attacks in New York, Washington and Shanksville, PA. Tobin discussed AmeriCorps call on the Nation to Serve on 9/11 day and explore community service year-round. Tobin discussed how people can visit the webpage that AmeriCorps has set up that directs people to volunteer opportunities in their areas.

DESCRIPTIONS FOR Weekend of 09/02/22 – 09/04/22

- The CDC has recently updated guidance for use in community settings and schools. Dr. Jones told us what prompted the new guidance and how these changes affect people at higher risk. She enforced what steps should still be taken to offer a higher level of protection against COVID-19.
- Tragically, our nation's Veterans are at a higher risk for suicide compared to the general population but there is hope. Dr. Miller discussed the "Don't Wait. Reach Out." Campaign, resources available to help Veterans who are struggling, and how everyone can be part of the solution and help save lives.

DESCRIPTIONS FOR Weekend of 08/26/22 – 08/28/22

- With back to school upon us, many families and kids are anxious when it comes to a new school year, issues like gun violence and mental health. Dr. Jackman talked about tackling those feelings of concern and the latest resources for parents and caregivers at [SoundItOutTogether.org](https://www.SoundItOutTogether.org)
- Villarreal talked about Feeding America's mission to ensure equitable access to nutritious food for all in partnership with food banks, policymakers, supporters, and the communities they serve. With the economy and inflation, she discussed the desperate need for food banks to be replenished immediately and in time for the holidays.

DESCRIPTIONS FOR Weekend of 08/19/22 – 08/21/22

- Massetti discussed the changes and what parents should be doing if their child gets exposed to COVID. She also told us where to get more information on the new guidelines.
- her new book, *COMING UP CUBAN: RISING PAST CASTRO'S SHADOW* and the impact of the 1959 Cuban Revolution. The conversation focused on the lives and growth of four children from very different walks of life as they experience major social, political, and cultural upheaval.

DESCRIPTIONS FOR Weekend of 08/12/22 – 08/14/22

- Keeping kids safe from COVID during the return to school, plus the latest information on the COVID-19 vaccines, including who's eligible to get them and their safety and efficacy.
- Launch of the 988 Suicide and Crisis Lifeline, including the types of issues it addresses, the state of mental health in the U.S., and how it differs from 211 and 911.

DESCRIPTIONS FOR Weekend of 08/05/22 – 08/07/22

- Dr. Jackman talked about tackling those feelings of concern and the latest resources for parents and caregivers at [SoundItOutTogether.org](https://www.SoundItOutTogether.org).
- The games are an annual event that brings together hundreds of elite athletes to compete in adaptive sports and celebrate the resilience and dedication of wounded, ill and injured active duty and veteran U.S. military service members. Fisher discussed the benefits of adaptive sports for vets in recovery and the role of the Fisher House Foundation.

DESCRIPTIONS FOR Weekend of 07/15/22 – 07/17/22

- FDA plans to update boosters to target Omicron variants. Marks discussed the necessity for people to stay on top of boosters. He also talked about boosters for children 5-11 years old.
- It's been a tough summer for U.S. air travelers across America. Greenberg gives us tips and tricks to help successfully navigate "air-maggedon" and deal with the tribulations at America's airlines and airports.