

# City Of Mission's



# Healthline

## December 2016

Welcome to this month's edition of *Healthline*. In this issue, we will be focusing on the importance of *Healthy & Safe Holidays*.

## Save the Date!

### Upcoming Events:

Friday, December 9, 2016  
Employee Christmas Party  
Mario's Ballroom  
7 p.m. - 12:00 a.m.

## Beat Stress & Ring In The Cheer

### Holiday Eating the Healthy Way

- 🌲 Do your best to follow a balanced eating plan throughout the holidays.
- 🌲 Enjoy a favorite holiday dessert at lunch, and then balance that meal with a low-fat dinner.
- 🌲 If you have a high-fat or high-sugar day of eating, strive for low-fat and low-sugar the next day.
- 🌲 Ask yourself if you are overeating because of anxiety and loneliness. If so, acknowledge your reasons for unhealthy eating, and then determine that they don't fit your healthy lifestyle. Substitute a calming activity or a visit with a friend instead of eating.

### Give Yourself the Gift of Exercise

- 🌲 Take a walk in the morning before facing work and family demands.
- 🌲 Even better, ask a neighbor or friend to walk with you to keep you motivated.
- 🌲 Suggest an ice skating outing or indoor volleyball game at a recreation center as part of a get-together for work or family.
- 🌲 Add variety and convenience to your workout routine with a new home exercise DVD.

### Happy Holidays to You

- 🌲 Change on behavior at a time—start small and focus on that one behavior before trying to change another.
- 🌲 Pay attention to your own needs and feelings. Engage in holiday activities that you enjoy and find relaxing.
- 🌲 Recognize how you deal with stress and determine if you are relying on unhealthy behaviors, such as smoking, eating or drinking alcohol, to manage stress.
- 🌲 Use the holidays as a time to strengthen your support network by reconnecting with friends and family. Don't be afraid to ask for a shoulder to lean on.

*Source: American Psychological Association; Centers for Disease Control; University of Michigan Health System*

## Wishing You Sweet Holiday Cheer!

# Decking The Halls Without Wrecking Your Budget

You try to set a holiday budget every year. You make declarations such as “No more than \$25 per present for my family members.” But, it’s easy to get caught up in the momentum of the season and spend much more than you intended. Most of us have no idea how much the holidays really cost. And the unexpected expenses—like Mom’s new dress for the holiday party or gifts for your kids’ teachers—can break your budget before you realize it.

Try these common-sense tips to help you avoid the urge to splurge this holiday season:

## 🎄 Eliminate the Guessing Game

Ask relatives what they want this year rather than wasting money on fits they won’t use. For example, elderly parents and relatives might appreciate a visit more than a gift. Likewise, they may welcome relief from gift-giving pressures.

## 🎄 Be Aware of Differences in Your Family

Not everyone earns the same amount of money or celebrates as lavishly. Try not to give gifts that are worth much more than what others might give in return. Even within your immediate family, be sensitive to money issues. Suggest attending an event together rather than giving gifts. Consider contributing to an agreed-upon charity or cause.

## 🎄 Stick to a Budget

Discuss with your spouse or significant other what you really want to buy and write it down. Add in all the incidentals you probably don’t think of as budget busters, such as the family portrait or a new tablecloth and napkins for the holiday dinner. Make your planning realistic. Remember to throw in extra for those surprised essential expenses that always crop up.



*Source: Society for the Advancement of Education; American Psychological Associations*

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## Avoid Holiday "Spirits" When Driving

December is a time to get into the spirit of the holidays with parties and get-togethers. It’s also Drunk and Drugged Driving Prevention Month. Enjoy your social events but heed the warning—drinking and driving can spoil the holidays.

How can you, your family and friends stay safe when alcohol is involved? Think about these tips before hitting the road:

- 🎄 Always decide who the non-drinking driver will be before and drinking starts.
- 🎄 If you are hosting a party, offer alcohol-free drinks.
- 🎄 Make sure guests leave with a sober driver.
- 🎄 Take keys away from friends or family if they are not fit to drive.
- 🎄 Get a ride home or call a taxi if you have been drinking.

This holiday, take safety on the road. Don’t mix alcohol or other drugs with driving. Drunk drivers cause about 30 deaths per day in the U.S. Other drugs, such as cocaine and marijuana, cause about 18 percent of motor vehicle driver deaths. These other drugs are often used along with alcohol.



**Source:**  
*Centers for Disease Control and Prevention*

Give the gift of health and safety



# Holiday Spirit-Lifters

## Holiday Support for Single Parents

- 🌿 Discuss and plan children's visits and gift giving with your former partner well ahead of the holiday season.
- 🌿 Simplify holiday celebrations and involve your children in holiday planning when you can.
- 🌿 Plan celebrations with friends and with other single-parent families if you will not be with your children or your extended family for the holidays.

## Dealing with Holidays Following the Death of a Loved One

- 🌿 Let others take over holiday tasks such as cooking or decorating the house.
- 🌿 Donate money you would have spent on your loved one's gift to a particular charity.
- 🌿 Reflect on pleasant memories and set aside time to grieve.
- 🌿 Lean on available resources including family, your religious community or a support group.

## Help When There are no Close Family Ties

- 🌿 Seek out friendships to create a surrogate family of friends.
- 🌿 Gather with your friends for holiday dinners and other celebrations.
- 🌿 Make it a point to call your friends and send cards, not just during the holidays, but all year long to reinforce the feeling of family.

## Coping with Holidays After Divorce

- 🌿 Think about new traditions you would like to start with family members or friends.
- 🌿 Be thankful for the ones in your life and focus on the good things you have together.
- 🌿 Open your mind to the possibility that things don't have to be a certain way during the holidays for you to be happy. Try to stay positive and look forward.

Source: Eastern Kentucky University Counseling Center; University of Michigan Health Systems; Family Education Network

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## Question & Answer

### Which Holiday Plant is dangerous to your pet?

**Answer:** Despite common belief, poinsettias aren't particularly dangerous to our four-legged friends. But mistletoe is. Eating the leaves or berries can make your dog or cat feel sicker than an over-indulger the morning after New Year's Eve. Wrap mistletoe in a piece of netting before hanging it to keep pieces from hitting the ground—and making their way into your pet's stomach



### What should you do about a strand of lights with frayed wires?

**Answer:** Unless you happen to be extremely knowledgeable about repairing wires, it's best to replace damaged ones. Before you hang your lights, check for frayed, damaged or loose wires and any broken bulbs or sockets. When in doubt, throw it out.

### How should you rinse your turkey before cooking?

**Answer:** You shouldn't wash your bird. Rinsing raw poultry ups the risk of bacteria being splashed all over your sink and counters—especially when you're trying to maneuver 15 or more pounds of slipperiness under your faucet! Cooking to a safe temp—165 degrees—will take care of any germs.

### How many strands of lights can you safely link together?

**Answer:** Unless the package tells you otherwise, never string together more than three sets of lights. Also, look for the UL label when buying lights. And if your lights are new or you haven't plugged them in since last year, plug them in first, before you spend hours stringing them up, to make sure all the bulbs light up.

# Put Peace Back Into Your Holidays

While the holidays are supposed to be a peaceful time, they can sometimes be far from that. The season brings more things to do, people to see and places to go. While all these activities might be fun, they also can produce pressure. Unfortunately, trying to handle too many demands may invite unwanted holiday guests—stress and depression. Holiday stress and depression often result from three major trigger points. Knowing about these triggers can help you prepare to better to better handle them.

## The Relationship Trigger

Relationships can be challenging at any time, and the holidays can heighten tensions even more. Family conflicts can snowball out of control, especially when you spend more time together. On the other hand, you may experience feelings of isolation and sadness if you are spending the holidays without a loved one.

## The Financial Trigger

Though finances can be an ever-present point of stress, overspending during the Holidays can add anxiety. Are you trying to make everyone happy with the perfect gifts?

## The Demand Trigger

Along with your usual schedule, the holidays add shopping, social events and extra food preparations. Stress builds when you are overly tired, setting you up for illness during the holidays.

*Source:*

*Mayo Foundation for Medical Education*



## Healthy Recipe

### Balsamic Glazed Carrots

This colorful side can be whipped up in less than 15 minutes and requires only 5 ingredients. Balsamic vinegar and a little brown sugar form a beautiful glaze that brings out the natural sweetness of carrots. This healthy vegetable contains the antioxidant beta-carotene (a plant form of vitamin A), as well as other beneficial carotenoids.

### Makes 4 Servings

**Per serving:** 66 calories, 2 g total fat, 11 g carbohydrate,



### Ingredients:

- 1 tbsp. peanut or canola oil
- 4 cups baby-cut carrots or ½-inch diagonally sliced carrots
- 2 Tbsp balsamic vinegar
- 2 Tbsp. brown sugar
- Salt and freshly ground black pepper to taste

### Directions:

1. In a large skillet, heat oil over medium-high heat. Add carrots. Sauté until carrots become tender crisp and start to brown slightly, about 11-12 minutes. Reduce heat to medium. Sprinkle vinegar and sugar over carrots, stirring to thoroughly coat carrots. Season to taste with salt and pepper. Remove from heat and serve warm.

# Move Of the Month:

## 30 Day Holiday Challenge

Just because it's the holiday season, it doesn't mean we can't indulge in a little exercise as well as all the other great stuff the holidays have to offer!

30 Day Holiday Challenge @thisthatandlife #30dayholidaychallenge						
Rest	40 Squats 10 sec. Plank 10 Push-ups	60 Squats 20 sec. Plank 15 Push-ups	80 Squats 30 sec. Plank 20 Push-ups	40 Squats 20 sec. Plank 15 Push-ups	80 Squats 25 sec. Plank 20 Push-ups	100 Squats 30 sec. Plank 25 Push-ups
Rest	60 Squats 20 sec. Plank 20 Push-ups	80 Squats 30 sec. Plank 25 Push-ups	100 Squats 40 sec. Plank 30 Push-ups	60 Squats 30 sec. Plank 25 Push-ups	100 Squats 35 sec. Plank 30 Push-ups	120 Squats 40 sec. Plank 35 Push-ups
Rest	80 Squats 30 sec. Plank 30 Push-ups	100 Squats 40 sec. Plank 35 Push-ups	120 Squats 50 sec. Plank 40 Push-ups	80 Squats 40 sec. Plank 35 Push-ups	120 Squats 45 sec. Plank 40 Push-ups	140 Squats 50 sec. Plank 45 Push-ups
Rest	100 Squats 40 sec. Plank 40 Push-ups	120 Squats 50 sec. Plank 45 Push-ups	140 Squats 60 sec. Plank 50 Push-ups	100 Squats 50 sec. Plank 45 Push-ups	140 Squats 55 sec. Plank 50 Push-ups	160 Squats 60 sec. Plank 55 Push-ups
Rest	120 Squats 50 sec. Plank 50 Push-ups	140 Squats 60 sec. Plank 45 Push-ups	160 Squats 70 sec. Plank 50 Push-ups	120 Squats 60 sec. Plank 55 Push-ups	160 Squats 65 sec. Plank 60 Push-ups	180 Squats 70 sec. Plank 65 Push-ups

Complete the puzzles and turn them to Human Resources by December 16, 2016 by 12:00 p.m. to be entered into a raffle for a \$10 gift card!

# Puzzle

## Happy Holidays

G M S Z R L G H S R W S M S N  
 L I B G E U O I A Z A T A L A  
 H R F V N T D E F M R N R O U  
 W O A T C I Y O T T T E S V G  
 Y R L O E W R S L A S M H E H  
 T L C I E X I E C P D A M R T  
 K O I N D R C L H S H N E L Y  
 A U N M H A A H V T I R L A L  
 U W O C A U Y A A C A O L U U  
 R I L Z S F Z S E N O G O G F  
 C C S E R I F N O B G R W H K  
 T H G I N T N E L I S E S T N  
 C O O K I E S C H E E R Q E A  
 U S D N E I R F O Z G Q D R H  
 N O R T H P O L E C K B O Y T

- 🌲 Bonfires
- 🌲 Cheer
- 🌲 Christmas
- 🌲 Cookies
- 🌲 Gatherings
- 🌲 Gift Exchange
- 🌲 Gifts
- 🌲 Holidays
- 🌲 Hot Cocoa
- 🌲 Laughter
- 🌲 Love
- 🌲 Marshmallows
- 🌲 Naughty
- 🌲 New Year
- 🌲 Nice
- 🌲 North Police
- 🌲 Ornaments
- 🌲 Rudolph
- 🌲 Santa Clause
- 🌲 Silent Night
- 🌲 Thankful

Congratulations to  
last month's winner:

*Mayra Rocha  
Library*

				6	7	
	7		9	4	3	
4						1
3		6				
		2	8	1	9	
					1	5
1						7
	3		5	8	9	
	5		4			

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Noemi Munguia  
Nereyda Peña  
Catherine N. Hernandez  
Anais Chapa

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Benefits Coordinator  
Human Resources Coordinator  
Insurance Benefits Specialist

Next Month's Issue:

*Physical Fitness*