

# NEWSLETTER

Brought to you by:



# DEC 2020

December 1 –  
December 31

Powered by:

Wellworks<sup>For You</sup>

## IN THIS ISSUE

Health Observance

Page 1

Winter Tips – Don't Get Buried  
This Winter (in snow)

Pages 2

WellBalance Health Tip Corner

Page 2

Brainstorming and Planning Your  
New Years' Resolution

Page 3

Did You Know?

Page 3

Featured Recipe

Page 3

## HEALTH OBSERVANCE

# Safe Toys & Gifts Month!

By Brandon Harrar, Creative Marketing Manager -  
Wellworks For You

We all love watching friends and family open gifts and seeing their eyes light up with excitement. With all of the anticipation, it's easy to forget about simple safety. Over 200,000 toy-related injuries are treated annually in hospital emergency rooms throughout the United States. Before making any purchases this year, remember to think about toy and gift safety so the holidays don't turn from the happiest time of the year to the scariest!

December is the biggest gift-giving month in the world and buying toys and gifts can be one of the most exciting parts about the holiday season so it's important to keep safety in mind as you're shopping, especially for young children.



Here are some ways to shop safely during toy and gifts safety month:

- **Inspect toys before buying** – Avoid toys with sharp edges, lots of little parts, or parts that can be easily pulled off. (Especially if it's for a baby or toddler).
- **Buy age appropriate toys** – Make sure the marked age and skill level matches the age and skill level of the child you're buying for.
- **Buyer beware of these other items** – Avoid toys with ropes or cords or toys that can heat up. Check to make sure crayons, markers and paints are labeled nontoxic and include ASTM D-4235 on the package, which certifies that they have been evaluated by the American Society for Testing and Materials. Toys made of fabric should be labeled as flame resistant or flame retardant.

## TOY SAFETY GUIDES

[Choking Hazard: Plastic Film on Toys and Other Children's Products »](#)

[Strings and Straps on Toys Can Strangle Young Children »](#)

[Ingested Magnets Can Cause Serious Intestinal Injuries »](#)

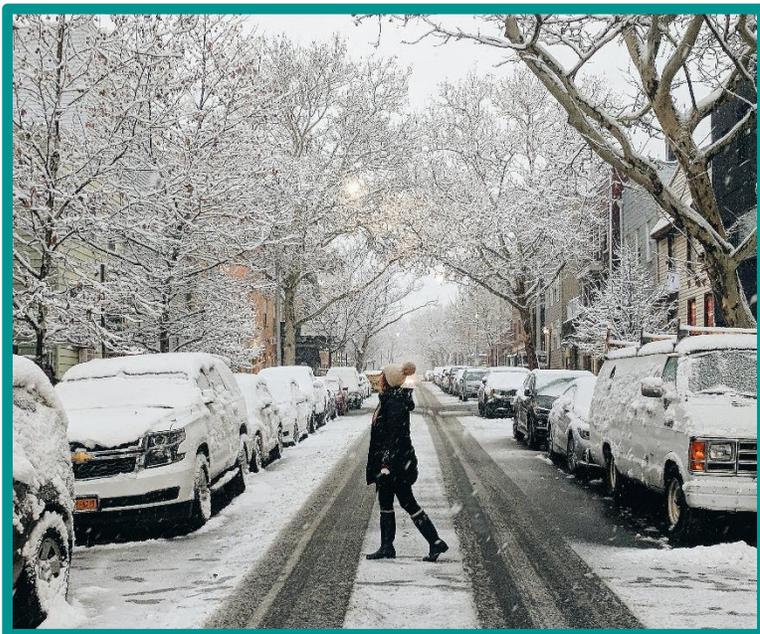
[Balloons Can be Suffocation Danger to Kids »](#)

[Caps for Toy Guns »](#)

[Electric Toy Safety »](#)

### SOURCES:

<https://www.changevearroup.com/safe-toys-awareness-month-please-select-safe-toys-and-gifts-for-the-holidays/>  
<https://child-familyservices.org/december-is-national-safe-toys-and-gifts-month/>



## Don't Get Buried This Winter (*in snow*)

Kyle O'Connor, Wellness Coordinator - Wellworks For You

The winter months are upon us, and for most, that means extremely cold weather and winter storms. Staying warm and safe can be a challenge, as winter storms bring cold temperatures, power failures, loss of communication services, and icy roads. To keep yourself and your loved ones safe, you should know how to prepare your home and your car before a winter storm hits. For those who are prone to winter weather, The Center for Disease Control (CDC) recommends creating a communication and disaster plan for your family ahead of time.

### Winterize Your Home

Protect your home by filling in any gaps that could potentially cause problems. Installing insulation to outdoor water lines and storm windows to block out drafts from windows and doors can prove to be crucial in keeping a warm and safe home. Also, don't forget to clean out those gutters and repair damages to your roof to prevent leaks.

### Service Your Heating System

A warm home is a happy home! Make sure your heating system is clean and properly ventilating air outside safely. Fireplaces and chimneys are also very important to have inspected. Ensure that they are properly cleaned and without significant damage. Also, if you haven't already, install carbon monoxide and fire detectors for daily safety.

### Be Ready for Emergencies

Stock up on essentials and have a winter emergency kit prepared with:

- Portable charger
- Blankets
- Food and Water
- Booster Cables
- Flares
- Bag of sand cat litter to provide traction for your tires, if you are stuck

Finally, make sure you are aware of the safety of yourself and others. Keeping your home driveways and sidewalks clear of snow is the best way to show compassion and respect for your neighbors. If traveling is unavoidable, stay tuned to weather alerts and road conditions to make proper decisions while traveling. Make your best efforts to travel with someone if you are able and carry your phone fully charged. By following these tips and tricks, you will limit the dangers of winter weather and reap the benefits of a safe home during inclement weather.

SOURCE:

<https://www.cdc.gov/nceh/features/winterweather/index.html>



WellBalance

## HEALTH TIP CORNER

### Managing Your Holiday Blues – Know What You Need

The most important thing you can do to take care of yourself this holiday season is to know what you need. Do you need more sleep? Regular workouts? Time alone? Make sure that no matter what the expectations are or how busy your schedule is, you listen to yourself and create the space and time for what matters to you.

SOURCE: <https://health.usnews.com/health-news/blogs/eat-run/2015/12/01/31-healthy-habits-to-try-each-day-of-december>

# Brainstorming and Planning Your New Years' Resolution

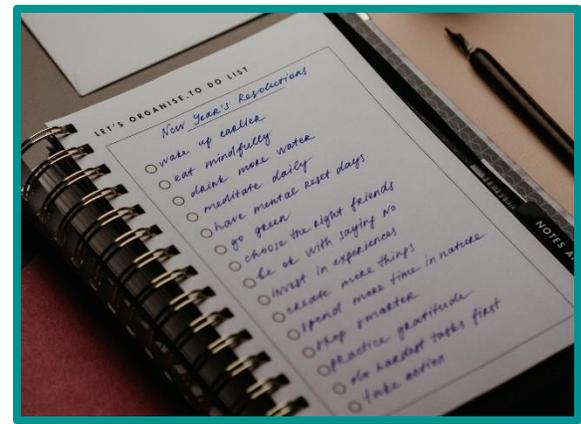
By Alex Sprenkle; Wellness Coordinator - Wellworks For You

At the start of each new year, many of us use the switching of the calendars to also make a fresh start for ourselves. And why not? After all, we do spend the entire night beforehand counting down every minute and hour to a new year of possibilities!

Unfortunately for many of us, very few resolutions and goals make it from January 1st to December 31st. Those who have set New Year's Resolutions in the past are familiar with how difficult it can be to maintain January's momentum throughout the year. Not to mention, "resolutions" are often highly personal aspirations, making the eventual burnout from our efforts feel even more discouraging.

This year, maybe try a different strategy (derived from the science of Mindfulness). Rather than making a list of behaviors to change and goals to meet, start building a vision for 2021 instead. Building a vision for your year requires thinking about the life that you would like to be living by the end of 2021. Consider what it would look like, feel like, what you would be doing each day, etc.

Once you have envisioned your ideal 2021, think of a few affirmations or mantras that might connect with that vision. For example, if you aspire to be healthier and more energized, choose an affirmation such as "Feeling good is living good." Your mantra can then easily be repeated in moments of temptation, and used to refocus your behaviors without needing behavior goals. Extra Bonus: Using Mantras and affirmations is inherently more forgiving than a goal because it recognizes your daily efforts, and emphasizes that each decision is a chance to make progress toward your overall vision.



## Did You Know?

The largest gathering of people wearing holiday sweaters is 3,473!

3,473 fans were recorded at the University of Kansas on December 19, 2015, when that many people wore brightly colored sweaters to the men's basketball game against Montana.

Source: <https://www.rd.com/list/holiday-fun-facts/>



## Featured Recipe

### Crockpot Christmas Bake

8 Servings

#### INGREDIENTS

- 8-10 slices of thick bread
- 3-4 cups broccoli florets
- 2 cups cubed ham
- 1 large potato
- 2 cups sharp cheddar cheese
- 6 eggs
- 2 ½ cups milk
- 1 teaspoon salt
- ½ teaspoon pepper

#### DIRECTIONS

1. Cube bread and ham.
2. Shred potato and cheese.
3. In a crockpot, layer the ingredients in the following order: Half of the bread cubes, all of the potato, half of the cheese, half of the broccoli, all of the ham, then remaining broccoli, cheese, remaining bread cubes.
4. Beat eggs and milk with seasonings thoroughly.
5. Pour over all of layers.
6. Cook on low for 6-7 hours or until eggs are set and most of the liquid has been absorbed.

#### NUTRITION

**Per serving:** Each serving contains about 356 calories, 24g protein, 16g carbohydrates, 1g dietary fiber, 4g sugar, 22g fat, 1,175mg sodium



Source: <https://www.superhealthykids.com/recipes/crockpot-breakfast-bake/>