

## INSIDE THIS ISSUE DECEMBER 2023

### 1 Tie One on for Safety

### 2 Embrace the New Year

### 3 Spreading Joy



## HEALTH OBSERVANCE

# Tie One on for Safety

*Kellie O'Keefe – Wellworks For You*

In our fast-paced world, it's easy to get caught up in the rush of life and forget the importance of safety. That's why "Tie One on for Safety" is a health observance worth highlighting. This campaign, which takes place during the holiday season, serves as a reminder to make responsible choices when it comes to alcohol consumption and driving. It's a time to spread awareness and promote a culture of safe and responsible celebrations.

As we approach the holiday season, it's essential to remember that the roads can become more dangerous due to increased festivities and alcohol consumption. "Tie One on for Safety" encourages us to tie a red ribbon on our vehicles as a symbol of our commitment to making safe choices. It's a simple yet powerful gesture that can potentially save lives.

Drinking and driving is a dangerous combination, and its consequences can be devastating. Not only can it lead to accidents and injuries, but it can also result in legal trouble and lifelong regrets. By participating in this observance, we demonstrate our dedication to being responsible citizens and protecting ourselves and those around us.

**Here are some tips to "Tie One on for Safety" effectively:**

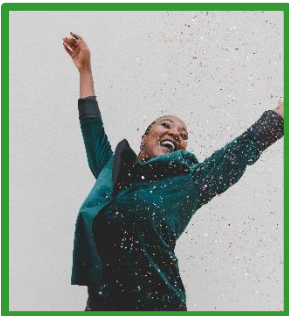
**Designate a Driver:** Before going out for a night of celebration, appoint a designated driver who will abstain from alcohol. This ensures a safe ride home for everyone.

**Use Rideshare Services:** In this day and age, rideshare services like Uber and Lyft make it easier than ever to get a safe ride home after drinking.

**Plan Ahead:** If you're hosting a party, consider offering non-alcoholic beverages and ensuring your guests have a sober ride home. Encourage responsible drinking.

**Spread the Word:** Share the message of "Tie One on for Safety" with your friends and family to raise awareness and encourage responsible choices during the holiday season.

Let's make the "Tie One on for Safety" campaign a part of our holiday traditions. By doing so, we can help create a safer environment for everyone and ensure that the season's joy isn't overshadowed by tragedy. Remember, it only takes a moment to tie a ribbon on your vehicle, but it can make a world of difference in keeping our roads safe.



### Embrace the New Year: Setting Positive Goals Beyond Exercise

While fitness resolutions are common, focusing on holistic self-improvement, like learning a new skill or picking up on new hobbies, is equally essential.

..... page 2



### Spreading Joy: Giving Back During the Holiday Season

There are numerous ways to get involved and share the spirit of giving. Here, we explore meaningful ways to give back during this time of year.

..... page 3



# WelBalance

## HEALTH TIP CORNER

Connectedness.

## Setting Positive Goals Beyond Exercise

*Kellie O'Keefe – Wellworks For You*

As we stand on the threshold of a new year, it's the perfect time to reflect on our aspirations and set positive goals that promote overall wellbeing. While fitness resolutions are common, focusing on holistic self-improvement, like learning a new skill or picking up on new hobbies, is equally essential. Let's explore how to set these positive goals for the upcoming year.

### Explore a New Hobby

Finding a new hobby can be a refreshing and enriching experience. Whether painting, playing a musical instrument, gardening, or cooking, investing time in a creative pursuit can be a great source of joy and personal growth.

### Read More

Reading is a fantastic way to expand your horizons, gain knowledge, and escape into different worlds. Challenge yourself to read a certain number of books in the new year.

### Volunteer and Give Back

Setting a goal to give back to your community or a cause you care about is an excellent way to feel more connected and fulfilled. Volunteer your time or skills to a local charity, non-profit organization, or community project. The act of giving can bring a sense of purpose and happiness.

### Improve Relationships

Consider setting a goal to nurture relationships with friends and family. Allocate quality time for meaningful conversations, engage in regular catchups, or plan memorable experiences together. Strengthening these connections can lead to greater emotional wellbeing.

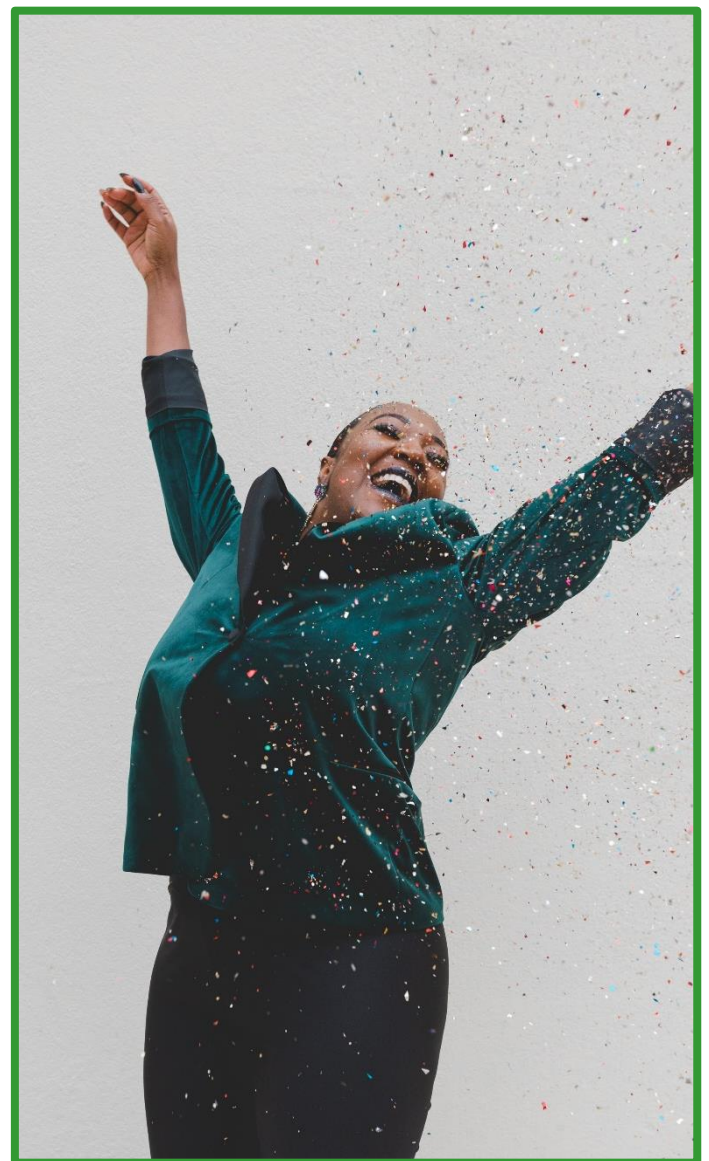
### Learn a New Skill

Lifelong learning is a powerful way to boost self-esteem and personal growth. Choose a skill you've always wanted to acquire, whether it's a new language, cooking, coding, or a craft, and dedicate time to mastering it.

### Disconnect from Technology

Setting new boundaries for technology use can significantly enhance your mental wellbeing. Commit to disconnect at certain times of the day and use that time for self-reflection, creative activities, or spending quality time with loved ones.

Setting positive goals for the new year beyond exercise is a valuable way to enhance your overall wellbeing and happiness. These goals contribute to personal growth and foster a sense of fulfillment, connection, and a more balanced and mindful life. Embrace the new year with enthusiasm and the determination to become the best version of yourself.



# Spreading Joy:

## Giving Back During the Holiday Season



*Kellie O'Keefe – Wellworks For You*

The holiday season is a time of joy, gratitude, and togetherness. It's also a perfect opportunity to give back to those in need and positively impact your community. There are numerous ways to get involved and share the spirit of giving. Here, we explore meaningful ways to give back during this time of year.

### Angel Trees

Angel Trees are a classic holiday tradition. These trees are adorned with paper ornaments, each representing a child or family in need. You can choose a decoration, purchase the requested gifts, and bring them back to be distributed to the recipients. It's a simple but effective way to brighten a child's holiday.

### Volunteer at a Local Shelter

Local shelters, food banks, and community organizations often need extra hands during the holiday season. You can volunteer to serve meals, sort donations, or assist with various programs that benefit those experiencing hardship.

### Donate to a Toy or Coat Drive

Many charities organize toy drives to ensure every child receives a holiday gift. Consider donating new, unwrapped toys to these drives, making a child's holiday dreams come true. Or, donate gently used coats, scarves, and gloves to a local coat drive to help individuals in need stay warm during the colder months.

### Make Care Packages

Assemble care packages with essentials like food, toiletries, and warm clothing. Distribute them to homeless individuals in your community or distribute them to local shelters.

### Visit a Nursing Home

Many seniors spend the holidays alone in nursing homes. A visit and a small gift or card can brighten their day and provide companionship.

The holiday season is a time for compassion and generosity. Giving back helps those in need and fills your heart with warmth and satisfaction. Embrace these opportunities to positively impact your community and share the joy of the season with others. Giving back is a true reflection of the holiday spirit.

## FEATURED RECIPE

### Creamy Chicken and Mushrooms

4 Servings | Total Time: 30 Minutes

*Low-Sodium, Gluten-Free, Healthy Aging, Soy-Free, Low-Calorie,  
Egg-Free, Low Added Sugar, Low-Carb, Nut-Free*



#### INGREDIENTS:

- 4 4- to 5-ounce chicken cutlets
- 4 cups mixed mushrooms, sliced if large
- ½ cup dry white wine
- ½ cup heavy cream
- 2 tablespoons finely chopped fresh parsley

#### DIRECTIONS:

1. Sprinkle chicken with 1/4 teaspoon each kosher salt and pepper. Heat 1 tablespoon canola oil in a large skillet over medium heat.
2. Cook the chicken, turning once, until browned and just cooked through, 7 to 10 minutes total. Transfer to a plate.
3. Add 1 tablespoon oil and mushrooms to the pan; cook, stirring occasionally, until the liquid has evaporated, about 4 minutes.
4. Increase heat to high, add wine and cook until it has mostly evaporated, about 4 minutes.
5. Reduce heat to medium; stir in cream, any accumulated juice from the chicken and 1/4 teaspoon each salt and pepper.
6. Return the chicken to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and sprinkled with parsley.

#### TIP!

You can make your own chicken cutlets from two 8- to 10-ounce boneless, skinless chicken breasts. Remove the tenders (the strip of meat on the underside of the breast) and save for another use. Cut each breast in half crosswise. Place between pieces of plastic wrap. Pound with a meat mallet or skillet until about 1/2 inch thick.

#### NUTRITION

##### Per Serving:

<b>Calories:</b> 325	<b>Protein:</b> 29g
<b>Carbohydrates:</b> 4g	<b>Dietary Fiber:</b> 1g
<b>Fat:</b> 20g	<b>Saturated Fat:</b> 8g
<b>Calcium:</b> 28mg	<b>Magnesium:</b> 13mg
<b>Potassium:</b> 286mg	<b>Sodium:</b> 329mg

Source: [Creamy Chicken and Mushrooms](#)