

HOLIDAY SEASON SAFETY

The National Safety Council offers these suggestions to help make your holiday season merry and safe.

Decorations

Wear gloves while decorating with spun glass "angel hair." It can irritate your eyes and skin. A common substitute is non-flammable cotton. Both angel hair and cotton snow are flame retardant when used alone. However, if artificial snow is sprayed onto them, the dried combination will burn rapidly. When spraying artificial snow on windows or other surfaces, be sure to follow directions carefully. These sprays can irritate your lungs if you inhale them.

Fireplaces

You should not try to burn evergreens or wreaths in the fireplace or in a wood stove to dispose of them. They are likely to flare out of control and send flames and smoke into the room. Also, do not burn wrapping paper in the fireplace because it often contains metallic materials which can be toxic if burned.

Candles

Never use lighted candles near trees, boughs, curtains/drapes, or with any potentially flammable item.

Toys and Gifts

Be especially careful when you choose toys for infants or small children. Be sure anything you give them is too big to get caught in the throat, nose or ears. Avoid toys with small parts that can be pulled or broken off. If you are giving toys to several children in one family, consider their age differences and the chances that younger children will want to play with older kids' toys.

Older Adults

Select gifts for older adults that are not heavy or awkward to handle. For persons with arthritis, make sure the gift does not require assembly and can be easily opened and closed. Choose books with large type for anyone with vision impairment.

Plants

Small children may think that holiday plants look good enough to eat. But many plants can cause severe stomach problems. Plants to watch out for include: mistletoe, holly berries, Jerusalem cherry, and amaryllis. Keep all of these plants out of children's reach.

Food and Cooking

The holidays often mean preparing large meals for family and friends. Wash hands, utensils, sink and anything else that has come in contact with raw poultry. Keep in mind that a stuffed bird takes longer to cook. For questions concerning holiday turkey preparation and cooking call the USDA Meat and Poultry Hotline at 1-800-535-4555. Refrigerate or freeze leftovers in covered shallow containers (less than two inches deep) within two hours after cooking. Date the leftovers for future

use.

Alcohol, Parties and Driving

Being a smart party host or guest should include being sensible about alcoholic drinks. More than half of all traffic fatalities are alcohol-related. Use designated drivers, people who do not drink, to drive other guests home after a holiday party.

Stress

The holiday season is one of the most stressful times of the year. You can't avoid stress completely, but you can give yourself some relief. Allow enough time to shop rather than hurry through stores and parking lots. Only plan to do a reasonable number of errands. When shopping, make several trips out to the car to drop off packages rather than trying to carry too many items. Take time out for yourself. Relax, read or enjoy your favorite hobby at your own pace.

Banishing Hypertension

A large, recent study of young women identified six lifestyle factors that help prevent high blood pressure. These factors include: normal weight; 30 minutes of daily exercise; the DASH diet (a healthy plan with plenty of whole grains, fruits, veggies, and low-fat dairy); limited alcohol consumption; infrequent use of painkillers; and a daily folic acid supplement. Follow these six guidelines to lower your risk for hypertension.



MORE GIGGLE, LESS JIGGLE

According to a Vanderbilt University study, laughing might actually whittle your waistline. Researchers found that 10 to 15 minutes of laughter can burn 10 to 40 calories. This may not seem like much, but it could add up to a loss of 4 pounds per year. Having a good chuckle can also reduce stress, relieve pain and increase immunity. Get more humor in your day - watch a funny movie with a buddy, go to a comedy show or spend some time with others who see the comical side of life.



School District of Bayfield



TAP Your Potential! Family Indoor Walking Club

Troller Afterschool
Program

Family Indoor Walking
Club
M, T & Th
3:30 - 4:30 p.m.



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Nov. 30, Dec 1 & 3
Dec 7, 8 & 10, 2009
Dec 14, 15 & 17, 2009
Jan 4, 5 & 7, 2010
Jan 11, 12 & 14, 2010
Additional days may be
added during Christmas
break depending on
interest.

Register today!

**School District of
Bayfield**

PO Box 5001
300 North 4th Street
Bayfield, WI 54814

Linda Weber
Phone: 715-779-3201 Ext. 144
Fax: 715-779-5268
E-mail: lweber@bayfield.k12.wi.us

TAP is partnering with the Red Cliff Health Center to offer healthy lifestyle choices for families and students. The TAP Family Indoor Walking Club will provide walking time for current RCHC walking club members as well as all school district students and their families.



Walking dates and times are during regular after school program times as indicated above left. Participants will track distance and check-in once per week to record data. Prizes will be awarded for goals met and distance records. There are three levels of difficulty in the building according to how many stairs are in the mapped out course (easy, intermediate, difficult). Non-marking athletic shoes required. Register at lweber@bayfield.k12.wi.us or 779-3201 Ext. 144.



Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

***Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

***Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

***Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videotapes.

***Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression too.

***Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives: Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

***Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients and make sure to line up help for party prep and cleanup.

***Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

***Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.

***Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

***Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and un-

able to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. With a little planning and some positive thinking, you may find that you enjoy the holidays this year more than you thought you could.

Source: Mayo Clinic



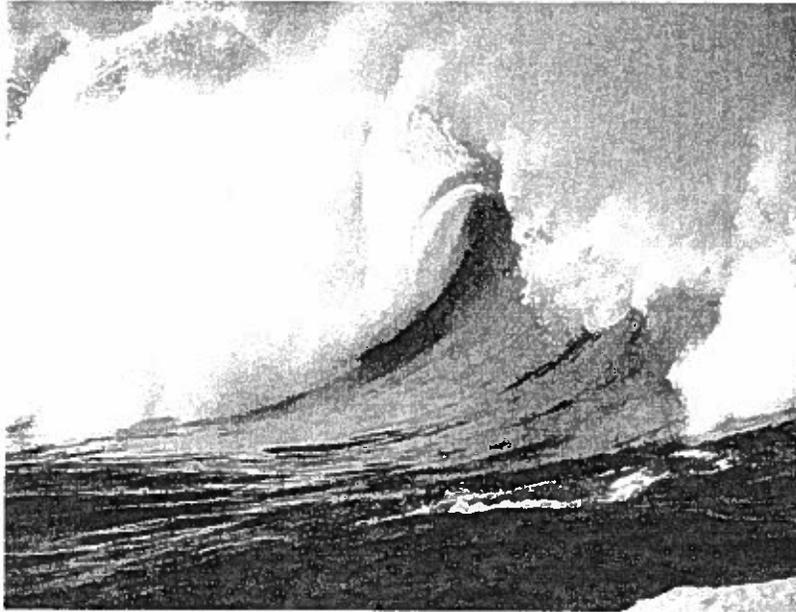
Breastfeeding Makes a Difference

Breastfeeding has been around as long as humanity. Breastfeeding is natural, simple and loving activity that can have an impact on baby's and mother's health.

- Breastfeeding offers an unmatched beginning for our children. Providing infants with human milk gives them the most complete nutrition possible. Human milk provides the best mix of nutrients and antibodies necessary for each baby to thrive. Studies show that breastfed children have fewer and less serious illnesses than those who never received breast milk, including risks of SIDS and diabetes.
- Mothers who choose to breastfeed are healthier. Studies show that women who breastfeed enjoy decreased risks of breast and ovarian cancers, anemia and osteoporosis. They are empowered by their ability to provide **complete** nourishment for their baby. Both mother and baby enjoy emotional benefits of the very special bonding formed through breastfeeding.
- Families who breastfeed save money. Breast milk is free! In addition it provides savings on healthcare costs and related time lost to caring for sick children. Because breastfeeding is free, fathers feel less financial pressure and take pride in knowing they are giving their babies the best.
- Communities reap the benefits of breastfed babies. Breastfeeding families miss less work! Also, resources used to feed those in need can be stretched further when mothers choose to give their babies their own milk instead of expensive artificial substitutes. Less tax money is required to provide assistance to properly feed children. Families who breastfeed have more money available to purchase goods and services, therefore benefiting the local economy. Research shows that breastfed babies have higher IQs, as well as better brain and nervous system development. When babies are breastfed, both mom and babe are healthier throughout their lives. This means lower healthcare costs and reduces the financial burden on families and insurance companies, as well as community and government programs.
- The environment benefits when babies are breastfed. While we live in a polluted world, breast milk is still the best way to nourish our babies, and may even protect babies from some of the effects of pollution. Plus, breastfeeding uses none of the tin, paper, plastic or energy necessary for preparing, packaging, and transporting artificial baby milks. Since there is no waste in breastfeeding, each breastfed baby cuts down on our pollution and garbage disposal problems.

Breast feeding matters to everyone!

Catch the Wave!



Breastfeeding is on the rise. Join us as breastfeeding moms, prenatal moms and others come together to honor and inquire about the natural act of breastfeeding.

Breastfeeding Support Group

Red Cliff Community Health Center

- Tuesday, December 8, 10 AM to 12 noon
- Tuesday, December 22, 10 AM to 12 noon

More dates will be available soon. Call if you have questions:

715-779-3707, Debra (MCH Nurse) ext. 263, or Salena (WIC staff) ext 233.

CLINIC HOURS

CLINIC

715-779-3707

Monday - Friday

8:00 am to 4:30 pm

PHARMACY

715-779-3157

Monday - Friday

9:00 am to 12:00 pm &

1:00 pm to 4:00 pm

OPTICAL

715-779-3707

Mondays & Wednesdays

1:00 pm to 4:00 pm

DENTAL

715-779-3707

Monday - Friday

(call for an appointment)



The most wonderful things about the holidays will always be the things we've shared...good talks, loud laughs, great food, happy memories. Because the best gifts of all are not under the tree, but within the family around it.

Have a safe and wonderful holiday season!



50 Things to do on Cold Days

1. Make a snow angel by lying on your back in the snow and spreading out your arms to the side then moving them up an down. Get up carefully and see your angel with wing prints.
2. Build a snow fort. Have a snow ball fight.
3. Build a snowman. Give him a carrot nose and a hat.
4. Take a walk and look for animal tracks.
5. Play chase, tag, or hide and seek.
6. Plant pansies. They do well in a moderate climate all winter.
7. Wash the car.
8. Ride your bike or scooter or sled.
9. Jump on a trampoline.
10. Shovel snow.
11. Build an igloo.
12. Put out suet and birdseed for birds.
13. Wrap in a big stadium blanket and sit on the porch swing.
14. Bird watch.
15. Scavenger hunt for winter nature stuff.
16. Collect pinecones for decorations, fire starters, wreaths, study, etc...
17. Watch the sunset.
18. Go fishing
19. Skip stones across the pond or lake.
20. Outside a window shovel out a square spot. Plant sticks with bright colored streamers to look like flowers or "plant" a row of plastic flowers.
21. In shed or garage, repair dog house. Paint the house. Add hay for warm bedding.
22. Look for poetry or story ideas.
23. Hunt for bird nests. Note ones high in trees that you can watch next summer.
24. Take photos of trees. Compare to summer.
25. Ice Skate
26. Go sledding down a hill.
27. Shovel a path in the yard like a maze.
28. Put up a bird feeder.
29. Have a snowball battle.
30. Visit with neighbors. Drink hot chocolate outside.
31. Lick an icicle.
32. Sit in a sunny place and absorb the sunshine.
33. Play with toy cars and trucks in the dirt or snow.
34. Play in the sandbox. Dig holes and build some sand castles.
35. Play expedition. Pretend you are an explorer going to the North Pole.
36. Pull someone or something in a wagon or on a sled.
37. Take a nature hike.
38. Check out last year's garden plot. How has it changed?
39. Lay on the ground and watch the sky. What do the clouds look like?
40. Draw chalk pictures on the sidewalk, if dry, or stamp out words in the snow.
41. Make a neighborhood map. Color it later inside.
42. Decorate a tree in your yard with streamers to blow in the wind.
43. Watch for animals - squirrels, deer, cats, dogs, horses. What animals are in your neighborhood?
44. Have a winter picnic. Take along a warm sandwich and cookies in an insulated bag, cocoa in a thermos or even hot soup in a soup thermos. Take a blanket to sit on.
45. Sketch houses, barns, buildings, plants and animals.
46. Look for winter plants to look up later and study.
47. Make a list of the trees in your yard.
48. Power walk or jog.
49. Play fetch with your dog.
50. Look at Christmas lights.

DRESS WARM AND HAVE FUN!