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## Holiday Smile

Smiling is a universal language that transcends cultural barriers and has the remarkable ability to instantly brighten someone's day. The benefits of smiling go far beyond just making you look friendly and approachable. In fact, the act of smiling has numerous positive effects on both your physical and mental well-being.

### Boosts Mood and Reduces Stress

When you smile, your brain releases feel-good neurotransmitters like dopamine, endorphins, and serotonin. These chemicals act as natural painkillers and stress relievers, promoting a sense of well-being and relaxation. By simply smiling, you can effectively combat the negative effects of stress and anxiety, leading to an overall improvement in your mood.

### Strengthens Immune System

Research has shown that smiling can have a positive impact on your immune system. The release of endorphins triggered by smiling helps to decrease the levels of stress hormones in your body, thus boosting your immune response. This means that by incorporating more smiles into your daily routine, you can potentially ward off illnesses and infections.

### Enhances Relationships

A smile is a powerful social tool that can significantly impact the way you interact with others. It creates an instant connection and fosters a sense of trust and rapport. People are naturally drawn to those who smile, making it easier to form and maintain meaningful relationships. Whether in personal or professional settings, a genuine smile can pave the way for positive and lasting connections.

### Elevates Your Mood

It's not only others who benefit from your smile; you also reap the rewards. When you smile, your facial muscles send signals to your brain, triggering the release of endorphins. This biochemical reaction can elevate your mood and create a sense of happiness and contentment. Even if you're not feeling particularly cheerful, the simple act of smiling can trick your brain into believing that you are.

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*Christmas*

## Word Scramble

1. ogsntcik \_\_\_\_\_
2. ilesnt \_\_\_\_\_
3. adceln \_\_\_\_\_
4. hawtre \_\_\_\_\_
5. dneierer \_\_\_\_\_
6. esitnpaoti \_\_\_\_\_
7. ggbeeranrdi \_\_\_\_\_
8. eimlostteo \_\_\_\_\_
9. taans \_\_\_\_\_
10. brceedme \_\_\_\_\_
11. lneo \_\_\_\_\_
12. fetrucika \_\_\_\_\_
13. njlieg \_\_\_\_\_
14. iokcsoe \_\_\_\_\_
15. spnteer \_\_\_\_\_
16. eeglds \_\_\_\_\_
17. tomraenn \_\_\_\_\_
18. ganle \_\_\_\_\_
19. pirafeelc \_\_\_\_\_
20. soclar \_\_\_\_\_



Answers: 1) stocking 2) tinsel 3) candle 4) wreath 5) reindeer 6) poinsettia 7) gingerbread 8) mistletoe 9) santa  
10) December 11) noel 12) fruitcake 13) jingle 14) cookies 15) present 16) sledge 17) ornament 18) angel 19) fireplace  
20) carols



## Holiday Smile...

### Radiates Confidence and Success

A smile is a powerful indicator of self-assurance and competence. It communicates approachability and warmth, making you more appealing to others in social and professional settings. People who smile often are perceived as being more confident and are more likely to be viewed as successful. By wearing a genuine smile, you can project a positive image and leave a lasting impression on those around you.

The benefits of smiling extend far beyond the surface-level display of holiday happiness. From boosting your mood and immune system to enhancing your relationships and radiating confidence, smiling has the power to transform your life in numerous ways. Embracing the simple act of smiling can lead to a happier, healthier, and more fulfilling existence. So, why not start each day with a smile and witness the positive impact it has on your life and the lives of those around you?



## Holiday Fur-Kid Corner

As we slowly progress into the Holiday baking season, let us not forget our furry family members, as they smell all the goodies being baked that they can't partake in. So, let's be good fur-parents and or good fur-grandparents and make them something special this holiday season.

The following recipe is for homemade baked dog treats. You can also check out the following website for links to more recipes; <https://www.womansday.com/life/pet-care/g2333/diy-homemade-dog-treat/>

### Ingredients:

- 1 cup pumpkin puree
- 2 Eggs

- 1/3 cup all natural peanut butter, NO Xylitol or sugar substitutes.
- 2 cups whole wheat flour (coconut flour can be substituted at 1/4 -1/3 cup to 1 cup whole wheat flour).
- 1/2 tsp [pumpkin pie spice](#) or cinnamon (check your pumpkin pie spice or make your own - NO nutmeg, can be toxic to some dogs).

### Directions:

- Preheat oven to 350F. Line large baking sheet with a silicone mat or parchment paper.
- In a large bowl, combine pumpkin, eggs, and peanut

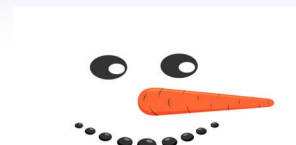


- butter. Stir until completely combined.
- Add in flour and pumpkin spice (or cinnamon)- stir until combined.
- Roll out dough to one quarter inch, using flour as needed to keep from sticking.
- Cut shapes out of dough and place on baking sheet .
- Bake for 20-40 minutes, depending on desired level of crunchiness.
- Remove treats from oven and let cool on a cooling rack. Store in an airtight container for up to 1 month in the refrigerator or 6 months in the freezer.



## Simple Holiday Recipe

### Snowman Cupcakes



#### Ingredients:

##### For the cake:

- 3 c. all-purpose flour, spooned and leveled
- 2 c. granulated sugar
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/4 tsp. kosher salt
- 3/4 c. canola oil
- 4 large eggs
- 2 tsp. pure vanilla extract
- 1 1/2 c. full-fat buttermilk

##### For the vanilla buttercream:

- 1 c. (2 sticks) unsalted butter, at room temperature
- 2 to 3 tbsp whole milk or heavy cream
- 1 tsp. pure vanilla extract
- 4 c. confectioners' sugar
- 1 c. shredded coconut
- Black food coloring
- Orange food coloring

<https://www.countryliving.com/food-drinks/a45630700/snowman-cupcakes-recipe/>



#### Directions:

- 1. Make the cupcakes:** Preheat oven to 350°F. Line two standard 12-cup muffin pans with paper liners. Whisk together flour, sugar, baking powder, baking soda, and salt in a bowl.
- 2.** Beat oil, eggs, vanilla, and buttermilk with an electric mixer on medium speed until combined, about 1 minute. Add flour mixture and beat until combined, 1 to 2 minutes. Transfer to prepared pans, dividing evenly (each cup should be about two-thirds full).
- 3.** Bake, until a toothpick inserted into the center of a cupcake comes out clean, 16 to 18 minutes. Cool in pans on a wire rack 15 minutes, then transfer to rack to cool completely.
- 4. Make the buttercream:** Beat butter with an electric mixer on medium speed until light and creamy, 1 to 2 minutes. Beat in milk, vanilla, and 2 cups confectioners' sugar until combined. Add remaining 2 cups confectioners' sugar and beat until combined. Set aside 1 1/2 cups of buttercream. Frost cupcakes with remaining buttercream. Press shredded coconut into frosting.
- 5.** Stir together 1 cup frosting and black food coloring in a bowl until desired shade is reached. Transfer to a piping bag fitted with a small round piping tip or a zip-top bag with a small hole cut in one corner. Stir together 1/2 cup frosting and orange food coloring in a second bowl until desired shade is reached. Transfer to a second piping bag fitted with a small round piping tip or a zip-top bag with a small hole cut in one corner. Pipe a carrot-shaped nose in the center of each cupcake. With the black frosting, pipe two eyes and five or six smaller dots for the mouth. Store cupcakes, covered, at room temperature up to 2 days.

**\*\*You can cheat and use boxed cake mix....we won't tell!**

HAPPY HOLIDAYS