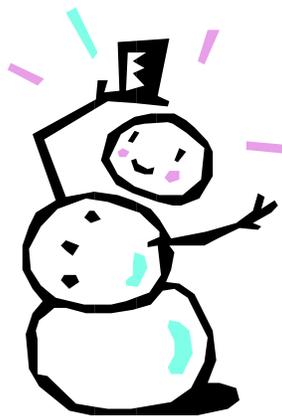




Have a Healthy, Happy Holiday

To take good care this holiday season as you embark upon travels, precious time with your family and friends, and many tempting food and beverages, consider your heart. It is a good idea to make an appointment with your primary care physician for your annual preventative exam before the year's end. High blood pressure and high cholesterol raise the risk of heart disease and stroke, which are the leading causes of death among Americans. Published in a recent **Take Charge** newsletter from the Saint Joseph Health System, there are a number of ways you and your loved ones can prevent and treat high blood pressure to have a healthy and happy holiday season together. The following are just a few ways to control blood pressure:

- *Maintain a proper weight with a balanced diet.
- *Cut back on salt, getting no more than 2,400 mg per day.
- *Get more exercise.
- *Limit alcohol, no more than 1 drink per day for women and 2 drinks per day for men.
- *Stop smoking, as this raises your blood pressure and heart rate.



*Eat a diet rich in fruits and vegetables.

*Medications (as needed), prescribed by your medical provider.

To control cholesterol, it is important to do the following:

- *Cut back on foods high in trans-fat, which is found in fried and processed foods.
- *Eat the right foods, such as those low in salt, total fat, saturated fat, and cholesterol.
- *Exercise, even a simple 10 minute brisk walk three times a day.
- *Medications (again, as needed).

Be sure to follow up with your doctor regarding your healthcare needs and start 2019 with a happy heart.

Safe Holiday Travels

Before heading out of town, the South Bend Police Department recommends considering the following ideas to keep your home safe



- from theft:
- Put your lights on timers
- Turn on your alarm system
- Call your police department to request a home watch for your address

- Have someone remove snow on your property
- Stop your mail/newspaper deliveries temporarily
- Have a neighbor or friend park in your driveway



Special points of interest:

- Well-Being Apps of 2018
- Grief in the Holiday Season
- New to South Bend in 2018
- Looking Ahead to 2019



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The *Top 10* Well-Being Apps of 2018

In a recent issue of The Journal of Employee Assistance, experts rated the top 10 well-being apps of 2018. We have included the list here in hopes that you may find one or more that are helpful to you and your family. These apps target personal wellness and address various needs such as gratitude, sleep, sobriety, mood, and more.

Sleep Cycle Alarm Clock

This app wakes you up during a lighter sleep phase which leaves you feeling more refreshed. You are woken up within a 30-minute range of your chosen alarm time.



Many people will be grieving the loss of a loved one over the holidays, and there are many ways to offer support. Here are some reminders of how you might offer support to someone through their grief. David Kessler shares the Ten Best Things to Say to Someone in Grief:

1. "I am so sorry for your loss."
2. "I wish I had the right words, just know I care."

HabitBull

This app features assistance in maintaining good habits or breaking negative habits by tracking progress on a calendar; the app is complete with motivational encouragement.

Sober Grid

This app involves an online sober community for encouragement and support. There is an option to remain anonymous or meet up in real life.

Wunderlist

This app allows you to create and share your to-do list with others. Features include reminders and due dates.



Holiday Grief

3. "I don't know how you feel, but I am here to help in any way I can."
4. "You and your loved one will be in my thoughts and prayers."
5. "My favorite memory of your loved one is..."
6. "I am always just a phone call away."
7. Give a hug instead of saying something.
8. "We all need help at times like this;

I am here for you."

9. "I am usually up early or late, if you need anything."
10. Say nothing, just be with the person.

More information is available at grief.com, including the best traits of someone trying to help someone in grief.

South Bend's Newest Dog Park

Rum Village is now home to South Bend's newest dog park. The park includes separate areas for large dogs, small dogs, as well as a community space where all dogs are welcome. Dogs come to socialize and exercise throughout the winter season, with nearby hiking trail options for those looking to get some exercise of their own. Rum Village also

includes mountain bike trails, picnic shelters, disc golf, a playground, and a nature center. Other adventures are available there as well, such as the Rum Village Aerial Park. Help yourself to some free access to the great outdoors for you and your dog this winter season and get to know the other attractions of the park for use with warmer weather.





Well-Being Apps of 2018 (Continued from Page 2)

10% Happier

This app provides guided meditation with audio and video lessons.

SuperBetter

This app supports resiliency and decreases anxiety and depression symptoms through a game of challenges.

Daylio

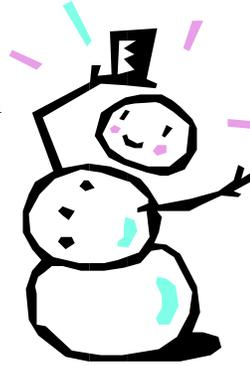
This app helps track mood and habits throughout the day to demonstrate patterns and provide insight.

Grateful: A Gratitude Journal

This app provides journal prompts to encourage reflection on experiences that bring you joy and gratitude.

Sworakit

This app stores videos varying in length of 5 minutes to a full hour in which you can customize workouts depending on exercise type, difficulty, and more.



SAM: Self-Help for Anxiety Management

This app can be used as an anxiety-management tool and includes steps such as recognition of triggers, coping strategies, as well as connection with others coping with anxiety.

Consider exploring these apps on your smart technology and utilize them for a great start to the new year!

Local Grief Resources

Contact MEAP for support and assistance for grief you may be experiencing over the holidays or throughout the course of the year. There are additional resources available in the community, such as those provided by Center for Hospice Care. They have a number of support groups in addition to both indi-



vidual and family counseling, all free of charge.

Handling the Holidays is an educational and supportive resource involving sessions focused on ways to cope with the holidays. You can

contact Center for Hospice Care to inquire about their groups and services:

Center for Hospice Care

Bereavement Department

Office Hours:

Monday – Friday 8am to 5pm

1-800-467-7423

cfhcare.org

A Look Ahead: Howard Park

South Bend’s Howard Park will re-open in 2019 following renovations that include a new ice skating facility. The ice skating will include a pond and trail, along with skate rentals, benches, and a fireplace. The expected cost of the facility is \$3 million, and it should be open for ice skating in the fall of 2019.

Additional changes and improvements to Howard Park are also under renovation, with an expected total cost of \$18 million over 56 weeks to complete the work. Once finished, you may notice that the Vietnam Veterans Memorial is in a different loca-



tion. Other features will include an event lawn, community center, interactive fountain, and playground. Take a walk past our building on E. Jefferson Blvd. toward the river and watch the changes happen!

818 E. Jefferson Blvd.
South Bend, IN
46617

574-287-1879
800-388-0154



*Michiana Employee Assistance
Program*

As we look ahead to 2019 we are looking forward to celebrating our 45th anniversary. MEAP has provided employee assistance services to the Michiana community since 1974. We continue to provide employers with a structured service to assist employees with personal or work-related concerns, providing employers with professional guidance in supporting their employees, and providing employees and their family members with a secure, comfortable, and confidential environment to seek assistance for alcohol, other drug, personal, or work-related concerns. We want to remind you that our services are available to you and your family members, free of charge. Please call us with any questions or concerns you may have this holiday season and into the new year. Thank you for letting us be your first call, and we look forward to serving you into our 45th year.

Try a new recipe this holiday season

Homemade Chai Tea

Ingredients:

- 1 cup nonfat dry milk
- 1/2 cup sugar
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground allspice
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves

Dash of ground red pepper

Instructions:

Combine all ingredients, and stir 1.5 tablespoons of mix into 8 ounces of hot brewed black tea. You may store the mix in an airtight container for up to 6 months.

Enjoy a warm cup of tea throughout the winter, and share one with your neighbor!

*Recipe available on
CookingLight



Pear Pecan Cheese Ball

Ingredients:

- 8 ounces reduced-fat cream cheese, softened
- 1 1/4 cups shredded extra-sharp Cheddar cheese
- 1 medium firm ripe pear, finely chopped
- 1 scallion, white and green separated, finely chopped
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/3 cup finely chopped toasted pecans

Instructions:

Stir cream cheese, cheddar, pear, white scallions, salt, and pepper together in a medium bowl.

Coat a large piece of plastic wrap with cooking spray. Scoop the cheese mixture onto it, and using the plastic wrap to help you, form the cheese mixture into a ball, and then completely wrap in plastic. Refrigerate for at least one hour.

Just before serving, combine pecans and the reserved scallion greens in a shallow dish. Roll the cheese ball in the mixture, pressing to adhere.

Serve with crackers as an appetizer!

*Recipe available on EatingWell

