



MEAP Quarterly

Winter 2021

Volume 25, Issue 4

December 2021

Happy Holidays!

Here's a little story of the Holiday power called "here and now"

There is no doubt that most of us are busy and feeling the stress of our regular to-do list, but now we have that added Holiday shopping list this time of the year. But wait...don't get overwhelmed! There is a proven way to be more productive, happier, and in tune with your own needs and it's the practice of living in the present. What does it really mean to be in the "here and now," without worrying about past or future events? Being present means focusing on what is in front of you, right here and now. Whether it is checking your email, completing a job at work, or having a conversation with your spouse, giving your focus to what is right in front of you without the distractions of past experiences or future tasks, will free your mind and allow you to be more productive. The distractions of worrying about past or future events are the same as the distractions of multitasking (doing more than one thing at a time): it makes you less effective and it robs you of the joy and happiness of being present with loved ones.

Being in the moment will increase your awareness and ability to appreciate the people around you and the moments of quiet or joy that often fly by as we are thinking about something else. Being present can help you manage problems with less stress and experience more gratitude, and peace. Thinking about past negative life events can create guilt. Thinking about future choices or circumstances can create worry. Being present can help you know what you really want. Whether you are choosing what to eat or making a major life decision, being in the moment - without any distractions - can help you tune into that inner voice of truth. For many of us, emotional eating is a problem. By taking a moment, you may discover if you are truly hungry and what exactly you are hungry for. Many times, you may find that you are not hungry but feeling sad, frustrated, angry, or lonely. Acknowledging these feelings can help you stop the emotional eating. Taking time to remember or reflect on the past can be enjoyable and important, and planning and dreaming about the future is necessary. But taking time to be present can make your holiday season less stressful and more joyful. And isn't that the best present to yourself and your loved ones after all?

We here at Michiana EAP would like to wish you and your families a peaceful Holiday season and a Happy New Year!



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Holiday Word Search

Find and circle each of the words from the list below. Words may appear forwards or backwards, horizontally, vertically or diagonally in the grid.

Q	C	S	A	C	U	P	I	D	I	B	Y	S	P	I	R	I	T	O	Y	C	G	L	M	L
S	T	H	G	I	L	T	M	Z	T	S	Y	U	G	C	S	F	A	M	N	O	F	O	C	K
R	U	T	E	L	O	P	H	T	R	O	N	P	L	E	H	U	I	N	O	L	O	V	O	Y
M	O	A	C	Y	S	C	R	O	O	G	E	O	V	E	M	U	T	D	P	D	S	E	R	S
K	M	E	S	A	E	O	U	B	T	O	P	L	W	I	T	B	W	S	A	W	N	T	E	L
S	O	R	R	Y	R	O	C	Q	E	A	E	V	T	F	N	I	Y	U	P	E	O	I	O	E
T	R	W	S	O	Y	D	H	A	T	O	Z	S	I	S	L	E	D	R	U	A	W	C	T	I
N	C	U	T	G	N	T	S	O	N	M	C	S	N	L	G	A	A	E	E	T	M	I	E	G
E	O	H	D	L	N	H	S	I	P	D	W	E	S	W	M	N	K	M	I	H	A	C	L	H
M	M	C	R	O	F	I	C	O	M	S	Y	N	E	E	C	H	I	E	Y	E	N	L	T	T
A	E	N	Y	V	L	O	D	R	R	J	E	D	L	E	O	A	L	K	S	R	U	E	S	D
N	T	I	I	E	O	P	Y	I	E	F	A	N	R	A	U	D	S	O	C	S	Q	S	I	U
R	E	R	T	K	L	L	H	R	T	T	P	I	A	R	U	U	R	U	U	O	O	N	M	R
O	O	G	I	D	I	B	E	L	L	S	H	K	G	C	G	E	P	O	H	P	T	I	S	L
S	O	E	S	M	M	S	M	J	U	C	N	G	U	N	Y	O	E	T	B	A	I	S	H	T
D	S	D	A	N	C	E	R	X	O	T	M	R	U	L	I	D	N	K	I	B	T	C	T	L
G	P	F	D	F	R	U	I	T	C	A	K	E	A	A	E	V	N	G	Z	D	I	F	E	O
J	U	G	M	C	G	T	J	W	C	D	W	I	M	K	L	O	I	A	G	E	L	C	C	I
R	X	C	E	C	A	E	P	I	D	O	N	N	E	R	U	I	N	G	C	E	Q	G	Q	A
Z	A	A	U	U	R	E	H	S	A	D	F	T	R	E	K	C	A	R	C	T	U	N	N	O
T	R	A	D	I	T	I	O	N	U	F	Y	P	P	A	H	I	E	Z	D	X	J	O	O	A

candy sleigh peace comet cards lights frosty grinch icicles family cupid giving
happy tidings prancer dasher eggnog rudolph yuletide donner dancer cookies
fruitcake mistletoe kindness laughter scrooge tradition goodwill stockings wreaths
ornaments candy canes cold weather snowflakes northpole nutcracker snowman
noel toys love tinsel bells spirit hope elves



Snow Shoveling Safety Tips

What makes this dreaded activity so risky? Shoveling snow or pushing a snow blower can be as strenuous as running at full speed on a treadmill and puts strain on the heart. Cold weather also increases blood pressure and impacts blood flow and risk of blood clots. Reduce your risk of injury or heart attack while shoveling snow this cold season by taking a few precautions, listening to your body and or moving to Florida where you can easily shovel rain all day .

Warm-up prior to the activity: Just like any physical endeavor, warming up your body to prepare it for the activity is a safe idea. For the most effective warm-up, consider what movements you will naturally do with the activity and make them less intense to begin safely preparing your body for the work

Prepare properly: Choose an ergonomically designed, plastic shovel to make the job easier. Dress in layers so you can easily adjust your body temperature and wear a scarf over your mouth or a facemask to protect your lungs from the cold. Finally, bring out water to keep you hydrated while

you work.

Practice effective technique: Shovel early, often, and take breaks. Plan to shovel the snow either in bouts or right after it 's finished snowing . Try to push your load rather than lift and empty, and avoid too much weight on your shovel at a time.

Additional safety tips: Delegate, delegate, delegate! There is no shame in that game. If's there's no option of delegation , be sure to have your cell phone on you in case you over do it and need to call for help.



Holiday Fur-Kid Corner

As we gear up for the holidays, it is important to try to keep your pet's eating and exercise habits as close to their normal routine as possible. Here are some helpful Holiday safety tips for your loved furry family members.

1. Keep them clear of drinking the stagnant water from the tree, which may contain fertilizer and or bacteria.
2. Avoid Mistletoe and Holly as

they can cause gastrointestinal and or cardiovascular problems if ingested.

3. Watch the tinsel as kitties love all that sparkle and potential play action.

4. Watch your plate of food and the garbage can, as these are all too tempting smells for our furry ones.

5. Create a safe place for your furry one to hide when overwhelmed with all the

noises. Especially as New Year's Eve approaches and the fireworks ring in the new year.

Lastly, enjoy the companionship and unconditional love your fur-kids give daily.





Simple Holiday Recipe

Chocolate Cream Cheese Stuffed Monkey Bread

Ingredients

- 32 oz biscuit dough, 2 16 oz containers, 16 big biscuits total (whomp em biscuits)
- 8 oz cream cheese
- 1 bag chocolate chips
- 1 cup white sugar
- 2 teaspoons cinnamon
- ½ cup butter
- 1 cup brown sugar
- ½ cup walnuts, optional

Preparation

1. Preheat oven to 350°F (175°C)
2. Cut biscuits in half and cube the cream cheese (32 pieces).
3. Flatten each biscuit and place one cube of cream cheese and a few chocolate chips in the center of each. Fold the biscuit dough around the cream cheese and chocolate and form into a ball.
4. In a large plastic bag combine white sugar and cinnamon. Add 6-8 dough balls to the bag, seal the bag, and shake until well coated. Repeat for the remainder of the stuffed dough pieces.
5. In a microwave safe bowl add brown sugar and butter. Microwave on high for 70 seconds - stopping halfway to stir. Remove from microwave and stir until it reaches a caramel consistency.
6. In a greased bundt pan, sprinkle half of the walnuts, half the dough pieces, and drizzle half the caramel glaze. Repeat with remaining walnuts, dough, and glaze.
7. Bake for 30-35 minutes.
8. Remove from oven and turn upside down onto a plate to cool for 10 minutes before lifting off the pan (this way the warm glaze runs back through and fully coats all the bread)



<https://tasty.co/recipe/chocolate-cream-cheese-stuffed-monkey-bread>