# Healthy Steps Update

December 2011

www.PremierCommunityHealth.org

## **Enjoy Your Holidays This Season**

Shopping, entertaining and cooking are stressful for many people. If the holidays are challenging for you, here are some tips to help keep it merry and bright.

### **Be Realistic**

You cannot do everything and perfection is not realistic. Be flexible and try to let go of things you cannot control. If your adult children cannot make it home for the holidays or someone did not make the traditional food for your holiday meal, take a deep breath and adjust. Honor your family traditions, but be willing to be flexible and adapt traditions to work with a growing or changing family.

### Stick to a Budget

From shopping and gift buying to cooking for large groups, it is easy to overspend this time of year. Before you begin your shopping, create a holiday budget and stick to it. Include all of your gifts, groceries and donations, when determining your holiday budget. Decide how much money you can afford to spend and from there plan what you need to do to stay within your budget. Remember,



when gift giving, it is the thought that counts, not the size of the price tag.

### **Plan Ahead**

Planning for unexpected changes can help you enjoy your holidays. Schedule a day to do your shopping. Take a day to finish your baking. Plan holiday menus early and go to the grocery once for all your items. Prepare as much ahead of time as you can. You want to spend the holidays enjoying family and friends, not worrying about if you have everything to make your world famous casserole.

### Say No

If you have a lot on your plate this holiday season, learn to say no. Friends and family will understand if you can't participate. If saying no is not an option, adjust your To Do list or shift priorities to include the added work. Remember, you can ask for help. If cleaning your house is on your list, have your family help. Don't be a super hero.

### **Stay Healthy**

The holidays bring a slew of feasts and treats we don't typically eat the rest of the year. It can be tempting to overeat. If you know you will be going somewhere with a lot of food, plan ahead. Have a healthy snack before you go to your event, such as a large apple or a banana. If you have to eat at an event, take one small portion of whatever you want. And don't hang out at the food table!

### Take a Break

During the holidays, remember to make time for yourself. Take a relaxing bath, listen to music, take a walk, read a good book or meditate. Whatever you choose to do, try to take time to clear your mind and restore your inner sense of calm.



Find a list of health screenings for December on the back side.

### **December Health Events and Screenings**

### **Blood Pressure Screenings**

Thursday, December 15 8:30 to 10:30 a.m. Life Enrichment Center 425 N. Findlay Street, Dayton Cost: Free

Saturday, December 31 7 p.m. to 9:15 p.m. Resolution Run Beavercreek High School 2660 Dayton-Xenia Road, Beavercreek

Cost: Free

### **Heart Health Screenings**

Thursday, December 1 9 a.m. to 1 p.m. Central State University – Dayton 840 Germantown Street, Dayton Cost: Free Screenings include blood pressure, total cholesterol, HDL (good cholesterol) and blood sugar

### **Mall Walkers**

Friday, December 9 8:45 to 10 a.m. Mall at Fairfield Commons 2727 N. Fairfield Commons, Beavercreek

Cost: Free

Topic: The Miami Valley Hospital South Expansion: Inpatient Rooms and Comprehensive Cancer Center

**Project Overview** 



### **Medication Safety**

More than half of senior adults don't take their medicines at the right time or take the right amount. To help seniors keep track of their medications, Premier Community Health has created a booklet for seniors with a guide to better understand their medicines, tips to stay safe and worksheets to record personal health information. For a free copy of this booklet, call (937) 227-9400 or (877) 274-4543. Larger quantities available for senior centers.

### **Quit Tobacco Sessions**

Premier Community Health offers an eight-week program designed to help you quit tobacco. Certified tobacco cessation specialists provide one-on-one counseling and support to help you quit for good. This service is free and open to the public. Call (937) 227-9400 or (877) 274-4543 for information.

### **Support Groups/ Classes**

Healing Together Support Group Cost: Free

This group is for parents who have experienced the loss of a pregnancy or the death of an infant or young child. The group meets the third Thursday of each month from 7 to 8:30 p.m. at the Hilltop OB/GYN Office, Atrium Medical Center. Please call the HEAL office at (513) 705-4056 for more information.

Ostomy Support Group Cost: Free

This group provides education, support, sharing of experiences and insights into living with an ostomy. Family members or others are welcome. The group meets the first Wednesday of the month at 7 p.m. at the Upper Valley Medical Center Cancer Care Center. Call (937) 440-4856 for more information.

### Join Us on Facebook, www.Facebook.com/PremierCommunityHealth

Premier Community Health, on behalf of Miami Valley Hospital, Good Samaritan Hospital,
Atrium Medical Center and Upper Valley Medical Center, works to build healthier communities through
prevention, early detection and disease self-management focusing on heart and lung health, cancer and diabetes.



