




TIS' THE SEASON TO BE MERRY, HEALTHY & SAFE

12 'tips' of Christmas

Children's Safety Education Foundation
Aware, Alert, Alive!

- Buy a fire resistant tree and keep it secured on a sturdy stand away from fires and heaters.
- Avoid sharp and delicate tree ornaments and decorations that look like sweets.
- Only use non combustible or flame resistant tinsel and other trimmings on the tree.
- Check Christmas lights for cracks, loose wires and faulty connections.
- Do not leave burning candles unattended or placed near evergreens.
- Check smoke detectors before putting up the tree and Christmas decorations.
- Follow all age and ability guidelines on toys and do not digress.
- Beware of choking hazards with common holiday foods such as peanuts and popcorn.
- Remove all empty and partially empty cups of alcohol as soon as possible.
- Watch your children while you bake or cook to avoid any burning or scalding incidents.
- Keep any poisonous plants such as holly and poinsettias out of reach of children.
- Make sure any visitors know how to keep your house safe for your child.

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LINSEYB FITNESS

10 Tips for a Healthy Holiday Season

- Load your plate first with HEALTHY options
- Wait 15 minutes before getting seconds.
- one sip of water between each bite
- Leave the table as soon as everyone is finished eating
- Don't forget to EXERCISE!
- skip liquid calories, stick to water & tea
- Portion Control- use a smaller plate, limit to one bite only, pack for leftovers before you begin eating
- DO NOT go to an event hungry! Starving yourself in anticipation for more calories will result in binge eating!
- Eat sloooooowly!
- Limit extras like butter, mayo, stuffing and gravy

12 Days of Holiday Safety

It's easy to make safety a part of your holiday with these tips. Tackle one a day and you're well on your way to a safe New Year!




<p>Day 1 What's that noise? Test your smoke and carbon monoxide alarms. Make sure everyone knows what to do if they hear them.</p> <p>Day 2 What a shocker! Before use, inspect all electrical lights, decorations, and extension cords for damage.</p> <p>Day 3 Two's company, three's a crowd. Do not overload outlets with too many decorations or devices.</p> <p>Day 4 Is it working? Test your ground fault circuit interrupters (GFCIs) and arc fault circuit interrupters (AFCIs) to make sure they're protecting you.</p>	<p>Day 5 Ouch! Prevent trips and falls by keeping cords safely along walls and out of doorways and high traffic areas.</p> <p>Day 6 Kids eat the darndest things! Avoid putting lights, metal hooks, breakable ornaments, and other small decorations within reach of young children.</p> <p>Day 7 Thirsty? Keep your Christmas tree stand full of water. A fresh, green tree poses less of a fire hazard than a dry tree.</p> <p>Day 8 Make a wish! Blow out the candles before leaving a room or going to bed.</p>	<p>Day 9 Nice and warm. Keep space heaters at least 3 feet away from anything that can burn—decorations, trees, gifts, and curtains.</p> <p>Day 10 Can't touch this! Consider installing tamper-resistant outlets/receptacles to prevent kids from inserting objects into the slots.</p> <p>Day 11 Escape Route: Share your family fire escape plan with overnight guests.</p> <p>Day 12 Hot stuff! Keep children away from cooking areas; use back burners and turn pot handles in away from little hands.</p>
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There's no greater gift you can give your family than a safe and happy holiday! Learn more at holidaysafety.org.



IMPORTANT PHONE NUMBERS FOR VOLUNTEERS USE:

Volunteer Services: (734) 712-4164 main number for fastest response

(734) 712-4099 to schedule your follow-up appointment only

(734) 712-3456 -Ann Arbor Guest Services

(517) 545-6121 -Livingston Guest Services



***Come celebrate the season with a special holiday meal,
compliments of Saint Joseph Mercy Health System.***

St. Joe's Volunteer badge required for participations.

Wednesday, Dec. 5

St. Joseph Mercy Canton | Community Room
11 a.m. – 1 p.m.

Monday, Dec. 17

St. Joseph Mercy Livingston | Joe's Cafe & Marketplace
11:30 a.m. – 1:30 p.m.
5 – 6:30 p.m.

Wednesday, Dec. 19

St. Joseph Mercy Ann Arbor | Market Café
3 – 4 a.m.
11:30 a.m. – 1:30 p.m.
4:30 – 6:30 p.m.

Thursday, Dec. 20

St. Joseph Mercy Brighton | Community Rooms
11:30 a.m. – 1 p.m.

Skinny Cheesecake with Strawberries



❖ <https://www.joyfulhealthyeats.com/skinny-cheesecake-with-strawberries/>

Ingredients

- ❖ 1 cup 2% plain Greek yogurt
- ❖ 1/3 cup white sugar
- ❖ 1/2 teaspoon vanilla bean paste
- ❖ 1 large egg
- 1 1/2 teaspoon of cornstarch (or arrowroot)

Strawberry Topping:

- ❖ 2 cups strawberries, sliced
- ❖ splash of water
- ❖ drizzle of honey
- ❖ extra yogurt, for garnish

Source: This recipe is from the cookbook

[Sweet & Simple](#) by: Christina Lane.

- ❖ Prep time: 4 Hours
- ❖ Cook time: 30 min
- ❖ Total time: 4 hours 30 min
- ❖ Yield: 2 servings
- ❖ Category: gluten free, desert, kid friendly



Instructions

- ❖ Preheat the oven to 375 degrees and fit two mini 1-cup jars into a baking dish. Fill the baking dish with water so the water comes up the sides of the jars about 1". Set aside.
- ❖ In a mini food processor, combine the yogurt, sugar, egg, vanilla, and cornstarch. Pulse until well blended.
- ❖ Divide the mixture between the jars and bake for 23-26 minutes – the tops will appear set and may even start to turn very light brown.
- ❖ Cover the jars and chill in the fridge for at least 4 hours.
- ❖ Meanwhile, make the strawberry topping in a small saucepan, combine the sliced strawberries with a splash of water.
- ❖ Cook over medium heat until they collapse and the sauce starts to thicken, about 5 minutes.
- ❖ Remove from heat and stir in honey to taste.
- ❖ Let the strawberry sauce cool then divide it evenly on top of the cheesecake jars.
- ❖ Garnish with extra yogurt and more fresh strawberries.

While volunteering put these practices at the center of your day & positively connect with all the people you encounter.

Living with integrity means:

- *Not settling for less than what you know you deserve in your relationships.
- *Asking for what you want and need from others.
- *Speaking your truth, even though it might create conflict or tension.
- *Behaving in ways that are in harmony with your personal values.
- *Making choices based on what you believe, and not what others believe.

Lessons Learned In Life

Integrity

is
doing
the
right
thing
when
no-one
is
watching



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Living the "Core Value" of Integrity

We are faithful to who we say we are.

I practice gratitude.

I am a champion for St. Joe's mission and core values.

Be kind to one another.



St. Joseph Mercy- Ann Arbor



Jade Xu 1st

Mariah Ford 2nd

Betty Peters 5th

Jeanette Kibler 5th

Paulette McAuley 6th

Timothy Green 6th

Michael Johnson 7th

Mira Lenart 10th

Christy Schafer 12th

Doha Al-Hebshi 14th

Schuyler Karl 17th

Andrea Dai 18th

Dianna Kellman 24th

Giovanni Wasson 26th

Isabella Panse 27th

Marilyn Cayce 27th

Melinda Lawrence 29th

St. Joseph Mercy- Livingston



Debbie Peltier 15th

Pat Laws 17th

John Bennett 18th

Wilfred Martin 26th

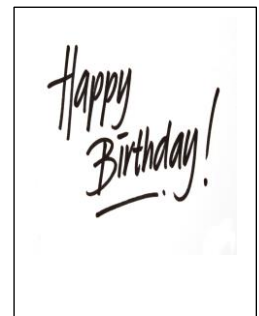
St. Joseph Mercy- Brighton



*Marie Hall
20th*

St. Joseph Mercy Canton

**Ruth
Germeroth
10th**



If you are interested in any of the posted volunteer opportunities, please apply:

- Lisa.Austin@stjoeshealth.org
Manager, Volunteer Services
- Livingston & Brighton:
517-545-6121
- Ann Arbor & Canton:
734-712-4164
- Or visit stjoesannarbor.org/volunteering for more information on open volunteer programs.

Livingston Book and Magazine Cart



We are looking for volunteers interested in bringing reading materials to our patient, family and visitors areas.

This role consist of pushing our book cart, keeping our family waiting areas stocked with neat and current items.

A requirement is to have great customer service skills to interact with people and organization skills to maintain the materials. There is training for wayfinding.

Volunteer @ "The Farm" on the St. Joe's Ann Arbor Campus.

Visit our webpage [@stjoesannarborhealth.org/volunteering](http://stjoesannarborhealth.org/volunteering) for the various roles, program descriptions, and application requirements. The Farm is OPEN all year round.



Brighton & Livingston Welcome Ambassadors

This customer focused opportunity is for friendly individuals with great people skills to assist in creating a great first impression of St. Joe's. You will greet and assist patients as they arrive and make sure their needs are met (questions answered, wayfinding to their destination, etc.). Great customer service skills are a must; as is the ability to push wheelchairs and walk distances easily while guiding visitors to their location. This is an amazing way to help those in need and make their visit more comfortable. Volunteers are needed Tuesday through Friday from 4-8 pm, and weekends at Livingston. Shifts vary Monday through Friday in the Brighton Health Center.

Please apply online at stjoeslivingston.org/volunteering-livingston under the Resource Center and for more program information look under the "Welcome Ambassador" tab.

Wayfinding & Service Excellence Standard training provided.

