



THRIVE SBY



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December

12 Ways to Have A Healthy Holiday Season

1. Wash hands often to help prevent the spread of germs. It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.
2. Bundle up to stay dry and warm. Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.
3. Manage stress. Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.
4. Don't drink and drive or let others drink and drive. Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.
5. Be smoke-free. Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.
6. Fasten seat belts while driving or riding in a motor vehicle. Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.
7. Get exams and screenings. Ask your health care provider what exams you need and when to get them. Update your personal and family history.
8. Get your vaccinations. Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.
9. Monitor children. Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.
10. Practice fire safety. Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.
11. Prepare food safely. Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
12. Eat healthy, stay active. Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

Major Holidays of December

Christmas

In the Christian faith, Christmas is the historical celebration of the birth of Jesus Christ. Whether celebrated for this religious reason or solely as a cultural celebration, Christmas traditions vary around the world. While Americans celebrate with Christmas trees, visits from Santa Claus, and dreams of snowy landscapes, Christmas falls during Australia's summer, where it is popular to go camping or to the beach over the holiday. Some Australians decorate a "Christmas Bush," a native Australian tree with small green leaves and flowers that turn red during the summer.

In England, Christmas traditions are similar to those in the United States, but instead of leaving milk and cookies for Santa Claus, children leave mince pies and brandy for Father Christmas. In Iceland, capital city Reykjavik turns into a winter wonderland with its Christmas market and for the children, there is not one but thirteen Santas, known as Yule Lads. One arrives each night in the thirteen days before Christmas, leaving small gifts in shoes left in window sills. Read more about how Christmas is celebrated around the world here.



Hanukkah

Hanukkah, or Chanukah, is an eight-day Jewish celebration that commemorates the re-dedication of the Second Temple in Jerusalem following the Maccabean Revolt. Those who took part in the re-dedication witnessed what they believed to be a miracle. Even though there was only enough untainted oil to keep the menorah's candles burning for a single day, the flames continued to burn for eight nights.

Also known as the Festival of Lights, Hanukkah begins on the 25th of Kislev on the Hebrew calendar. Celebrations revolve around lighting the menorah. On each of the holiday's eight nights, another candle is added to the menorah after sundown. The ninth candle, called the shamash ("helper"), is used to light the others. Typically, blessings are recited and traditional Hanukkah foods such as potato pancakes (latkes) and jam-filled donuts (sufganiyot) are fried in oil. Other Hanukkah customs include playing with dreidels and exchanging gifts. [Learn more about Hanukkah here.](#)



Kwanzaa

Kwanzaa was created by Dr. Maulana Karenga in 1966 after the Watts riots in Los Angeles. He founded US, a cultural organization, and started to research African “first fruit” (harvest) celebrations. From there, he combined aspects of several different harvest celebrations to form the basis of Kwanzaa.

The name Kwanzaa comes from the phrase “matunda ya kwanza” which means “first fruits” in Swahili. Each family celebrates Kwanzaa in its own way, but celebrations often include songs and dances, African drums, storytelling, poetry reading, and a large traditional meal. On each of the seven nights, families gather and a child lights one of the candles on the Kinara, then one of the seven principles, values of African culture, is discussed. An African feast, called a Karamu, is held on December 31. Learn more about the principles of Kwanzaa here.

<https://worldstrides.com/blog/2015/12/december-holidays-around-the-world/>

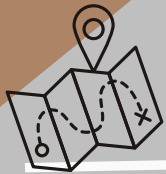


Amy Zaprowski



INTERESTS

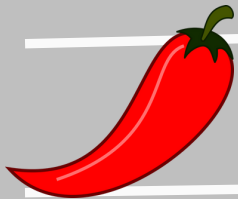
Hobbies: Travel, Photography, Beach Days,
Gardening, Shopping, Knitting
Music: "is good for the soul"
Food: Anything that I don't have to cook



This or That?

Adventurous or Cautious

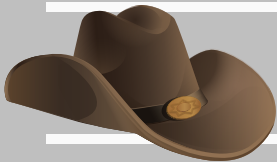
Call or Text



Spicy or Mild

Oreos or Chips Ahoy

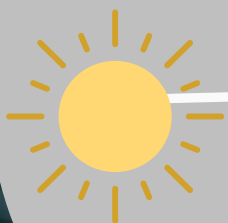
"Double
Stuffed
Oreos"



City or Country

"depends on
my mood"

Neutrals or Bright Colors



Casual or Dressed up

"depends on
my mood"

Early Bird or Night Owl





CHICKEN WILD RICE SOUP

Prep Time: 5 minutes Cook Time: 5 hours
8 servings by Olena Osipov

INGREDIANTS

- 1.5 lbs any chicken pieces
- 1 large onion finely chopped
- 2 large garlic cloves minced
- 2 large carrots coarsely chopped
- 3 large celery stalks diced
- 2 large potatoes diced
- 1/2 cup dried mushrooms or 2 cups fresh brown mushrooms sliced
- 1 1/2 cups wild rice
- 9 cups water or chicken broth
- 1/2 tsp thyme dried
- 1 tbsp mustard
- 2 tsp garlic powder
- 2 tsp salt
- Ground black pepper to taste 2 cups whole milk
- Small bunch parsley finely chopped
- Avocado oil for stovetop only



INSTRUCTIONS

1. **Slow Cooker:** Add chicken, onion, garlic, carrots, celery, potatoes, mushrooms, wild rice, water, thyme, salt, and pepper into a large slow cooker. Then just cover and cook on High for 5-6 hours or Low for 8-10 hours.
2. Remove chicken from slow cooker and shred using 2 forks. To the slow cooker, add milk, mustard and garlic powder. Use an immersion blender to puree the soup to desired thickness. Add the shredded chicken and parsley. Stir and serve hot.
3. **Stovetop:** Add avocado oil to a large heavy bottom pot or Dutch oven. Add onion, garlic, carrots, celery and fresh mushrooms (if using), and saute for 5 minutes. Add chicken, potatoes, wild mushrooms (if not using fresh), wild rice, water, thyme, salt, and pepper. Bring to a boil, cover and then for 45 minutes on low heat.
4. Once cooked, remove the chicken and shred using 2 forks. Add milk, mustard and garlic powder; to the pot. With an immersion blender, blend the soup to desired texture. Return shredded chicken to the pot and stir. Garnish with parsley and serve hot.
5. **Instant Pot (6 or 8 quart) ****:** Add chicken, onion, garlic, carrots, celery, potatoes, mushrooms, wild rice, water, thyme, mustard, garlic powder salt, and pepper to Instant Pot. Cover, set pressure valve to Sealing and press Pressure Cooking on High for 25 minutes. Wait 10 minutes and do a Quick Release to release the pressure by turning the valve to Venting.
6. Remove chicken from soup and shred with 2 forks. Add milk to instant pot. With an immersion blender, give a few pulses until soup is desired thickness. Add shredded chicken, parsley, stir and serve hot.

tomato
chup



THRIVE SBY

**Tuesday
3:00-5:00pm**

THE PANTRY

.....
for City of Salisbury employees
.....

**LOCATED AT THE DOWNTOWN
VISITOR CENTER**

**Bring what you can,
take what you need**

Spaghetti