

December BATHROOM BANTER

(210) 207-WELL wellness@sanantonio.gov



EDUCATION

NEW YEAR NEW START

If you're like most Americans, you most likely already have your New Year's resolution in mind. As many of us know, sticking to these resolutions can be extremely challenging. Join BCBSTX Health Coaches to learn how to set manageable goals, target physical activity and nutrition, and minimize stress.

Presented by Marissa Ryals, BCBSTX
12/06: 3-4pm, Pre-K North Center, 3635 Medical Dr.

Presented by Keith Thibodeaux, BCBSTX
12/15: 3-4pm, Pre-K South Center, 7031 S. New Braunfels



HOLIDAZE: How to Enjoy the Holidays and Minimize Holiday Stress

The holidays can be a joyful time, offering a chance to celebrate with family and friends. But they can also be stressful. Join us in learning how to best manage this stress to make the most of your upcoming holiday.

- Identify the sources of holiday stress
- Utilize practical tips for managing the holidays
- Learn ways to make this "your holiday"



Presented by Deer Oaks EAP
12/14: 3-4pm, Pre-K East Center, 5230 Eisenhower Rd

12/21: 3-4pm, Pre-K West Center, 1235 Enrique M. Barrera Memorial Parkway

'TIS THE Season OF Giving



Looking for a way to help spread some holiday cheer?

Consider the different ways you can do this in your community. Some ideas include, donating a toy for a child in need, donating food to your local food bank, or even by volunteering your time. **Toys for Tots** or the **San Antonio Food Bank** are great options to help you get started!



San Antonio Food Bank
 210-431-8310
fooddrives@safoodbank.org



*Drop off new, unwrapped toy(s) at one of the following locations by December 13th. Contact Melissa Escamilla at (210) 207-8178 or Melissa.escamilla@sanantonio.gov for more information.

- **Animal Care Services** (4710 TX-151)
- **DHS Head Start Brady Building** (1227 Brady Blvd)
- **San Antonio International Airport** (9800 Airport Blvd)
- **San Antonio Central Library 4th Floor Lobby** (600 Soledad)
- **Ron Darner** (5800 Enrique M. Barrera Pkwy)
- **Riverview Towers 1st Floor HR Suite** (111 Soledad St)
- **Plaza de Armas Suite 110** (115 Plaza de Armas)

KINDNESS

Sharing kindness not only makes a positive impact on others, but it delivers health benefits to you as well. Through the act of kindness, you may notice these beneficial changes in your health.

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|---|--------------|---|----------------|
| ↑ | Happiness | ↓ | Pain |
| ↑ | Energy | ↓ | Stress |
| ↑ | Heart Health | ↓ | Anxiety |
| ↑ | Lifespan | ↓ | Depression |
| | | ↓ | Blood Pressure |

The 12 DAYS of SAFETY

- Never use lighted candles near trees or boughs
- Keep poisonous plants out of reach of children and pets
- Keep trees away from fireplaces, radiators and other heat sources
- Make sure your tree has a stable platform
- Choose an artificial tree that is labeled fire resistant
- If using a natural tree, make sure it is well watered
- Check holiday lights for fraying, bare spots, gaps in the insulation or excessive kinking in the wire
- Turn off all tree lights and decorations when not in use
- When putting up decorations, use a step stool or ladder to reach high places
- Designate a sober driver
- When preparing a meal, wash hands, utensils, sink and anything else that touches raw meat
- Reheat leftovers to at least 165° F

Happy Holidays

Take the High Road



Deer Oaks remains concerned about the safety of its EAP participants and others.

Therefore, Deer Oaks reimburses EAP participants for their cab fares in the event that they are incapacitated due to impairment by a substance or extreme emotional condition.

This service is available once per year per participant with a maximum reimbursement of \$45.00 (excludes tip).

The process is simple, and like all other EAP services, confidential.

Just take a cab, UbeR, or Lyft, then simply call the EAP Helpline at **1-866-327-2400** for instructions on how to submit your receipt for reimbursement. It may take up to 45 days for reimbursement.

WINTER is no time to HIBERNATE

