

Helping Hands

OCTOBER,
2011

A NEWSLETTER FOR CAREGIVERS AND GRANDPARENTS RAISING GRANDCHILDREN

Frequently Asked Questions About Christmas

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Caregiver

Advisory

Services

Ford-Iroquois

Public Health

Department

Paxton & Watseka

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Q. *If Santa doesn't have to age, then why has he become old?*

A. He only appears to be old. He's an undercover kid.

Q. *How can a sleigh possibly fly through the air?*

A. If you were being pulled by eight flying reindeer, you'd fly too!

Q. *Why do we wish people a "Merry" Christmas instead of a "Happy" one?*

A. The two are about the same, but with "Merry Christmas" an extra twinkle is seen in the eye!

Q. *How many angels can dance on the head of a pin?*

A. Nowadays, only four angels can dance there. Formerly there was no limit but OSHA passed the Angel Safety Law recently, which also requires that the pin must be inspected twice each year for structural defects.

Q. *How many gifts can Santa Claus's bag hold?*

A. One less than infinity, because there's a limit to everything.

Q. *Why do we wrap our Christmas gifts with paper?*

A. Because we like to see surprise and joy (real or kindly faked) in the recipients.

Q. *Is there really a Mrs. Santa Claus?*

A. The best way to know for sure is to ask Santa Claus next time you see him.

Q. *Why is a Christmas tree that has been chopped down called a "live" tree?*

A. It's dead but doesn't know it, and yet it is having the time of its life.

Q. *Why do we hear so many bells at Christmas time?*

A. Because so many people ring them.

Q. *Why do so many people ring bells at Christmas time?*

A. For the poor, for the joy, and because a bell can say what words can't.

Q. *What can't words say?*

A. The moment you wake up on Christmas morning, listen carefully. You may hear then what words can't say.



All reports and records of the Elder Abuse and Neglect Program are subject to strict confidentiality, except as provided by law or court order.



Elder Abuse Hotline: 1-866-800-1409, OR 1-888-206-1327 (TTY).

White Christmas Cake

Ingredients for Cake

1/2 cup water
2 oz. white baking chocolate, chopped
1/4 cup butter, softened
1 cup sugar
2 eggs
1/2 cup unsweetened applesauce
1/8 tsp. rum extract
1-1/3 cup all-purpose flour
1 cup cake flour
3/4 tsp. baking powder
3/4 tsp. baking soda
1 cup buttermilk
1/3 cup chopped pecans, toasted
1/4 cup flaked coconut

Ingredients for Frosting

1 (8 oz) pkg. of cream cheese
1/3 cup butter, softened
2 oz. white baking chocolate, melted
3-1/2 cups powdered sugar, sifted



Directions

- In a small saucepan, bring water to a boil. Remove from heat; stir in chocolate until melted. Cool for 20 minutes. Line two 9" round cake pans with waxed paper and coat the paper with cooking spray. Preheat oven to 350°.
- Meanwhile, in a large bowl, beat butter and sugar until crumbly, about 2 minutes. Add eggs, one at a time, beating well after each addition. Beat in the applesauce, rum extract and the white chocolate mixture. Note: the batter will appear curdled. Combine the flours, baking soda and baking powder; add to butter mixture alternately with buttermilk, beating well after each addition. Stir in the pecans and coconut.
- Transfer to prepared pans. Bake for 22-27 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan; cool completely before frosting.
- Frosting: Beat the cream cheese, butter and chocolate until blended. Add powdered sugar and beat until smooth. Spread frosting between the layers and over top & sides. Refrigerate cake for 2 hours.

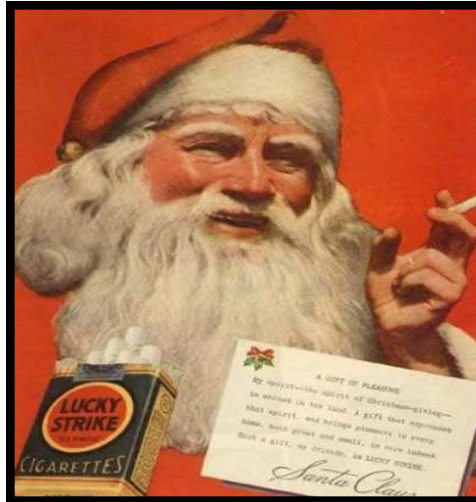


CALL

1-866-QUIT-YES

For a smoke-free holiday and
a smoke-free Illinois

It's **FREE** and it's help
that will work for you.



**Have the Little White Devils
gotten hold of Santa Claus,
too?**

Say it ain't so, Santa!

**The Illinois Tobacco Quitline
can help.**

It's never too late...

Christmas Around the World Trivia Quiz

- In this country, only 1% of the people are Christians. They celebrate Christmas by spending the holiday by doing nice things for the sick at local hospitals. What country is this?
A. Iran B. Turkey C. Japan D. Mongolia
- In this country, the Christkindli hands out presents from her basket. She is a white-clad angel with a veil, held in place by a jeweled crown, over her face. What country is this?
A. Germany B. Austria C. Czechoslovakia D. Switzerland
- In this country, the traditional Christmas dinner is roast turkey with vegetables and sauces and a fruity Christmas pudding with brandy sauce for dessert.
A. England B. Canada C. Australia D. South Africa
- In this country, Christians celebrate by making arches of banana trees and starting them on fire.
A. Philippines B. Dominican Republic C. Bangladesh D. Banana Republic
- In this country, Christmas is celebrated on January 7th, when you may feast on kaik and shortbat.
A. Egypt B. Kenya C. Chile D. Madagascar
- In this country, Christmas goose and buttery, brown sugar taffy are traditional foods at Christmas time.
A. Wales B. England C. Scotland D. Ireland
- In this country, it is not unusual for the outdoor temperature to reach 100° F on Christmas Day.
A. Argentina B. Australia C. Congo D. Uganda
- In this country, Christian children hang muslin stockings, hoping they will be filled by Christmas Old Man.
A. Russia B. China C. Latvia D. Gibraltar
- In this country, two different Santa figures are recognized: Per Noel and St. Niklaas.
A. Amsterdam B. France C. French Guiana D. Belgium
- In this country, a Christmas tradition is to make a sheaf of grain, festooned with nuts and seeds, and tie it to a pole in the garden. Villagers often don't eat their Christmas dinner until the birds have eaten.
A. Finland B. Denmark C. Sweden D. Portugal

2012

FLOWERS OF THE MONTH

2012



2012 PUBLICATION DATES FOR HELPING HANDS

Starting in 2012, we will publish the Caregiver/Grandparents newsletter quarterly instead of monthly.

Look for your first **2012** issue in **March**, the second in **June**, the third in **September**, and the fourth in **December**.

For breaking news in between, please call Marcia at **800-282-3339** or find us online at www.fiphd.org.

Support group reminders will continue to be mailed monthly.

Trivia Answers

1. **C: Japan:** Nonetheless, almost all Japanese non-Christians decorate their homes and offices with evergreens and many exchange gifts.
2. **D: Switzerland:** In addition to the angel, the Christ child hands out gifts for everyone from his sleigh.
3. **B: Canada:** Other Christmas traditions vary across the country from the Eskimo winter festival called Sinck Tuck, to the Reveillon banquets in Quebec, to the belsnicklers of Nova Scotia, to the turnip lanterns lit with candles in Labrador.
4. **C: Bangladesh:** Christian men chop down banana trees, then replant them in pairs along the paths to churches or to their homes. After forming arches using bamboo poles and the large banana leaves, they pipe oil into the poles and light the oil on fire. The result is a spectacularly lit pathway leading to the church.
5. **A: Egypt:** Kaik is a kind of shortbread and shortbat is a traditional beer made of malted barley and flavored with coriander.
6. **A: Wales:** The Welch may have their dinner interrupted by a knock on the door. There stands *Mari Lwyd*, a horse skull and jaw that nips at you while its handler throws rhyming insults your way!
7. **B. Australia:** Imagine Father Christmas showing up in shorts!
8. **B. China:** You'd better watch out, you'd better not cry,...Che Lao Ren (Christmas Old Man) is coming to town. He is pictured here to the right
9. **D. Belgium:** The part of Belgium that borders France calls Santa Claus Pere Noel. The part that borders Germany calls him St. Niklaas.
10. **A. Finland:** Children in Finland have Santa Claus make a personal appearance when he doles out presents, replete with at least a half-dozen elves. No hanging stockings by the chimney there!



TIPS TO PREVENT HOLIDAY STRESS & DEPRESSION

By the Mayo Clinic Staff of *HOUSECALL*, Vol. 12, Issue 47

[Http://www.mayoclinic.com](http://www.mayoclinic.com)

Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.

Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then, stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives: Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.



Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.

Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

SUPPORT GROUP CHRISTMAS EVENT

POTLUCK & GIFT EXCHANGE*

**FOR CAREGIVERS AND
GRANDPARENTS RAISING
GRANDCHILDREN**

December 13, 2011

Ford-Iroquois Public Health Department

114 North Third Street

Watseka, IL

12:00 PM to 3:30 PM

***BRING A \$5 TO \$10 GENERIC WRAPPED GIFT TO EXCHANGE**



Caregiver Advisor Program
Ford-Iroquois Public Health Dept.
114 North Third Street
Watseka, IL 60970