



FOOTSTEPS FORWARD

Waukesha County
Health & Human Services
October/November/December 2011



Stress, Depression and the Holidays: 10 Tips for Coping

By: Mayo Clinic Staff

<http://www.mayoclinic.com/health/stress/MH00030>

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

The holiday season, which begins for most Americans with Thanksgiving and continues through New Year's Day, often brings unwelcome guests — stress and depression. And it's no wonder. In an effort to pull off a perfect holiday, you might find yourself facing a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name a few. So much for peace and joy, right?

Actually, with some practical tips, you can minimize the stress and depression that often accompany the holidays. You may even end up enjoying the holidays more than you thought you would.

Recognize holiday triggers

Learn to recognize common holiday triggers, so you can disarm them before they lead to a meltdown:

- **Relationships.** Relationships can cause turmoil, conflict or stress at any time, but tensions are often heightened during the holidays. Family misunderstandings and conflicts can intensify — especially if you're thrust together for several days. On the other hand, facing the holidays without a loved one can be tough and leave you feeling lonely and sad.
- **Finances.** With the added expenses of gifts, travel, food and entertainment, the holidays can put a strain on your budget — and your peace of mind. Not to mention that overspending now can mean financial worries for months to come.
- **Physical demands.** Even die-hard holiday enthusiasts may find that the extra shopping and socializing can leave them wiped out. Being exhausted increases your stress, creating a vicious cycle. Exercise and sleep — good antidotes for stress and fatigue — may take a back seat to chores and errands. To top it off, burning the wick at both ends makes you more susceptible to colds and other unwelcome guests.

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. **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.
2. **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.
3. **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.

4. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all 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.
5. **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.
6. **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.
7. **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.
8. **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.
9. **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.
10. **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.

Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. With a little planning and some positive thinking, you may find that you enjoy the holidays this year more than you thought you could.



What's On Your Plate?

http://www.extension.iastate.edu/healthnutrition/my_plate.htm



MyPlate is the new food icon replacing MyPyramid.

MyPlate helps you visualize the proportion each food group should contribute to your plate.

The icon conveys that half of your plate should consist of fruits and vegetables, with vegetables comprising

slightly more than the fruits.

- The other half of the plate consists of grains and proteins, with grains comprising slightly more than the protein.
- Dairy is depicted as a circle (i.e. glass of milk) off to the side of the plate.

While the icon or graphic has changed, many of the messages are the same:

Balance Calories

- Enjoy your food, but eat less
- Avoid oversized portions

Foods to Increase

- Make half your plate fruits and vegetables
- Make at least half of your grains whole grains
- Switch to fat-free or low-fat (1%) milk

Foods to Reduce

- Compare sodium in foods like soup, bread and frozen meals – and choose the foods with lower numbers
- Drink water instead of sugary drinks

Visit MyPlate.gov to learn more. Check out [MyPlate materials available from Iowa State University Extension](#).

Acknowledgements:

It is my desire to acknowledge some of the many achievements of our young adults (such as educational achievements, obtaining a driver's license, new job/promotion, new apartments, births, etc.). Please contact Michelle at (262) 548-7364 or your previous on-going worker with any achievements you would like to have shared in the next newsletter.



- Ashlee S. gave birth to a son on July 28, 2011.
- Zaw O. obtained a part-time and full-time job.
- Cameron K. purchased a Lexus IS300.
- Kayla G. was accepted into the Nursing Assistant program at WCTC.
- Shane S. obtained his first apartment.
- Cieanna C. obtained a child care position and is taking child care courses .

Recognizing Outstanding Kids

6th ANNUAL ART SHOW
November 17, 2011 at
Waukesha County Human
Services Board Room
Exhibit 9 am—6 pm
Reception 6 pm—8 pm

The theme for this year's ROKs Art Show Mural is **People Helping People**.



Elegant, Inexpensive, Homemade Holiday Gift Ideas

Taken in part from: <http://www.mnn.com/family/family-activities/stories/10-elegant-inexpensive-homemade-holiday-gift-ideas#comments>

Looking to make this holiday really special — without breaking the bank? Consider handmade gifts. Let's face it: there are plenty of temptations to overspend and overbuy when it comes to finding gifts. This year, with an uncertain economy, there's never been more reason to step back and take a serious look at how we approach gift shopping. Instead of loading up that charge card at the mall, why not take a greener approach and try handmade gifts this season? While it takes a bit more planning, making gifts at home is a guaranteed way to save money and resources. And there's no better way to express your love and creativity.

We've rounded up sure-fire handmade gift ideas to get you started. Most can be done for under \$20. Many of these easy projects can be adapted for Valentine's Day, Mother's Day, or anytime a thoughtful handmade gift is appropriate. Try a few - and put some warmth and personality back into your holiday gift-giving!



Food Gifts

- **Holiday Baked Goods.** It's really hard to go wrong with this: pumpkin, nut and banana breads are synonymous with the holidays, are easy to make, and can be even frozen. So are regular breads, cookies and cakes. You can dress up baking by being creative about their containers. This also gives you an opportunity to put recycling to work. As an example, try nut-bread in an old coffee can. Grease the sides, but substitute sugar for flour along the walls. Your bread will emerge with a crisp caramel glaze. Decorate the can with wrapping paper scraps, replace the bread, add a ribbon - and you're in business.
- **Cookies in a Jar.** Not the cookies themselves, but all the dry ingredients. Layer them in a Mason jar for an attractive presentation. Decorate the jar with fabric and ribbon, attaching the recipe with a bit of string (bonus points if you reuse the front half of old Christmas cards for this).
- **For the Coffee Lover:** homemade biscotti or chocolate spoons in a handmade mug. This is quite elegant, and has a long after-holiday life. Hit the holiday craft fairs and find a large hand-thrown coffee mug. You're after something colorful and substantial. Fill it with individually wrapped biscotti or chocolate spoons. They're both simple to prepare. The spoons are commonly done with plastic disposables. Shop around and find an inexpensive metal teaspoon set, instead. It helps to refrigerate them beforehand.

Craft Gifts

- **Buy vintage floral pattern teacups at secondhand stores and plant ornamental bulbs in them.** Great for small gifts or holiday party favors. Here's a fun variation: find old mugs with herbal print designs and plant chives, oregano, rosemary or basil. Decorate with a bit of ribbon and a card describing how to care for the plant.
- **Gift baskets.** These are a wonderful catch-all for the holiday season: a real expression of your creativity and the personality of the recipient. Start with a basket, some ribbon - and set your imagination free. This is a great way to bundle handmade soaps and herbal sachets, potpourri, jellies, organic candles and treats and small craft items.
- **Reusable fabric shopping bags.** With attention to the millions of disposable plastic shopping bags which end up in landfills and the environment each year, reusable bags have never been hotter. All you need are basic sewing skills and some repurposed or recycled fabric. There are patterns available on the internet.

Identity Theft Tip Sheet For Youth in Foster Care

By: Wisconsin Department of Children + Families

Every 3 seconds, someone in the U.S. becomes a victim of identity theft.

Tips on Identity Theft Protection

When you apply to rent an apartment or take out a car loan for the first time, you don't want to discover that you have a bad credit rating. Is an identity thief out there claiming to be you and running up debts? Read on to see what it means and what you can do about it.

What is identify theft?

When someone takes your personal information, such as your credit card, bank account, driver's license, or Social Security number, **without your permission**, and uses it for an unlawful purpose - that's identity theft. Unlawful purposes include opening a cell phone account, getting a credit card, and renting an apartment using your information.

How bad is it?

Clearing up identity theft can be a pain. It can mean 40 hours or more of work for a victim. To correct your credit records, you may have to

- make phone calls,
- gather evidence,
- write letters, and
- file a police report.

What if I don't clear it up?

If your credit rating is damaged by identity theft, you could be unable to get a student loan or a car loan, rent an apartment, or even get a job.

So what can I do?

There are things you can do to protect yourself. And if you do have problems, you can get help! Call us at 608-266-9024 or e-mail us at DCFYouthIdentityTheft@wisconsin.gov.

1-Protect your Social Security Number.

With your Social Security number, a thief can open accounts in your name. Don't carry your Social Security card - or anything with your Social Security number - in your wallet or bag. Keep it in a safe place at home.

2-Check your bills right away

Open your bank statement and bill as soon as you get them. Call your bank or creditor to report any problems. The sooner you do, the easier it is to resolve.

3-Use a shredder

Shred bills and papers with account numbers on them before throwing them away. Use a cross-cut shredder that turns paper into confetti.



4-Clean your room!

Sure, you trust your friends and roommates. But what about their friends? Keep your bills and other records out of sight and out of reach. **Don't leave your personal information lying around. Protect it like CASH.**

5-Protect your computer

Criminals are trying to get into your computer to steal your information. Install protective software and keep it up to date.

- Firewall
- Operating system and browser patches
- Anti-virus protection
- Anti-spyware protection.

6-Be smart online

Free downloads - games, screensavers, music - may have a cost. They can contain "spyware" that steals your information.

Never click on links or open attachments in emails from someone you don't know.

Do you share music and videos?

There are legal risks if you violate author's rights. And the P2P software that lets you share the software can open your computer up to hackers. Make sure your computer's protections are up to date.

Be aware that free WIFI hot spots may not be secure. Be careful about exposing personal information in public.



7-Beware of "phishing" emails

An email that comes to you out of the blue and asks you to give personal information - like your password, Social Security number, or bank account number - is called a "phishing" email. It may look like it's from your bank, eBay or the government. But it's really "phishing" for your personal information.

The message may say it's urgent, that you should answer right away or something bad will happen. It may say you've won a prize. **Don't give out your personal information unless you made the contact.** Don't be fooled. Delete the email. Businesses don't send these types of emails.

8-Get an annual credit report

The Fair Credit Reporting Act (FCRA) requires each of the nationwide consumer reporting companies - Equifax, Experian and TransUnion - to provide you with a free copy of your credit report, at your request, once every 12 months. The FCRA promotes the accuracy and privacy of information in the files of the nation's consumer reporting companies. The Federal Trade Commission (FTC), the nation's consumer protection agency, enforces the FCRA with respect to consumer reporting companies.

For more information about getting a free credit report visit the FCRA website:

<http://www.ftc.gov/bcp/edu/pubs/consumer/credit/cre34.shtm>

2011 FLU IMMUNIZATION CLINICS

Waukesha County Public Health Division has received 2011 influenza vaccine and has already begun administering the vaccine to the public. Vaccines are the most powerful public health tool to control influenza. The Centers for Disease Control (CDC) recommends yearly flu shots for *all* people ages 6 months and older. Children's flu vaccines (6 months through age 18) are available for a \$7 fee. No child will be turned away for inability to pay. Flu vaccines for adults (19 and over) cost \$30. Cash, check or straight Medicare Part B accepted for payment. Bring card. No Medicare HMO's. Medicaid accepted.



Immunization Clinics are held each month in communities throughout Waukesha County. Immunizations are also available at the Waukesha County Public Health Center located at 615 W. Moreland Blvd., Waukesha, WI, Monday through Friday from 8:00 a.m. to 4:00 p.m. Walk-in service is available at all clinic locations. For immunization clinic dates, times (including evenings), and locations, please visit www.waukeshacounty.gov/flu or call the Waukesha County Public Health Division at (262)896-8430. Please call to confirm availability of vaccine as there is a limited supply.



Resources:

Snag a Job.com

<http://www.snagajob.com/>

Federal Trade Commission

For more information about getting a free credit report visit the FCRA website:

<http://www.ftc.gov/bcp/edu/pubs/consumer/credit/cre34.shtm>

Wisconsin Department of Agricultural Trade & Consumer Protection - Office of Privacy and Protection

<http://privacy.wi.gov/resources/resources.html>

Apartment.com

www.apartments.com/wisconsin - Apartments.com is one of the best places to start your search for an apartment in Wisconsin. Discover a wide range of apartments from the comfort and convenience of your computer. Search for luxury and two bedroom apartments, or more affordable studio and one-bedroom apartments in a variety of cities/towns.

Lake Country Caring

<http://www.lakecountrycaring.com/> - Lake Country Caring is a 501(c)3 non profit public charity dedicated to helping families in need in the Lake Country area. Through the efforts of our volunteers and the community, clothing and household items are provided at no charge.

Waukesha County Community Dental Clinic

<http://wccdentalclinic.org/> -

The Waukesha County Community Dental Clinic opened its doors in May 2008 to provide access to affordable dental care for low-income Waukesha Co

Just a reminder...

- November 6, 2011 - Daylight Savings Time Ends
- Waukesha County is closed on Thursday, November 24, 2011 and Friday, November 25, 2011 for Thanksgiving Day and the Day After Thanksgiving .
- Waukesha County is closed on Friday, December 23, 2011 and Monday, December 26, 2011 for Christmas Eve and Christmas Day.
- Waukesha County is closed on Friday, December 30, 2011 and Monday, January 2, 2012 for New Years Eve and New Years Day.





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Skillet Lasagna

<http://recipes.extension.iastate.edu>

Serves: 8

Serving size: 1 cup

Cost per serving: \$.82



Ingredients

- 1/2 pound ground beef
- 1/2 onion, chopped (about 1/2 cup)
- 2 cloves garlic, minced or 1/4 teaspoons garlic powder
- 3 cups spaghetti or pasta sauce (26 to 28 ounces)
- 1 cup water
- 8 ounces wide noodles
- 1 10-ounce package chopped spinach, thawed
- 1 12-ounce container lowfat cottage cheese
- 1/2 cup (4 ounces) shredded mozzarella cheese
- Optional: fresh or canned, drained sliced mushrooms

Instructions

1. Wash hands.
2. Cook ground beef, onions, and garlic together in a large skillet or electric fry pan; stir to prevent sticking. When ground beef has turned brown transfer mixture to a colander set over a bowl and rinse with hot water to remove grease. Return mixture to skillet.
3. Add spaghetti sauce and water to skillet and bring to a boil.
4. Add uncooked noodles, stir, cover with lid, turn down the heat, and cook 5 minutes.
5. Squeeze the thawed spinach with your clean hands to remove the juice and then stir into the pan. Add mushrooms if you like. Cover and simmer 5 minutes.
6. Spoon cottage cheese over the top. Sprinkle with mozzarella cheese, put the lid on and let it heat another 5 to 10 minutes until heated through and noodles are tender.

Nutrition Facts

Serving Size 1.00 cup(s) (241g)		
Amount Per Serving		
Calories	264	Calories from Fat 52
% Daily Value		
Total Fat	5.8g	9 %
Saturated Fat	2.6g	13 %
Trans Fat	0.0g	
Cholesterol	30.7mg	10 %
Sodium	551.2mg	23 %
Total Carbohydrate	30.4g	10 %
Dietary Fiber	3.1g	13 %
Sugars	5.4g	
Protein	20.4g	
Vitamin A	62 %	Calcium 11 %
Vitamin C	17 %	Iron 18 %

