

# Family

FREE

and

# Friends



*A monthly newsletter brought to you by Richland County Health & Human Services and the Aging and Disability Resource Center of Eagle Country-Richland County Office*

Winter is here and people are regularly using their furnaces or wood-burning stoves for heat. During these cold months it is important that people are mindful of the dangers Carbon Monoxide (CO). According to the Wisconsin Department of Health Services (DHS), Carbon Monoxide is a gas that can't be seen or smelled and is made when fuels such as gas, kerosene, propane, or wood are burned and is the most common cause of deadly poisonings. Fortunately, there is a way to detect Carbon Monoxide before it's too late!

According to the Wisconsin Department of Safety and Professional Services (DSPS), a Carbon Monoxide Detector/Alarm is a device that will detect the presence of Carbon Monoxide and sounds an alarm to give people in the area a chance to safely leave the building. Carbon Monoxide Alarms are not smoke detectors, and vice versa. However, there are combination Smoke/Carbon Monoxide devices that you can purchase. According to the Wisconsin DHS Bureau of Environmental and Occupational Health, Carbon Monoxide detectors can be purchased at most hardware stores for \$20-\$50 and are required on every level of all homes including the basement, but not in attic or storage areas. The batteries in these devices should be changed twice a year, it is recommended to change the batteries in a Carbon Monoxide detector when you change your clocks for Daylight Savings Time. To add to this, detectors should be replaced every five years, or according to manufacturer instructions.

### Signs and Symptoms of Carbon Monoxide Poisoning:

- Headaches
- Fatigue
- Dizziness
- Shortness of Breath
- Nausea
- Confusion

**CARBON MONOXIDE (CO) POISONING**



Remember, **at high enough levels, carbon monoxide can cause death within minutes...**

### What Should You Do if Signs and Symptoms of Carbon Monoxide Poisoning are Observed:

- Go to fresh air immediately if symptoms of Carbon Monoxide poisoning are observed, experienced or if a detector alarm is heard.
- Call 911 and stay in the fresh air until the building has been declared safe



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# ROTARY LIGHTS TRIPS IN DECEMBER



Free bus trips through the  
*Richland Center Rotary Lights*

DECEMBER 9TH

PICK UP STARTS AT 5:30 PM

FOR RESERVATIONS CALL:

ADRC OF EAGLE COUNTRY -

RICHLAND COUNTY

608-647-4616

\*A FREE WILL DONATION TO THE FOOD  
PANTRY IS REQUESTED



FREE BUS TRIP TO THE  
LA CROSSE ROTARY LIGHTS  
SHOPPING AND LUNCH-AT  
PASSENGERS EXPENSE

*December 4th*

*Pick-up starts at 9:00 am*

*Return approximately 8:30 pm*

*Contact the ADRC to reserve your spot*

*608-647-4616*

*\*Potential alternate date 12/11 for  weather*

# FAMILY & FRIENDS RECIPE TO TRY



**Prep Time:** 30 minutes **Cook Time:** 45 minutes **Yield:** 12 servings  
**Taste of Home Turkey Stew with Dumplings**



## Ingredients

- 8 medium carrots, cut into 1-inch chunks
- 4 celery ribs, cut into 1-inch chunks
- 1 cup chopped onion
- 1/2 cup butter, cubed
- 2 cans (10-1/2 ounces each) condensed beef consommé, undiluted
- 4 2/3 cups water, divided
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 3 cups cubed cooked turkey
- 2 cups frozen cut green beans
- 1/2 cup all-purpose flour
- 2 teaspoons Worcestershire sauce

## Dumplings:

- 1-1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt

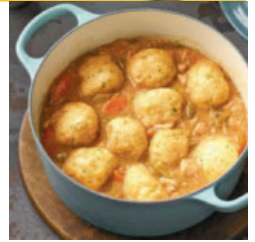
- 2 tablespoons minced parsley
- 1/8 teaspoon poultry seasoning
- 3/4 cup 2% milk
- 1 egg

## Directions

In a Dutch oven, saute carrots, celery and onion in butter for 10 minutes. Add consomme, 4 cups water, salt and pepper. Bring to a boil. Reduce heat; cover and cook on low heat for 15 minutes or until vegetables are tender.

Add turkey and beans; cook for 5 minutes. Combine flour, Worcestershire sauce and remaining water until smooth; stir into turkey mixture. Bring to a boil. Reduce heat; cover and simmer for 5 minutes or until thickened.

For dumplings, combine flour, baking powder and salt in a large bowl. Stir in parsley and poultry seasoning. Combine milk and egg; stir into flour mixture until moistened. Drop by tablespoons into simmering stew. Cover and simmer for 20 minutes or until a toothpick inserted in dumpling comes out clean.



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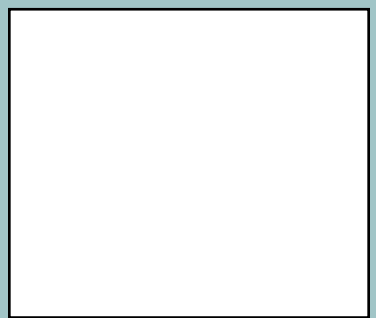


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**Get local help with your Medicare questions.**

I'm Teresa Goplin, a licensed sales agent in Richland Center, WI. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs.

**It's time to take advantage.**



**Teresa Goplin**  
Licensed Sales Agent  
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# SPOTLIGHT ON: THRIVING THROUGH THE HOLIDAYS

Maintaining a focus on personal health and safety is especially important at this time of year. These six tips can help you have a more enjoyable, healthy, and injury-free holiday season.

## **Nourish Your Body:**

Maintaining energy levels while nourishing our bodies requires a balance between indulgence and eating healthily. Portion management is key, as is eating only until you are satisfied rather than full. Vegetables, fruits, whole grains, healthy fats, and protein are essential parts of a balanced diet and should be consumed moderately during the holiday season. “Eat what you love in moderation,” suggests Jody Engel, a nutritionist and registered dietitian at NIH.



## **Hydration Matters:**

It’s easy to lose track of how much water you are drinking during the busy holidays. Adequate hydration is essential for sustaining energy, increasing alertness, facilitating digestion, and protecting brain health. If you consume alcohol, drink plenty of water before, during, and after. According to Healthline, alcohol “causes your body to remove fluid at a much quicker rate than other liquids.” Healthline.gov

## **Stay Active:**

Moving and staying active year-round is especially important during the colder months. Plan time for exercise, such as light yoga or strolling through the mall. When venturing outdoors, protect yourself from the elements by layering your clothing, and keeping your mouth and nose covered. Be mindful of icy paths to avoid falls by wearing appropriate footwear with non-slip soles. Also, consider aids like a cane or walker when needed.

## **Relax and Recharge:**

During this potentially stressful time of year, it’s important to prioritize self-care and effective stress management for our mental and emotional well-being. Setting reasonable goals for the use of our resources (time, money, and energy) is crucial. We can decrease our stress by scheduling downtime and by practicing mindfulness including relaxation techniques like deep breathing and meditation and listening to music.

## **Mind Your Medications:**

Our daily routines can easily be sidetracked during the busy holidays. It’s important to remember to maintain your medication schedule and doses as prescribed by your doctor. Using a pillbox with compartments for each day provides a visual reminder to take medication and avoid taking two doses at once. Don’t be afraid to ask for help from a family member or friend if needed.

## **Protect Yourself:**

Many infections spread more rapidly over the holiday season. Other health risks, such as COVID-19 concerns, can be addressed by encouraging vaccinations, practicing hand hygiene, staying home while sick, and avoiding close contact with others who are in your close space.

The key to a safe and enjoyable holiday is balancing fun with self-care. By following these six tips to stay healthy and safe over the holidays you will thrive and enjoy the season with peace of mind, knowing you are safeguarding your health and well-being.

Happy Holidays!

*(Article courtesy of AARP.org)*

# DECEMBER WORD SEARCH



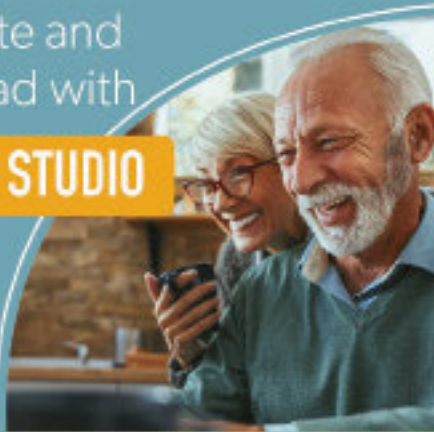
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# DECEMBER



## Home Delivered Meals & Dining Site Menu: Germantown, Richland Center, Rockbridge

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ring Bologna Homemade Monterey Jack Mac N' Cheese Broccoli Apple Crisp	3 Chicken Parmesan Over Brown Rice Blend Capri Vegetables Yogurt Parfait Bread Stick	4 Italian Meatloaf Au gratin Potatoes Creamed Peas Frosted Brownie WW Bread	5 Chicken Ala King Over Mashed Potatoes Tossed Salad Frosted Carrot Cake WW Dinner Roll	6 Beef Vegetable Stew Lima Beans Mixed Fruit WG Biscuit
9 Chicken Chow Mein with Chow Mein Noodles Fruited Lemon Jell-O w/ Pineapples Fortune Cookie	10 Hungarian Goulash Peas & Carrots Corn Bread Chef's Choice Fruited Dessert	11 Roast Pork Loin Mashed Potatoes w/Gravy California Blend Peach Cheesecake WW Bread	12 Chili Turkey Slider Cinnamon Apple Slices Cottage Cheese Crackers	13 Tater Tot Casserole w/ Beans Tossed Salad Fruit WW Dinner Roll
16 Hearty Potato Soup Ham Salad Sandwich Chef's Choice Fruited Dessert	17 Hamburger Gravy Over Mashed Potatoes Baby Carrots Peaches WW Bread	18 <u>Christmas Dinner</u> 2-Piece Chicken Mashed Potatoes w/Gravy Sage Bread Stuffing Green Bean Almondine Cranberry Sauce, Dinner Roll, & Pumpkin Pie Squares/ Topping	19 Honey Glazed Ham Sweet Potatoes Peas Angel Food Cake with Strawberries and Whipped Topping, WW Bread	20 Baked Cod w/Tartar Sauce Cowboy Potatoes Mixed Vegetables Coleslaw Wheat Dinner Roll
23 Cube Steak w/Onions & Gravy, Roasted Potatoes Brussel Sprouts Bread Pudding w/Van. Sauce	24  Meal Site Closed No Home Delivered Meals	25  Meal Site Closed No Home Delivered Meals	26 Chicken Cordon Bleu Seasoned Wild Rice Mixed Vegetables Mixed Greens Salad w/ Dressing	27 <u>New Years Meal</u> Pork Roast w/Gravy Mashed Potatoes Broccoli & Cauliflower Cookie Dinner Roll
30 Tuna Casserole Baby Carrots Tropical Fruit Salad	31  Meal Sites Closed No Home Delivered Meals	<p><b>Richland Center Meal Site</b> - Serves at 11:45am Mon.- Fri. (Congregate); (11:00am-11:30am Carry-Out) Call Tina/Sandi (608) 647-2323; M-W-F (Home Delivered) Call (608) 647-4616</p> <p><b>Germantown Meal Site</b> - (Home Delivered) Monday, Wednesday &amp; Thursday, (Congregate) 11:00am Wednesday Only - Rita (608) 983-2798</p> <p><b>Rockbridge Meal Site</b> - Serves at 11:30am M-W-F - Call Norma (608) 647-3900 or Leave a message at (608) 649-3269</p>		

All menu items are prepared in kitchens that are not allergen-free. We cannot guarantee that food allergens will not be transferred through cross-contact and thus cannot offer a substitution item. Occasionally, it is necessary to make changes in the menus. All meals are served with milk.

**WOODMAN SENIOR CENTER**  
**1050 N. ORANGE ST., RICHLAND CENTER, WI 647-8108 EXT. 3**  
**HOURS: MONDAY THRU FRIDAY 8:00-4:30**  
**DECEMBER 2024**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CLOSED	2 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30-Phase "10" or <u>Sheepshead</u>	3 9:30- <u>Sheepshead</u> 1:00- <u>Euchre</u> <u>Tournament</u>	4 9:30- <u>Haase</u> 9:30- <u>Chess</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u>	5 8:00-10:00- <u>Community Coffee</u> <u>Club</u> 9:00- <u>Movie on the</u> <u>Big Screen</u> 12:30- <u>Any Game</u>	6 12:30- <u>Haase</u>	7 CLOSED
8 CLOSED	9 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30- <u>Sheepshead or</u> <u>Phase "10"</u>	10 9:30- <u>Sheepshead</u> 1:00- <u>Euchre</u> <u>Tournament</u>	11 9:30- <u>Haase</u> 9:30- <u>Chess</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u>	12 8:00- <u>Breakfast by</u> <u>Our House</u> 9:00- <u>Movie on the</u> <u>Big Screen</u> 12:30- <u>Any Game</u>	13 12:30- <u>Haase</u>	14 CLOSED
15 CLOSED	16 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30-Phase "10" or <u>Your Choice</u>	17 9:30- <u>Sheepshead</u> 1:00- <u>Euchre</u> <u>Tournament</u>	18 9:30- <u>Haase</u> 9:30- <u>Chess</u> 9:45- <u>Gentle Chair</u> <u>Yoga</u> 12:30- <u>Pinochle</u>	19 10:00- <u>Richland</u> <u>Area Senior Citizen</u> <u>Members Only</u> <u>Christmas Party</u> 2:00- <u>Any Game</u>	20 12:30- <u>Haase</u>	21 CLOSED
22 CLOSED	23 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30- <u>Sheepshead or</u> <u>Any Game</u>	24 CLOSED CHRISTMAS EVE	25 CLOSED MERRY CHRISTMAS	26 9:00- <u>Movie on the</u> <u>Big Screen</u> 12:30- <u>Your Choice</u> <u>Game</u>	27 12:30- <u>Haase</u>	28 CLOSED
29 CLOSED	30 9:30-11:30- <u>Play</u> <u>Bingo for Prizes</u> 12:30- <u>5 Crowns or</u> <u>Sheepshead</u>	31 CLOSED NEW YEARS EVE				

# PREVENTING FALLS WHEN THE WEATHER GETS SLIPPERY

As the leaves fall and the first snowflakes make their annual debut in mid-to-late autumn across Wisconsin, it is essential that everyone prepare for the icy conditions that lie ahead, but especially those who are at high-risk for breaking and fracturing bones if they suffer a slip-and-fall. The Centers for Disease Control and Prevention reports that unintentional falls are the leading cause of injury-related deaths for Wisconsinites aged 65 and older. By creating a personalized plan and implementing preventative measures, older adults can navigate the winter wonderland with confidence and better ensure that they maintain their independence throughout the season and beyond.



## Wisconsin's Winter Landscape

The first snowfall date in Wisconsin can vary significantly depending on where you are located in the state. Northern cities like Superior may see their first snowfall in mid-to-late October, while southern areas like Beloit might not experience winter's arrival until mid-to-late November. Regardless of your location, preparing for snowy and icy conditions is vital to preventing slips and falls.

## Creating a Fall Prevention Plan

Start by evaluating your environment and identifying potential hazards, both indoors and outdoors. Make a list of any necessary home modifications or assistive devices that could enhance your safety, such as installing handrails, non-slip mats, or an electric garage door. Consider enlisting the help of a family member, friend, or caregiver to assist with these preparations. If you are at high risk for a bone break or fracture if you fall, or a heart attack if you shovel, consider hiring an outside service now to come and shovel for you this winter. If you start looking now, before the first snowfall, you will likely be able to collect more bids and take your time in deciding, rather than feeling rushed through the selection process. Alternatively, you may wish to consider buying a snow blower if you don't already have one. You may also wish to consider buying a walking stick, trekking pole, or a walker to provide additional support when you are out walking this winter in slick conditions. And, if you don't already have a cellphone, now could be a good time to buy one. They can be invaluable to have on you if you suffer a slip-and-fall when no one is around. The important thing to remember is that you want to create a plan now, before the snow and ice start, so that you can be prepared with everything you will need when Old Man Winter arrives!

## Key Tips for Preventing Falls

- 1) **Build Up Your Balance:** Participate in balance and strength-building exercise classes to improve stability on slippery surfaces. Local senior centers or recreational facilities may offer specialized classes tailored to older adults' needs.
- 2) **Stock Up on Melt:** Keep a supply of ice melt, sand, or kitty litter on hand to create traction on icy walkways around your home.
- 3) **Wear Proper Footwear:** Invest in winter-appropriate footwear, such as boots with non-slip soles and excellent traction. Yaktrax or similar devices can also provide additional grip on slick surfaces.
- 4) **Have a Communication Network:** Set up a system with a friend, family member, or caregiver to check in regularly and ensure your safety during harsh winter weather.

## Conclusion

By preparing ahead of time, adapting your environment, and prioritizing safety, you can navigate the snowy season with confidence and enjoy all the beauty that winter has to offer!

*(Article Courtesy of the GWAAR Legal Services Team)*



# PRIORITIZE YOUR HEALTH WITH MEDICARE'S PREVENTATIVE SERVICES

As winter brings cooler temperatures and with flu season in full swing, it's the perfect time for Medicare beneficiaries to reflect on their health and well-being and take advantage of Medicare's preventive services. Staying proactive about your health not only helps prevent illnesses but also ensures that any potential issues are addressed early when treatment is most effective.

Medicare's preventive services cover a wide range of screenings, vaccinations, and wellness visits designed to support healthier aging. Whether it's getting your annual flu shot or scheduling a wellness visit with your healthcare provider, these services are covered at no additional cost to Medicare beneficiaries. Encouraging beneficiaries to use these services can significantly contribute to their overall wellbeing, especially as we approach the winter months.

As we approach a season focused on gratitude and connection, it's the perfect time to prioritize health and well-being. By using Medicare's preventive services, beneficiaries can take proactive steps toward supporting their health and enjoy the reassurance that comes with staying ahead of potential health concerns.



(Article Courtesy of the GWAAR Medicare Outreach Coordinator)



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DHS Approved 4/22/2021

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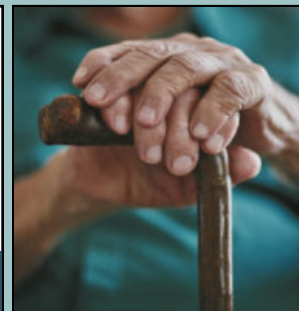
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# THE IMPORTANCE OF SLEEP IN OLDER AGE

Sleep plays a vital role in our health and well-being, influencing everything from mood to cognitive function. As we age, our sleep patterns and needs evolve, making it crucial to prioritize and adopt healthy habits to promote better quality sleep for overall health and well-being.



The National Sleep Foundation recommends that adults aged 65 and older aim for 7-8 hours of quality sleep each night. Despite the recommended guidelines, however, studies show that many older adults struggle to achieve sufficient sleep. Factors such as chronic health conditions, medications, and lifestyle habits can contribute to inadequate rest.

Several sleep disorders commonly impact older adults, including:

- 1) Sleep Apnea: Characterized by pauses in breathing during sleep, sleep apnea can result in fragmented sleep and various other health complications.
- 2) Insomnia: Chronic difficulty falling or staying asleep, which in turn can lead to daytime fatigue, irritability, and impaired cognitive function.
- 3) Restless Leg Syndrome: This neurological disorder causes uncomfortable sensations in the legs, leading to an irresistible urge to move, which disrupts sleep.
- 4) REM Behavior Disorder: Characterized by the vivid acting out of dreams during sleep, this disorder may occur when the brain chemical that paralyzes the muscles during REM sleep does not function properly.
- 5) Circadian Rhythm Sleep Disorders: These disorders result in falling asleep and waking up earlier, due to a disruption in the daily sleep-wake cycle of the body's internal clock.

To foster optimal sleep hygiene, older adults can adopt the following strategies:

- 1) Establish a consistent sleep schedule by going to bed and waking up at the same time each day.
- 2) Create a soothing sleep environment that's quiet, dark, and comfortably cool.
- 3) Engage in relaxation techniques, such as deep breathing or meditation, before bed to help ease the mind and prepare for sleep.
- 4) Limit caffeine and alcohol consumption, particularly close to bedtime, as they can disrupt sleep patterns.
- 5) Talk to your healthcare provider if you are experiencing trouble falling asleep or staying asleep, movement during sleep, or if you or your partner notice that you seem to stop breathing during sleep. Sometimes, these can be signs of an underlying medical condition that may require treatment.

By understanding the significance of sleep, adopting healthy habits, and recognizing common sleep disorders that may warrant a conversation with a physician, older adults can enjoy the restful slumber they need to thrive.

*(Courtesy of the GWAAR Legal Services Team)*

# COVID VACCINE RECOMMENDATIONS

The Centers for Disease Control (CDC) recently issued new COVID-19 vaccinations for immunocompromised people and those aged 65 plus. With evidence that vaccine effectiveness decreases substantially within four to six months for people over age 65 and even faster for immunocompromised individuals, the CDC recommends more than one dose per year – two for people over age 65 and more for immunocompromised people.

The CDC is now also recommending that people who should receive more than one vaccination per year get shots of vaccines made by the same manufacturer. Experts suggest that this decision may be due to the fact that certain types of vaccines work better against certain strains of the COVID virus. For example, Novavax brand vaccinations seem to work better against one strain of the virus, while vaccines from other manufacturers seem to work better against other strains. Since the COVID virus mutates more often than many other viruses, such as influenza, people should talk with their health care providers about which strains are most common in their geographical regions and which vaccinations seem to be most protective.

*(courtesy of the GWAAR Legal Services Team)*

## EAT WELL, AGE WELL: PEARS

Pears originated in southeastern Europe and were a favorite food for the ancient Greeks and Romans. The ancient Greek author Homer described them as “gifts from the gods.” They are a gift and how appropriate to celebrate them during December!



Pears are one of my favorite fruits. I have wonderful memories of climbing the pear trees on my family homestead farm to pick them. We would let them ripen on the porch. There is nothing better than a perfectly ripe pear with juice that drips down your arm. So many wonderful memories of us all working together in my grandmas kitchen on canning day so we could enjoy them throughout the winter. I hope you have some fond memories for pears or create some this holiday season! The fiber in pears helps your digestion and heart health.

**Select:** Choose firm pears without cuts or bruises. Did you know that pears ripen at room temperature for best texture and taste. They are in season September thru May depending on the variety.

**Storage:** Once pears are ripe, use within 3 to 5 days or refrigerate to keep them longer.

**Preparation:** Always wash fresh produce under cool running water even if you plan to peel them. Peel or cut just before using to avoid browned flesh. You can also use lemon or citrus juice to help prevent the browning.

Did you Know...

Pear trees can live to be 100 years old!

There nick name is “Butter Fruit” because of their soft, melting texture.

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## Upcoming Area Events:

### Daily in December

Richland Center's Rotary Lights in the Park will be held Wednesday, November 27, through New Years Eve. The exhibit will be open each night with walk-thru's from 6:00 to 6:50 and drive-thru from 7:00 to 9:00. However, please note new this year, the first three Mondays, December 2, 9, and 16, will be drive-thru only. Also Santa and Mrs. Claus will be on hand every Friday and Saturday.



### Mondays in December

Monday Coffee Connect: Virtual Support to "Fill Your Caregiving Cup" every Monday morning from 10 to 11 am. Connect with local dementia specialists virtually from the comfort of your home! Join to ask questions, gain support and brainstorm strategies to get through this time together. Come with a cup of coffee or tea to interact via Zoom Video. Register by calling Pam Kul-Berg, Dementia Care Specialist for the ADRC of Eagle Country at 608-548-3954.

### Tuesdays in December

Tech Help Tuesday will be held every Tuesday at the Brewer Public Library from 9:00 to Noon. Get basic help with all apps and devices. Walk-ins are welcome. Appointments can be scheduled by calling the Brewer Public Library at 608-647-6444. There is no charge for this service.

### Wednesdays in December

The Winter Market will be held each Wednesday at the Richland Center Community and Senior Center from Noon until 4:00 pm.

### Monday, December 9th

Welcome to Medicare: The Aging and Disability Resource Center of Eagle Country, Richland office, is offering a free seminar to Richland County residents interested in learning more about Medicare. Rose Welsh, Richland County Elder Benefit Specialist, will help you learn about choices you may want to consider and decisions you need to make when you use Medicare. Make reservations by calling the ADRC at 608-647-4616 at least five days in advance of the seminar. If the seminar is full, you can sign up for a future date.

### Tuesday, December, 17th

The ADRC of Eagle Country, Richland County office is offering the Richland Center Caregiver Support Group. This group offers a chance to connect with local experts, family members and care partners who may be experiencing similar circumstances. The support group is held the 4th Tuesday of the month at the Woodman Senior Center, 1050 Orange Street, Richland Center 10:30 am –11:30 am. To RSVP or for information, you may call the ADRC at 608-647-4616 or Pam, the Dementia Care Specialist at 608-548-3954.

## WINTER bucket list

BAKE CHRISTMAS COOKIES



DECK THE HALLS



SEND HOLIDAY CARDS (AND THANK YOU NOTES)



DRIVE AROUND LOOKING AT LIGHTS



SEE THE NUTCRACKER



HAVE A CHRISTMAS MOVIE MARATHON



SPEND THE DAY IN YOUR FAVORITE PAJAMAS



ENJOY A SNOW DAY



SPEND TIME WITH FAMILY AND FRIENDS



WRAP PRESENTS



FIND A NEW FAVORITE WINTER SWEATER



MAKE HOMEMADE HOT CHOCOLATE

