

HOSA Happenings

December 2022



Happy Holidays from HOSA

By: Aniyah Webb

We would like to wish our BCMA family a Happy Holiday! We wanted to share interesting information on Holiday Safety, Eating Healthy, Tips on Staying Healthy, and more. On behalf of HOSA, we would like you to show gratitude and have a great attitude to have a fun, safe, and festive holiday season.

Holiday Events around Houston

* Zoo Lights – Houston Zoo,
Nov. 18 – Jan. 8

* Cirque Dreams Holidaze –
Houston Symphony at Jones
Hall, Dec. 23

* The Nutcracker – Wortham
Theatre Center, Dec. 23

* Holiday Lights in Memorial
Park's Eastern Glades, Dec. 3
– Jan. 1 Zoo Lights –



Zoo Lights – Houston Zoo

*“Seasons
Greetings!”*



Health Corner

Eating Healthy

Strategies for Healthy Eating During the Holidays:

By: Dinah Whitley



- 1.) Keep to your meal routine.
 - Try to eat about the same time each day
- 2.) Go reduced fat!
 - Eat low calorie foods
- 3.) Walk off the weight.
 - Aim for about 10,000 steps a day
- 4.) Pack a healthy snack.
 - Healthy snacks can include foods like fruit and mixed nuts.
- 5.) Look at the labels.
 - Check labels for fat and sugar content
- 6.) Take caution with your portions.
 - Don't eat too much too quickly, and always think twice before you have seconds.
- 7.) Up on your feet!
 - Try to stand for at least 10 minutes every hour.
- 8.) Think about your drinks
 - Limit drinks like soda. Drink more water and calorie-free drinks.
- 9.) Focus on your food.
 - Don't sit in front of the TV while you eat, or stare at your phone. Instead try to focus on your snack.
- 10.) Don't forget your 5-a-day!
 - You should eat at least 5 servings of fruit and vegetables a day.
- 11.) Share your healthy snack with friends and family.



The Holiday Blues

By: Klaudia Rogers

There are many variations of depression, but one that is common this time of year is holiday depression. Holiday depression is a form of seasonal depression, usually coming during the late holidays. It is a time where people can feel a painful remembrance, sadness, loneliness, anxiety, and stress, instead of joy and holiday cheer. Holiday depression can cause headaches, excessive eating and drinking, insomnia, mood swings, and difficulty concentrating.

Many people suffer from depression this time of year because of the struggles they face during the fall and winter months. Their depression can turn into an illness affecting their friends and families.

Some ways to beat the holiday blues include volunteering, spending time with friends and family, taking a walk, listening to music, or reading a book. Do not give in to your bad thoughts and ideas. If your emotions and symptoms are strong, there is nothing wrong with seeking help.

National Suicide Prevention Lifeline
1-800-273-8255

Holiday Safety Tips

Fire Safety

By: Aditi Nageshwar

The holiday season is full of joyful lights. But that also means the holiday season is the most dangerous time of the year for house fires. This is the time when house fires are most frequent, costly, and deadly. The U.S. Fire Administration reports the number of house fires on Christmas Day more than doubles the yearly average with New Year's Day coming in at a close second.

Christmas Tree Fires

If a live Christmas tree catches on fire, it usually takes minutes for deadly flames, poisonous gasses, and heat to fill the room. The fire can then travel throughout the entire house.

Christmas Tree Tips:

- Water your live Christmas tree daily
- Check for electrical issues before hanging lights on tree
- Keep heat sources like fireplaces and space heaters away from tree
- Unplug your Christmas tree overnight and when you are not home

Electrical Malfunctions

When decorating your house outdoors, make sure lights, electrical cords, and other electrical decorations are specifically labeled for "outdoor use". Use UL-rated clips when stringing lights to your home, avoid using nails and staples.

- Do not connect multiple extension cords together
- Do not run more than three strands of lights end-to-end
- Check for frayed wires and broken bulbs
- Do not use lights if wires are frayed. Replace broken bulbs

Candles

Candles are a fire hazard all year long, but more people use candles during the holiday season.

- Place lit candles in a safe area away from your Christmas tree or other flammable decorations
- Never leave lit candles unattended

Unattended Stoves

People can become distracted during the holiday season. Unattended food on the stove is a leading cause of house fires, especially during the holidays.

- Never leave the stove/oven unattended when in use
- Double check that the burners and oven are turned off after you have finished using them.
- Do not use a stove or oven to warm up your home

If a fire is created, steps in using the fire extinguisher are: pull the pin, aim it toward the base of the fire, squeeze the lever on the fire extinguisher, sweep it around the base of the fire (PASS).

During the process, many people can get burned, so if someone gets burned, steps include: For minor burns, apply cold water to soothe the area. Seek medical attention for major burns.



Staying Healthy

By: Aditi Nageshwar

Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe, healthy, and ready to enjoy the holidays.

1) As the flu season starts, be sure to wash your hands with soap and running water for at least 20 seconds (tip: sing the ABC's to ensure you properly washed your hands).

2) Wear masks in crowded spaces and out in public.

3) GET VACCINATED! Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get the flu vaccine each year! Covid vaccines are now available for children (5 and up).

4) Covid booster shots are encouraged!

Stay Safe!



HOSA Highlights



'Tis the Season to be Grateful

By: Sean Celestine

The spirit of giving and receiving provides a lasting effect on yourself and the other person. The sense of accomplishment you feel after helping another person is the greatest gift you can receive. Helping others out of kindness can make you and the other person happier. In some cases, having another person grateful for your actions can improve your mood, sleep quality, and improve your overall health. Gratitude can stretch a long way, smiling when someone says something positive, or just acknowledging their actions and showing that you recognize the good thing they did for you. You can also use material gratitude where you give something of value to another for their good behavior.

Studies have shown that showing gratitude to even a stranger can make or break their entire mood. Researchers from Cornell University have found that when you receive a thank you from someone your brain releases a dose of serotonin and that is why you feel happier. Time, Money, and Affection are all ways others express their gratitude to other people. Showing that you care is the most important part of gratitude.

There are tons of examples of gratitude all around the world. Gratitude comes in many forms; it exists anywhere you can find people. One major example of gratitude is being thankful for good health. Being an individual where many types of incidents can happen it is good to appreciate being perfectly fine. One example of gratitude that I experience is I am thankful for the medical students who volunteer to help at our school.

"With Joy, We Celebrate"



Celebrations Around the World



Diwali



Hanukkah



Kwanzaa



Christmas

BCMAR STAFF Favorite Holiday Songs



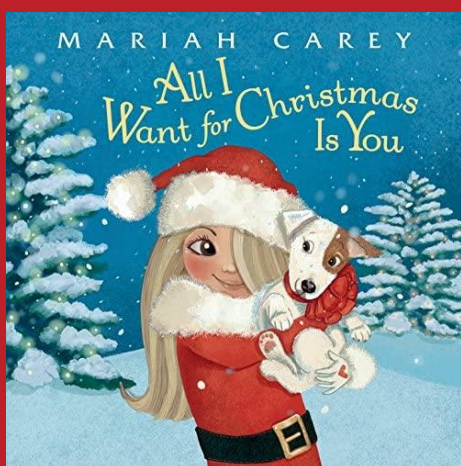
Ms. Jimenez and Ms. Berry



Ms. Claros & Ms. Espino



Nurse Block



Ms. Rush



Coach Johnson

Puzzle Corner



HAPPY HOLIDAYS

Hot Cocoa Cookies



Healthy Cookie Recipe

- 1 cup Almond Butter
- 1 large egg
- 1 tsp vanilla extract
- ¼ cup cocoa powder (unsweetened)
- ½ cup coconut palm sugar
- ¼ cup mini chocolate chips

Optional: Vanilla Butter Cream Frosting

- 1 cup softened butter
- ½ cup powdered sugar
- 1 vanilla bean (paste)

Instructions

1. Preheat oven to 350° and grease baking sheet
2. Place all ingredients in a large bowl and mix.
3. Scoop out 2 Tbs of dough, roll into a ball and place on cookie sheet
4. Bake for 12-15 minutes. Cool

Frosting:

1. Place all ingredients in a medium-size bowl and mix.
2. Transfer frosting to a pipe bag and pipe onto cookies.

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Word Bank:

| | | | | |
|-----------|----------|-----------|-------------|-------------|
| Diwali | Hanukkah | Family | Celebration | Christmas |
| Gathering | Presents | Friends | Elves | Snowman |
| Reindeer | Lights | Food | Cookies | Wreath |
| Rudolph | Joy | Mistletoe | Holidays | Decorations |
| Tradition | Toys | Candycane | Ornaments | |

Have a Safe and Happy Holiday!!