It's The Holiday Season!

AMHA Wishes you a Happy, Healthy, and Safe Holiday Season!

The Holidays are here! The Holidays can be joyous times, but they can also be stressful, expensive, and snowy. Make sure you’re celebrating safely and responsibly with these holiday tips!

**MONEY SAVING TIPS**
- Stick to a budget.
- Cut back on extras. Skip paying for a professional photo with Santa, Skip holiday “splurges” like special lattes or treats.
- Choose no-cost holiday activities. Sledding, reading holiday stories, caroling, touring neighborhood holiday lights, or watching a movie with hot chocolate at home.
- Get Crafty. Opt for homemade or hand crafted gifts like baked goods, handmade ornaments, or other crafts. Your kids will love participating in these art projects.

**STRESS RELIEF TIPS**
- Remember the reason for your season. Not everything needs to be perfect. Identify what’s most important to you during the holidays and don’t let the rest of the season get to you.
- Say no if you need to. If you’re overwhelmed or your wallet is getting bare, you can say no to holiday events, gift exchanges, and parties. Don’t feel bad about saying no to your kids’ expensive wish lists.

**HEALTHY WINTER TIPS**
- Don’t over exert yourself. Shoveling, carrying boxes, and lifting your Christmas dinner out of the oven can be a serious workout. Ask for help, take breaks, or skip the lifting altogether.
- Wash your hands. Winter germs and colds are rampant. Make sure you sanitize regularly to keep yourself safe.
- Stay active. Even when it’s cold out, staying active can keep away the winter blues. Take the steps, park further away from the front of stores, or take a walk to look at holiday lights.

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**Do You Know Someone Who Could Use a Friendly Voice?**

Everyone deserves a nice conversation, especially during the holidays. Holiday Buddies matches seniors with a friendly voice that checks in and provides a warm conversation through our Telecare phone reassurance program.

To Register for a Buddy, Click Here or call 330-253-4597!
So Much to be Thankful For!
Community Volunteers Donate Time, Turkeys

On Monday, November 19th, volunteers descended upon Pinewood Gardens with all the trimmings for a delicious Thanksgiving Meal.

Volunteers helped to pass out a record breaking 133 Thanksgiving baskets to residents. Each Thanksgiving basket included turkey, stuffing, white and sweet potatoes, vegetables, gravy, a roasting pan, butter, and pies.

Residents at Pinewood were able to RSVP for a basket, but once all RSVPs were filled, any resident could request a bag of their own.

A big thank you to the community partners who made this event possible: Good Shepherd Christian Church’s Welcome Table Ministry, Christ Community Chapel, The Emergency Assistance Center, Longwood Branch YMCA, Gordon Food Service, and Dr. Constance J. Longmire.

Tiara and her 3 kids are Parents as Teacher Veterans!

AMHA Resident Tiara has welcomed Parents as Teachers (PAT) into her home since 2012. On November 6th, she and her daughter Tempest worked with AMHA Neighborhood Service Coordinator, Francie, to learn how to make play dough.

Francie explained that the play dough activity came straight from Tempest: “Tempest had asked me at the previous visit if we could make playdough. She likes sensory activities!”

Through the PAT program, Tiara has been able to confidently prepare Tempest and her sons for kindergarten. For more information on Parents as Teachers, contact Jill at jspillman@akronhousing.org.

AMHA PLAYDOUGH RECIPE:

1/2 cup of warm water + 1 cup of flour + 1/4 cup of salt
Any Jello Flavor for Color! Mix Together & Play!

JANUARY 4, 2019 4P-6P
REACH EMPLOYMENT DAYS JOB FAIR

Employment Fair
Area businesses have collaborated to offer on-site interviews and employment assistance to residents of South Akron/Summit Lake!
Find out about interview coaching, job placement assistance, employment resources and network opportunity in Reach’s Multi-Purpose Room on January 4th from 4-6pm.

STNA Nurse Aide Training Classes
The Crown Center at Laurel Lake
Laurel Lake is now Hiring Compassionate & Caring Individuals interested in becoming State Tested Nursing Assistants to work in our Crown Center Skilled Nursing Facility. Full-time and Part-time Positions Available on All Shifts – 1st shift 6:30am-2:30pm, 2nd shift 2:30pm-10:30pm, & 3rd shift 10:30pm-6:30am.

Interested applicants may fax resume, complete with cover letter explaining why you would be an ideal candidate to take the Nurse Aide Training Class to #330-665-1707.

Get Assistance for the Holidays!
For more information on Christmas or Holiday Aid including gifts, holiday meals, and toys, dial 2-1-1 or visit This Website.