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DECEMBER 2022

FREE

# Revealed

**HAPPY  
Holidays**

**Keep Your Pets  
Safe Pg. 7**

**Yummy Holiday  
Recipes Pg. 10**

**Holiday Fun  
Pg. 16**

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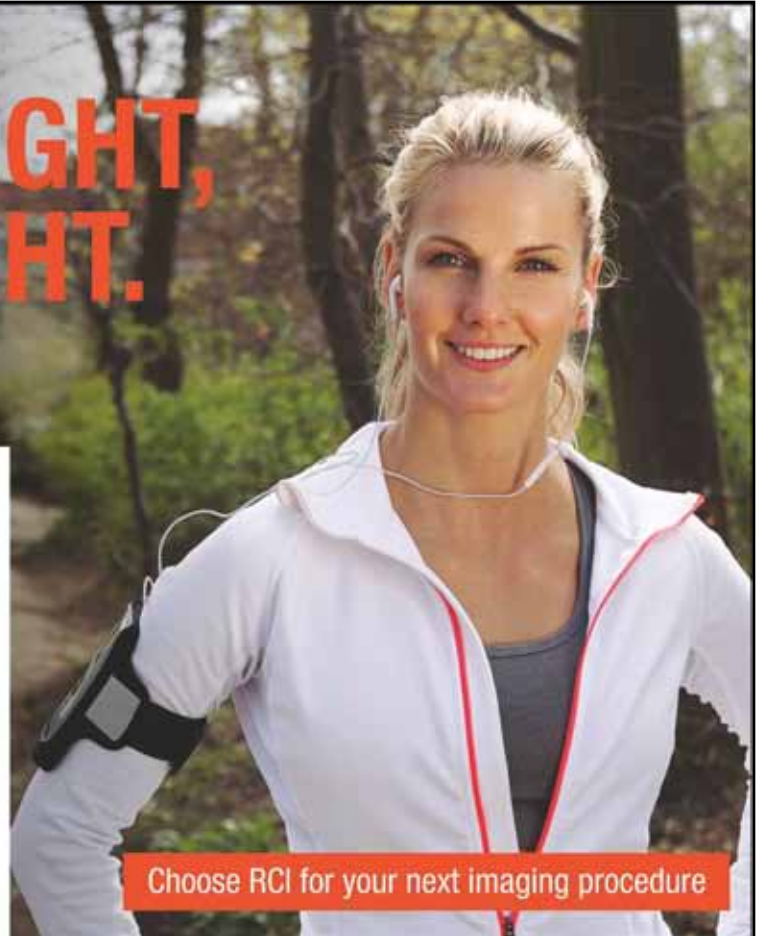
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## Publisher's Note

Happy December! It's hard to believe another year is coming to an end. I have started decorating the tree, but I still have more to do. December 6th is Saint Nicholas Day. Nicholas, the patron saint of children, inspires us all during the holiday in many ways.

For me, the entire month makes me think of cookies, pie making, decorating, and doing this all with family and friends. Charlotte has some great recipes inside these pages for cookies and eggnog. I am anxious to try them all. There are also some great Eat Smart holiday tips.

Jim McDonough and his orchestra are performing both in Cedar Rapids and Waterloo. It should be an outstanding Christmas show. The Amanas has a Nutcracker Scavenger Hunt and the Tannenbaum Forest. Check out Holidays in the Corridor for more fun stuff going on.

Uptown Marion, Cedar Rapids shopping centers, Cedar Rapids Museum of Art, BruceMore, The History Center and National Czech and Slovak Museum & Library as well NewBo are some great places to stroll thru and do some gift buying. Many times, you can find one-of-a-kind gifts. Please remember to shop locally. I know the internet seems like an easy way to shop, but we need to remember all the wonderful treasures we can find in our own local shops.

If you have pets, don't forget a toy for them also. Check out our pet article for some gift tips, as well as where you might adopt a pet for under your tree.

With winter just starting, I am reminded to get my snow box made. In my box I put in an extra pair of gloves, pair of socks (big ones if possible), extra scarf, stocking hat, bottle of water, granola bar and a large trash bag. If you end up stuck, these items can help keep you warm. The trash bag gets a hole torn in the enclosed bottom to put over your head and body. It helps keep your body heat in. Keep your phone charged, and a charged flashlight. Keep a bag of kitty litter and small shovel to use for digging out. Be sure to keep this inside your car. If it's in the trunk, you may not be able to get to it! I also always use the same route when driving to and from work, or the store. This way if you come up missing, your family knows what roads to look for you on.

Enjoy the upcoming holidays and above all, stay warm and stay safe.

God Bless and Happy Holidays,

Lynne  
Ann



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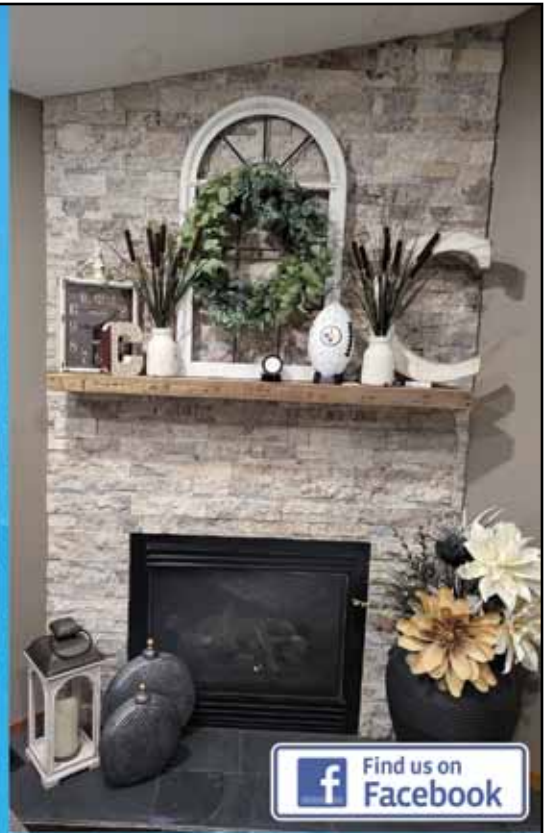




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# 5 Tips to Prevent Fires in Your Home This Holiday Season

**1. Never leave cooking food on the stove or in fryer unattended.** This is the most common reason for kitchen fires. Keep pan lids close to quickly cover a pan-fire with the lid and then remove the pan from the burner. Have a fire extinguisher in the kitchen for larger flames. Make sure to check smoke alarms at least once per year and replace dead batteries.

**2. Test holiday lights and cords and replace any damaged strands.** Hang lights with clips rather than nails to avoid damaging cords and never use decorations intended for outdoor use inside your home. Outside, use only electrical decorations and extension cords manufactured for outdoor use. Keep the cords and lights away from snow or standing water and avoid damage to the cord's insulation by ensuring it's not pinched in doors or windows.

**3. Be careful when burning candles.** Use sturdy holders set on hard clean surfaces at least 12 inches from flammable material. Holders that are too light or improperly weighted can topple. Wobbly tables or tables with piles of paper are a hazard. Blow candles

out before they burn all the way down especially candles in glass jars, which can explode if they get too hot. Never use candles in a Christmas tree or seasonal plant. Don't leave candles unattended or burning while asleep.

**4. Keep Christmas trees or seasonal plants at least three feet away from any heat source and turn off any decorative lights prior to leaving your home or going to sleep.** Water a live tree every day to prevent it from becoming dry and brittle. When the holiday ends or the tree becomes dry, get rid of it. Do not leave a live, dried out tree in the garage or near your house, as they are highly combustible.

**5. Home fireplace or wood stoves are great sources of heat and a beautiful addition to the home.** If you use one, clear the area around the fireplace, don't burn cardboard or trash, and soak hot ashes in water and store them in a metal container after cleaning the fireplace. Be sure to have your chimney cleaned at least once per year.

We wish you a happy and safe holiday season!



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Brrrrr...chill.. Winter is here!



Simple cost-free tips for staying warm!

- Close your curtains**  
Curtains and blinds provide an extra barrier to radiant heat loss by adding insulation and reducing drafts.
- Cover your walls**  
Cover walls with pictures, mirrors, bookcases, tapestries, or carpets. Even a poster adds an extra layer of insulating air.
- Cover your doors**  
Use door curtains and door stoppers to eliminate a vast amount of heat loss.
- Use your ceiling fans**  
Set it to spin clockwise at low speed. The warm air trapped at the ceiling will circulate throughout the room.
- Cover your floors**  
Floors can account for as much as 10% of home heat loss. Where practical, use rugs and blankets to mitigate.



# Tips for Buying Safe Pet Toys

December is safe pet toys and gifts month. Many of us get our pets gifts just as much as the humans in our life. But not all pets can enjoy the same toys. Here are a few tips for buying safe toys for your pet.

**1. Look for toys that are made with strong material like hard nylon and hard rubber, especially for large breed dogs.** Just make sure to replace them when chunks of the toy are torn off or there are sharp edges.

**2. Avoid soft rubber toys, rope toys, and toys with bells or squeakers.** Hard nylon or rubber toys that are connected with a thick rope may be ok while the rope is still intact. Bells and squeakers are often the first things your dog or cat will remove, and likely swallow.

**3. Thick fabric toys can be safe but are meant for a smaller dog breed or cats.** When they do become torn, they should be replaced.

**4. The Rawhide Debate.** There has been a long debate on the safety of rawhide. Dogs love rawhide, and it can keep them occupied for a great while. However, they can become harmful. They can be toxic; and come apart easily and most break into sharp pieces that are not easily digestible. Rawhide is not recommended, but if you choose to give your dog rawhide toys, replace when they become broken or soft.

**5. Buy the right size toy for your pet and their size of mouth.** Something too small can be swallowed whole and become lodged in the intestinal tract. If

the toy is too big, your pet will not like playing with it. 6. Cat toys with ribbons, feathers, loose string or yarn, buttons or bells, present choking hazards. If swallowed, intestinal blockage may result. If you are going to use toys with any of these materials, play with your cat with the toys and put them away and out of kitty reach when not supervising. As always, check with your local veterinarian for any questions or concerns.



## Local Area Dog Parks

### Cheyenne Off-Leash Park

1650 Cedar Bend Lane SW, CR

### K9 Acres at Squaw Creek Park

5200 Golf Course Rd, Marion

### Thornberry Off-Leash Dog Park

1867 Foster Rd, Iowa City

### Friends Helping Friends Foundation

319.286.5908

[www.crfriendsfoundation.org](http://www.crfriendsfoundation.org)

### Fur Fun Rescue

229 Badger Rd, Lisbon

[www.furfunrescue.org](http://www.furfunrescue.org)

### Last Hope Animal Rescue

1823 16th Ave SW, Cedar Rapids

319.200.4880 - [www.adopthope.org](http://www.adopthope.org)

### SAINT Rescue & Adoption Center

1200 106th Ave SW, Cedar Rapids

319.551.7537 - [www.saintiowa.org](http://www.saintiowa.org)



## Adopt a Pet

**Consider adopting a pet and giving it a forever home!** When you adopt from a shelter, you save the life of an animal while getting a loving companion. Adopting also gives you many pets to choose from that have already had their personalities formed, helping you find the perfect furry friend for you.

### Cedar Valley Humane Society

7411 Mount Vernon Rd SE

Cedar Rapids

319.362.6288 - [www.cvhumane.org](http://www.cvhumane.org)

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Sun. Closed

### Dogs Forever Safe Place

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319.320.5522

[www.dogsforever.org](http://www.dogsforever.org)

### Friends of the Animals

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# As winter settles in, cold weather can be a challenge for our pets. To ensure a healthy season for our furry friends, keep the following in mind.

**1. Some pets are better suited than others for living outdoors.** There is a common misconception that dogs and cats will be "fine" if left outside. This is not true. Certain breeds, such as Huskies and Samoyeds are better suited for very cold weather. Puppies and kittens as well as older dogs and cats shouldn't be outside no matter what type of breed they are. They just don't have the fat, metabolism, or the full fur coat they need to stay warm when temperatures plunge.

**2. If your pet is primarily outside, make sure that adequate shelter is provided to shield them from wind, moisture, and cold.** Make sure your pet's house is well insulated but still large enough for them to be comfortable and able to move around. Several pet and feed stores carry safe heated floor mats or non-electric warm bedding to add heat into your pet's house. Deeply bedded straw is another good insulator. Do not use a heat lamp or other type of home heaters though as it can be highly dangerous, and may cause a fire. If your pet is prone to chewing, do not use blankets or material that can be ingested. Cedar shavings can be irritating to the skin, so use with caution depending on your pet's hair coat.

**3. Pets need to have fresh water at all times and this time of year the water can freeze easily.** Make sure to check the water dish periodically throughout the day and add fresh water as needed. Heated pet bowls are a solution for frigid temperatures. These bowls are very handy to have during the cold winter months, and are usually available in stainless steel or plastic. You can find them at most pet supply vendors and feed stores.

**4. Pets that live outdoors usually need additional food (calories) to sustain body temperature and maintain energy and body heat.** Please check with your veterinarian to decide if your pet needs additional nutritional intake.

**5. Ice can wreak havoc on our four legged friends also.** Some de-icers are toxic when ingested (when the pet licks their paws). Make sure to rinse their feet off if your pet has walked where de-icers have been used.

**6. If your pet sleeps in the garage, be on the alert for any antifreeze leakage or antifreeze containers left out where they could spill or be chewed on.** Also, do NOT start the car in a closed garage - for your safety and your pet's safety - carbon monoxide poisoning is a silent killer.

**7. Like humans, pets can suffer from hypothermia and frostbite.** The young and the senior pets are especially at risk. Pets with arthritis are prone to more discomfort in cold and damp environments. And remember, if it's too cold for you, it's probably too cold for your pet.

## *Yummy and Healthy Treats for Your Dog*

### **Pumpkin Cookies** From Sara Belitz

1 C Pumpkin Puree  
2 Eggs  
½ C Oats  
2 C Wheat Flour  
3 T Peanut Butter



Preheat oven to 350 degrees. In a small bowl, mix wheat flour, oats and cinnamon. In a separate large bowl mix eggs, pumpkin puree and peanut butter. Stir dry ingredients into wet ingredients. You can either roll out the dough and use a cookie cutter to cut the cookies or drop by spoonful. Bake 30 minutes. Let cool completely before giving to your pooch.







## BBB Tip: Safe Online Holiday Shopping

Holiday shopping is in full swing. Shopping local is encouraged but many shoppers are skipping the stores and heading online to purchase gifts, continuing the trend of several years.

How can you get your holiday shopping done safely and efficiently? The following tips, some of which were provided by the BBB National Programs' and the Children's Advertising Review Unit (CARU) team, will help. Contact us at the BBB at 1-800-222-1600 if you have any questions when making pre-purchasing decisions.

How to safely choose gifts for kids and others online

\* **Guard your privacy** (and your child's privacy too!) Plenty of online retailers offer up electronics geared towards all ages so it's wise to proceed with caution when shopping for the seasons top sellers. Check for yourself the safety or data collection practices.

\* **Examine descriptions carefully.** It's easy to miss specific details about products when you can't personally examine them. Read descriptions and pay close attention to age recommendations, exactly what comes with the purchase and what accessories you may need to buy separately.

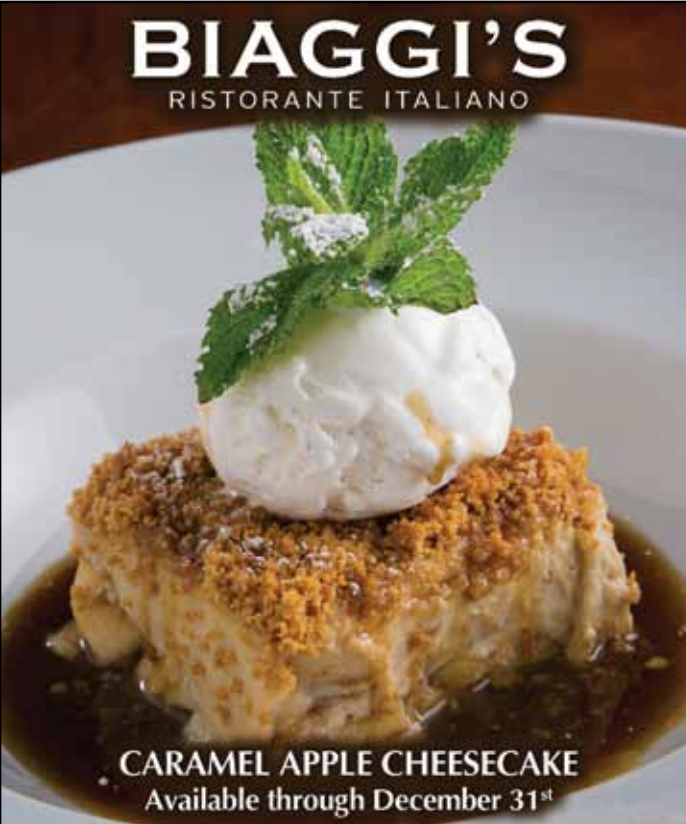
\* **Read plenty of reviews before you buy.** Another good way to get to know a product without actually seeing it first is to check reviews. Pay close attention to both positive and negative reviews. Keep in that many reviewers, bloggers, influencers, etc. share opinions that should be taken with a grain of salt as they may be getting paid to post reviews.

\* **Double-check small business web security.** Supporting small business this holiday season is an excellent way to give back, but keep in mind that small businesses have had to pivot from making in-person sales to online sales. Some may not have the resources or technical know-how to set up secure online purchasing. If a small business website seems less than secure, call and ask about in-store purchase hours.

\* **Don't fall for phishing scams.** This year, scammers are looking to trip consumers up with a plethora of phishing scams. These include compromised account messages, fake retail coupons, emails claiming there's been a problem with package delivery, and more.



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## Gingerbread Playdough Craft

Gingerbread Playdough is made of all edible ingredients and smells just like a delicious gingerbread cookie!

### Ingredients:

1 cup flour  
½ cup salt  
2 tsp cream of tartar  
2 tbsp ground cinnamon  
1 tbsp ground nutmeg  
1 tbsp allspice (or ground cloves)  
1 tbsp ground ginger  
1 cup water  
1 tbsp canola oil

### Directions:

Mix the dry ingredients in a large saucepan. Add the wet ingredients and mix over medium heat. Mix until the dough comes together and pulls up from the side of the saucepan. (Warning: this takes a while and is quite the arm workout!) When the dough comes together, remove from heat and hand knead the dough on a countertop until smooth. Store in an airtight container.





# Holiday Stress?

## Try Our Top 5 Tips for a Healthy Holiday Season



If the holidays sometimes leave you feeling overwhelmed and out of control, you're not alone. And if the Grinch has stolen your spirit and good intentions, try some of these tips to reclaim your ho-ho and stay happy and healthy.

### 1. Keep up healthy habits.

Make a pact with yourself during the holidays. For example, decide that you'll move more and do something active every day over the next three weeks. Take it a step further, and pledge to start the day with a healthy breakfast, limit the sweets and get at least seven hours of sleep each night. If you don't completely give up your healthy habits, you won't feel like you have to start over once the holidays are over.

### 2. Beware of seasonal sweets.

The holidays often dish up extra helpings of less-than-healthy treats. Try preparing healthy snacks that are ready to eat when the urge to snack strikes. If you're hosting a holiday party, challenge yourself to make delicious and healthier options using our recipes and cooking tips.

### 3. Stay active.

Instead of beating yourself up about missing a workout, sprinkle some healthy activities into your daily routine. If dinner is going to be a feast, opt for a light lunch, then take a vigorous walk. And keep the family moving. When the kids are home from school, squeeze in some active chores and trips to the park.

### 4. But not too active.

Give yourself the gift of peace. If you need some down time to recharge, declare a "me-treat" and do something that relaxes you. Try yoga, meditation or spending time in nature.

### 5. Make a plan for the new year.

Your poinsettia's pooped and the gifts are all gone. Now what? It's a great time to reset for the new year – but don't go dashing through your to-do list too fast, or you might not stick to your plan. Lay out realistic, sustainable steps for the months ahead. For example, start a daily walking routine and sign up for a virtual Heart Walk before you set your sights on that marathon.



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Our residents enjoy participating in Margarita Monday, Wine Wednesday, bingo, card games, chair exercise, church services, movie nights, book clubs, or arts/crafts. We also offer activities off-site to the grocery store, dinner outings, concerts/plays, museums, botanical gardens, and other fun seasonal outings!

**RESTAURANT STYLE DINING**  
Our restaurant style dining offers a variety of meal options with the flexibility of substituting items in/out to meet each resident's taste. We offer a daily menu in addition to an Always Available Menu which offers options ranging from chef salad, loaded baked potato, baked salmon with vegetables, Mediterranean grain bowl, and more.





## Delicious Gluten-Free Peanut Butter Oatmeal Cookie

This recipe doesn't skimp on taste or flavor even though it's gluten-free. I never really got into eating gluten-free for health -- I believe everything you enjoy in moderation is how to roll (pun intended).

However, for those of you who have a gluten allergy that is obviously a whole different story. One of my daughter's best friends was diagnosed with Type 1 diabetes and a gluten allergy. Although finding gluten-free foods is much easier to do in the grocery stores now, I wanted to create a special recipe that was easy, simple, and just for her when she comes to visit. I perfected this gluten-free cookie recipe and make them every time she comes over --- she loves them so much she asks where they are as soon as she comes in the door. All the feels! Bonus: my family loves them too.

### Gluten-Free Peanut Butter Oatmeal Cookies

#### Ingredients:

1 cup of sugar  
1 tsp. vanilla extract  
1 stick of butter, room temperature  
1 egg  
1 cup peanut butter

1 tsp. baking soda  
1 tsp. baking powder  
1 ½ cup almond flour  
1 cup gluten-free quick oats  
¼ cup raw granulated sugar for topping (optional)

#### Directions:

- Pre-heat oven to 350 degrees.
  - In a large bowl, cream together sugar, vanilla, and butter until smooth. Mix in egg and peanut butter and set aside.
  - In another bowl, add all of the dry ingredients and whisk well.
  - Slowly mix the dry ingredients into the wet ingredients until blended.
  - Put the dough in the refrigerator for 10 minutes.
  - Drop by spoonfuls onto a non-stick baking sheet and press down lightly with a spoon or fork. Sprinkle granulated sugar on top and bake for 10-12 minutes.
  - Remove from the oven and let sit on the pan for 5 minutes to set before transferring to a cooling rack.
- Makes 16-24 cookies depending on how heavy your spoonful is. I hope you give this recipe a try, especially if you have someone who eats gluten-free in your life!





### No-Bake Holiday Protein Bites

No-bake protein bites give you energy during this crazy time of year!

#### Ingredients:

- 1 cup oatmeal
- 1/2 cup peanut butter
- 1/3 cup honey
- 1 cup coconut flakes
- 1/2 cup chia seeds
- 2 scoops of your favorite chocolate protein powder
- 1 tsp vanilla

#### Directions:

- Combine all ingredients in a mixing bowl and then use your hands to roll into balls.
- Place on a cookie sheet lined with wax paper and put in the freezer for at least two hours to chill.
- Take them out and enjoy with a cold glass of milk or some Eggnog. Make them look fancy by arranging them in a festive tin to share.



### 3 Ingredient Wintertime Cookies

These super simple cookies will leave your kitchen smelling like a bakery. They look like they're dusted with snow, thanks to the powdered sugar -- the perfect addition to your winter fun!

#### Ingredients:

- 1 tub of whipped topping
- 1 egg
- 1 box of yellow cake mix
- 1 bowl of powdered sugar

#### Directions:

- Preheat oven to 350
- In a mixing bowl, combine the whipped topping, the egg, and the box of cake mix, using a large spoon. By the spoonful, roll the dough into the powdered sugar and then place on a cookie sheet.
- Place the cookies in the heated oven and bake for 12 minutes.
- Let cool before storing and eating.



### Peppermint Eggnog

#### Ingredients:

- 6 large eggs
- 2 large egg yolks
- 1/2 cup sugar
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 3/4 teaspoon pure peppermint extract
- 1 tablespoon pure vanilla extract
- 4 cups whole milk
- 1/2 cup heavy cream
- For glass rim, topping, and decoration:
- 15 peppermint candy canes broken into pieces
- Peppermint sticks & Melting chocolate

#### Directions:

- Whisk together eggs, egg yolk, sugar, salt and the extracts in a large saucepan over medium-low heat until combined.
- Add milk, whisking until mixed fully.
- Cook on medium, whisking constantly until mixture registers 160 degrees or is thick enough to coat the back of a spoon, usually about 30 minutes.
- Pour milk mixture through strainers into a bowl.
- Set bowl in ice-water bath letting cool completely.
- Transfer to an airtight container and refrigerate at least 4 hours or up to overnight.
- Crush Candy Canes. Sift through a strainer to get rid of dust and put into a dish.
- Melt chocolate in a bowl.
- Dip rim of each cup into melted chocolate then crushed peppermint, refrigerate until set.
- Put cream into the bowl and whip on medium speed until stiff peaks form.
- Fold in custard and combine.
- Fill cups with eggnog, sprinkle with crushed peppermint, and garnish with peppermint sticks.



**Macaroni KID**  
Cedar Rapids

Charlotte Linde is the editor and publisher of Macaroni Kid Cedar Rapids. Macaroni Kid and its family of Publisher Moms are dedicated to delivering the scoop on all the family-friendly events and activities happening in their area.

A dance mom (daughter) and all things sports mom (son), major foodie, wine lover, an idealist 24/7 - her mind never stops spinning - family first, sanity last. To subscribe to Charlotte's free local newsletter, please visit [www.cedarrapids.macaronikid.com](http://www.cedarrapids.macaronikid.com) (Cedar Rapids) [charlottel@macaronikid.com](mailto:charlottel@macaronikid.com)





## Cold Winter Weather for Aging Adults

The harsh winter is fast approaching and we want aging adults to be prepared for what's to come. A home can sometimes be hard to manage during the winter months with shoveling snow, keeping the home warm, transportation, etc. If you are wanting to remain in your home, here are some good winter tips to abide by.

- Set your heat around 70 degrees. Make sure to close off rooms that you are not using.
- Keep your blinds and curtains closed so cold air does not get through.
- Be sure that you are keeping your weight on during the winter months. Body fat helps you stay warm.
- If you need to go outside, make sure you are dressing for all types of weather. Also wear a hat & scarf to retain your body heat.
- If your clothes happen to get wet, be sure to change them as soon as possible.
- When you go outside, make sure your sidewalks and walkways are clear of ice and snow. If you are unable to shovel or ice your sidewalks or driveways, look into hiring someone to do it.
- Check into getting an icepick for the end of your cane or a new rubber tip.
- If you still drive in winter weather, be sure to pack your car with an emergency snow kit. This may include blankets, flashlights, first aid kit, booster/jumper cables, shovel, rock salt, dried food, and extra clothes.

When you feel that winter is becoming too much to handle, call a senior living community, like The Views, so that you can leave winter worries behind. Things like transportation, utilities, activities, snow shoveling, and three meals a day are covered under your rent! Call one of our three communities to learn more.



The Views of Marion - 319-390-8439  
The Views of Cedar Rapids - 319-294-9669

THE HOLIDAYS ARE COMING!

## 12 Reasons to consider



- Maintenance Free – No more yard work**
- Staff that make you feel like family**
- Dining Services – No meal preparation**
- Activities to fill your day**
- Housekeeping and laundry services**
- Scheduled Transportation**
- Emergency Assistance**
- Physical Activity to increase wellness**
- New Lifelong Friendships**
- Discreet Support as needed**
- On-site Hair Salon**
- Local Owners and Management**

Giving the gift of peace of mind to yourself and your loved ones knowing that you have planned for future health care needs. We invite you to come tour!

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The smile on a loved one's face when you pick the perfect gift.

The joy in a child's eyes when they feel the magic of the holiday.

It all starts with hearts. So this holiday, give a gift that protects all hearts.

Give a gift to the American Heart Association online at [heart.org](http://heart.org)

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Healthy for Good™

# SIMPLE WAYS TO PRACTICE GRATITUDE



We all could use a little more positivity & encouragement, especially when starting something new. Below are quick & easy ways you can jump-start your journey to becoming Healthy for Good. Don't forget to post your progress on social media so we can cheer you on!

- Kick off the day by writing down a hobby or special interest you've picked up this year & celebrate how far you've come. You deserve it.
- Find three things you love about yourself & write them down. Then stand in front of a mirror & read them out loud. Feels pretty good to love yourself, doesn't it?
- Beauty can be found in the most unlikely places. So today, stop, look around & capture a mental (or actual) snapshot of the beauty you see.
- If something frustrates you today, hit your pause button. Take a breath & reframe the moment by focusing on what IS going your way. A little positivity goes a long way.
- When's the last time you celebrated all the amazing things your body can do? Take two minutes to really think about it, then store those happy thoughts for a rainy day.
- Start your day with a smile, even with an early phone alarm by renaming it something like "I will live fierce today." Nothing but positive vibes all day.
- We all have flaws – we're human. Focus on one thing about yourself that to you is less than perfect. Then write a little love note about it. Because #selflove heals the soul.
- Food is its own love language, so today think of someone whose cooking warms your soul. Then tell them how grateful you are for sharing that gift with you.
- Reach out and express a little extra appreciation to someone. Be specific & intentional with your love – you just might make their day.
- Think of someone who has cheered you up during the pandemic. Write them a note or send a funny text. Who doesn't love a good meme?
- The past year has been hard. So today, focus on someone who might really be struggling. Offer to pick up groceries or call a loved one just to check in.
- Read a good book recently? Pass it on to a friend or loved one — or even a movie for nonreaders
- Send virtual hugs to someone you appreciate & promise to deliver it in person once it's safe!
- Keep a food journal today & instead of judging any of it as "good" or "bad," be grateful for every bite.
- Volunteering is good for the soul. Find two ways you can give back while staying at home
- Text someone & share three reasons you're grateful for them.
- During one meal today, put your fork down in between each bite. Slow down & savor the flavor!
- Invite someone to a future dinner in a post-pandemic world. Send a calendar invite to make it official.
- Stop for a second before a meal today. Soak up the smells, enjoy the moment & be grateful for whoever prepared it (especially if it was you)!
- Everyone has 'off' days. Think of three quick things you're grateful for and repeat them to yourself when you're feeling blue.
- Today, hit pause for a few minutes to reflect & write about how you feel after participating in this challenge. Reflect and learn – it's the only way to grow!

GET MORE WELL-BEING TIPS AT  
[heart.org/HealthyforGood](http://heart.org/HealthyforGood)

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# EAT/SMART

## This Holiday Season

### **Daily tips to make this holiday season Healthy for Good™**

Use these tips (one each weekday throughout December) to keep everyone focused on how we can eat smart, move more and be well this holiday season.

**1. Balance is the key.** You can enjoy some of the splurges of the season without overdoing it. For example, if you're going to miss your workout for a holiday event, walk during lunch or ride your bike to work. If dinner is going to be a feast, opt for a light lunch. Save your appetite for the big meal by skipping the appetizers or serving lighter snacks like cut-up fruits and veggies.

**2. Eat smart at special holiday events.** They often serve up extra helpings of less-than-healthy foods. If you're a guest, eat a healthy meal or snack before you go to avoid overdoing it at the event. If you're the host, challenge yourself to offer some delicious and healthier options using our recipes and cooking tips (your guests will thank you).

**3. Keep the family active.** When the kids are out of school, squeeze in some active chores and trips to the park. Break up the video game marathon with a physical activity break. Take advantage of cooler weather to get moving outdoors.

**4. Sip smarter.** Replace sugary drinks (including sodas, energy and sports drinks, sweet tea, lemonade and coffee drinks) with water or unsweetened tea and coffee to avoid excess calories. To make the switch easier, cut back the amount of sweetener gradually until your taste adjusts.

**5. Give yourself the gift of peace.** When the invitations pile up, don't be afraid to say no to some of them. If you need some down time to recharge for the next party, take a break. Do something that relaxes you, like yoga, meditation, reading, a warm bath or spending time in nature.

**6. Keep portions in check.** Enjoy your favorites without overeating. Put less on your plate and pass on that second helping. Split appetizers, entrees and desserts with others. Cut standard portions into halves or quarters before serving. Use smaller plates when possible so it will look like more.

**7. BYOB (be your own barista).** Opt for less-sweet homemade versions of sugary coffee drinks, hot chocolate and other holiday beverages. (You'll save money, too!) Swap out marshmallows and whipped cream with steamed or frothed low-fat milk.

**8. Keep up healthy habits.** Commit to staying healthy during the holidays. For example: "For the next three weeks I will move more and do something active every day, have a healthy breakfast and limit the sweets, and get at least seven hours of sleep each night." If you don't completely give up your healthy habits, you won't feel like you have to start all over once the holidays are in the rear-view.



**9. Bring something.** For holiday eating events, whether potluck or not, offer to contribute a lighter, healthier dish. That way, you'll have at least one better-for-you option!

**10. Mix it up.** If alcohol is being served at a holiday event, alternate each glass with a glass of water. This will quench your thirst and fill you up so you'll be less likely to overindulge. Or enjoy non-alcoholic versions of your favorite cocktails to lower the calorie count. Just watch out for added sugars.

**11. Get your ZZZs.** Aim for 7-9 hours of sleep each night to stay in the healthy zone. Don't let your wake-up time and bedtime get too far off your regular schedule. Nap when needed and ditch the digital devices at night.

**12. Treat yourself.** Try bite-sized tastes or split portions of desserts and other holiday treats. Or choose fresh fruit for dessert. Delicious, seasonal fruits make great gifts, too!

**13. Holiday hydration.** Remember, the healthiest thing you can drink is water! Make it your go-to choice when you're feeling thirsty. You can give it some extra appeal by adding fresh or frozen fruits, herbs or a splash of 100% fruit juice.

**14. Add color.** Seasonal fruits and vegetables can give your meals, snacks and party dishes that healthy holiday spirit. Try apples, dates, leafy greens, pears, pumpkin, root vegetables, sweet potato and winter squash.

**15. Make beverages sparkle.** Try seltzer, club soda or sparkling water if you love the fizz. For a festive holiday look, garnish with whole cranberries and mint leaves.

**16. Fit in fitness.** Try to stay committed to your

workouts when the holidays kick into high gear. But when a full social calendar gets in the way, squeeze some healthy activity like walking into your daily routine. Or do something active with the whole family.

**17. Gotta have the 'nog'?** If it's just not Christmas without eggnog, try a low-fat version or mix it with an equal amount of low-fat or nonfat milk. You'll still get the flavor without as many calories.

**18. Shake it off.** Many holiday dishes can be packed with sodium. Breads, poultry and canned soups are three common foods that can be loaded with salt. When shopping for ingredients to prepare your holiday meal, compare the labels and choose options with the lowest amount of sodium. Use herbs and spices (like rosemary and cloves) to flavor dishes instead of salt.

**19. Spice it up.** Use spices to flavor foods and drinks with less sugar. For example, make a skinny hot apple cider with unsweetened apple juice and plenty of cinnamon, cloves, allspice and nutmeg. Garnish with whole cinnamon sticks.

**20. Focus on being present instead of buying presents.** When holiday stress starts to get to you, the two simple practices of mindfulness and gratitude can help. Focus on what you're doing right now and what you're thankful for. Slow down, take it one step at a time and make your wellbeing a priority.



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# Holidays in Corridor

The Holidays are right around the corner and the Corridor is ready with fun festivals to get us in the Holiday mood.



**Now – December 18, 2022**  
**Tannenbaum Forest**  
**Friday-Sunday**

This is a must-do holiday event! Tannenbaum Forest has become a holiday tradition for many. Come see the twinkling lights of over 70 decorated real Christmas Trees, and a 17-foot German-style Christmas pyramid all in a century-old dairy barn! Please dress for the weather as this unique setting is not climate controlled. Each weekend during the holiday season will have a theme and special events are planned. A goodwill offering is collected with proceeds benefiting the University of Iowa Children's Hospital. Suggested \$3 donation.

Santa will be returning to Tannenbaum Forest this year! He will be bringing one of his reindeer to visit on December 10th from 1pm-4pm, weather permitting. Plus, you can use our Direct-to-Santa Mailbox inside Tannenbaum Forest to make sure he gets your letter before Christmas. St. Nick's Café will return for Tannenbaum Forest 2022.

### **Prelude to Christmas**

Friday, December 2, 10:00 am – 8:00 pm  
Saturday, December 3, 10:00 am – 8:00 pm  
Sunday, December 4, 11:00 am – 5:00 pm



Friday, December 9, 11:00 am – 5:00 pm  
Saturday, December 10, 10:00 am – 7:00 pm  
Live Reindeer outside the Feshhalle: 1pm – 4pm,  
Weather Dependent  
Sunday, December 11, 11:00 am – 4:00 pm

### **Holiday Traditions Weekend**

Friday, December 16, 11:00 am – 5:00 pm  
Saturday, December 17, 10:00 am – 7:00 pm  
Sunday, December 18, 11:00 am – 4:00 pm

For more information visit <https://amanacolonies.com/things-to-do/festivals/tannenbaum-forest/>



### **Amana Pickle Hunt**

While visiting the Colonies Tannenbaum Forest you can also take part in the Amana Pickle Hunt. Based on legend of the German Pickle Ornament, it's said that an old German Christmas custom was to hang a pickle ornament on the Christmas tree late on the evening of December 24th and the first child to find the pickle on Christmas morning would receive an extra gift.

THE AMANA VERSION WILL HAVE YOU LOOKING FOR PICKLE ORNAMENTS IN EACH SHOP AND WHEN YOU FIND THE PICKLE IN 10 SHOPS YOU ARE ENTERED INTO A WEEKLY DRAWING FOR A \$100 AMANA COLONIES GIFT CERTIFICATE!





**Vault Boutique**  
76 2nd St SE, Swisher



1100 Rockford Rd SW, Cedar Rapids



**St Paul's United Methodist Church**  
340 3rd Ave SE, Cedar Rapids



**Cedar Valley Bible Church**  
3636 Cottage Grove Ave SE, Cedar Rapids



**Hiawatha's 3rd Annual Holiday Lights Parade featuring Mr. and Mrs. Claus!**  
Hiawatha Park  
704 Emmons St, Hiawatha



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# Corridor Restaurants

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## Capriotti's Sandwich Shop

4640 1st Ave NE  
Cedar Rapids  
319.393.2900  
www.capriottis.com  
Open Mon - Sun 11AM-7PM

## Casa Las Glorias Authentic Mexican

Food & World Class Margaritas  
2245 Blair Ferry Rd NE  
Cedar Rapids  
319.294.2101  
www.casalasglorias.com  
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Sun & Mon 11AM-9PM

## Napoli's Italian Ristorante

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## Parlor City Pub & Eatery

1125 3rd St SE, Cedar Rapids  
319.247.0000  
www.parlorcitypub.com  
Open Mon & Tues 11AM-7PM, Wed & Thurs  
11AM-8PM, Fri 11AM-10PM, Sat 9AM-10PM,  
Sun 9AM-7PM

## Oyama Sushi & Steakhouse

5350 Council St NE F, Cedar Rapids, IA  
319.832.1800  
<https://www.restaurantji.com/ia/cedar-rapids/oyama-sushi-and-steakhouse/>





# Tips for Staying Active in the Cold

Iowa winter weather can make it difficult to stay active; but keeping up your exercise regimen can be extra rewarding. Exercise bolsters your immune system and increases your energy. Studies show that moderate exercisers get 20 to 30 percent fewer colds than those who do not exercise. Outdoor exercise is also a sure cure for cabin fever!

**There are many options to stay active when it gets chilly out. Here are some for the “indoor route.”**

- **Walk in a Mall.** Grab a few friends and create a walking group for motivation.
- **Join a local health club.** This will allow you a variety of activities to choose from.
- **Create a home gym.** This doesn't have to be expensive. You can setup a great workout routine with just a set of dumbbells, an exercise ball and jump rope.
- **Use nearby stairs.** Jog up and down the stairs for an intense workout.
- **Find an indoor pool.** Swimming, water aerobics or just walking or running laps in the water can be a great workout, especially for those needing a low-impact routine.
- **This is a great time to start using those videos you have.** Pick a new workout video each week to keep your routine fresh and keep you motivated!
- **This is also a great time to take up yoga.** If you are unsure about starting on your own, check with many of our great local yoga classes and find one that will work for you!

**Then there's the great outdoors!**

- **Take a brisk walk or jog in the cool air.** As long as you take proper clothing precautions and it's more than 18 degrees outside, of course!
- **Shoveling snow is a great total body workout.**
- **Slope skiing, cross country skiing and snowboarding are great exercises to try.** Consult an instructor beforehand.
- **Build a snowman and make some angels.** This is fun for the whole family.
- **Our area has an abundance of snow hills and ice skating rinks.** Bring out your inner child and grab a sled or pair of skates!

**Before you begin:**

- **Check with your doctor.** Almost everyone can exercise safely in the cold, including people with heart and asthma conditions, but you should always consult with your physician before starting a workout routine.
- **Protect your extremities.** Try wearing a thin pair of gloves, under a pair of heavier gloves. Buy exercise shoes a half-size larger to allow room for socks. Don't forget the hat, headband and/or facemask; 30 to 40 percent of

your body heat is lost through your head.

- **Layer it on!** Exercise generates a considerable amount of heat that can make you feel like it is 30 degrees warmer than it really is. Dress in layers that you can remove when you start to sweat and can put back on as needed.
- **Know the wind chill factor.** Wind can penetrate your clothes and remove the insulating layer of warm air that surrounds your body.

Remember, everything you do counts. Every activity counts in your quest to stay fit and flexible in body and mind. Whether you're getting your exercise in the toasty warmth of your own home, or braving the elements for activities you can only do when the temperatures drop, it's best to get your blood pumping every day. With a positive attitude and a little creativity, you can make the winter months an enjoyable season for making new friends and trying new activities.

## Outdoor skating rinks:

- Arthur School Rink - closes at 10pm  
2630 B Ave NE, Cedar Rapids
- Bever Park Rink - closes at 10pm  
2700 Bever Ave. SE, Cedar Rapids



## Sledding:

- Noelridge Park  
4900 Council St. NE, Cedar Rapids
- Cherry Hill Park  
341 Stoney Point Rd. NW, Cedar Rapids
- Ellis Park  
916 Ellis Blvd. NW, Cedar Rapids
- Bever Park & Old McDonalds Farm  
2700 Bever Ave. SE, Cedar Rapids
- Prairie Park Fishery  
2125 Otis Rd. SE, Cedar Rapids
- Jones Park  
201 Wilson Ave SW, Cedar Rapids
- Thomas Park  
335 Marion Blvd, Marion
- Taube Park  
2200 31st St., Marion
- Pinicon Ridge Park  
4729 Horseshoe Falls Rd, Central City  
319.438.6616
- Pleasant Creek State Recreation Area  
4530 McClintock Rd., Palo  
319.436.7716
- Napoleon Park  
2501 S. Gilbert St., Iowa City





*Christmas with*  
**Jim McDonough** STEINWAY ARTIST  
 AND HIS ORCHESTRA  
*20th Anniversary Tour!*

**December 10, 2022 • 2:30 PM**  
 Paramount Theatre  
 123 3rd Ave SE, Cedar Rapids

This dazzling stage production features International Steinway Artist, Jim McDonough alongside his 14-piece professional orchestra, performing spectacular arrangements of all your favorite Christmas music and other all-time hits. Don't miss the return of one of Iowa's most treasured holiday traditions!

# December

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That's 10 live concerts all for one low price.

ACT NOW AND SAVE! Early bird membership ends July 31, 2021.

Membership cards will be mailed 2 weeks before the first concert.



2:30 p.m. | Sunday, October 3, 2021

#### FOLK LEGACY TRIO

The Folk Legacy Trio sings the songs of the great Folk Era from the '50s through the mid-'70s, including songs from The Weavers, The Kingston Trio, The Lovelliers, Peter Paul & Mary, The New Christy Minstrels, The Brothers Four, The Chad Mitchell Trio, Sam Cooke, Judy Collins, Joan Baez, The Folk Legacy Trio and George Jones, formerly with the Kingston Trio. Rick Dougherty, former member of the Lovelliers and Kingston Trio and Jerry Siggins, former lead singer of the legendary duo-wop group, The Diamonds.

7:30 p.m. | Monday, November 1, 2021

#### BEN GULLEY

Ben Gulley is an American operatic tenor whose career includes lead roles in Mozart's Figaro, Aida and Donizetti's Dom Sebastião and more. The program takes the audience on a musical journey featuring baritone selections from Broadway, classical and American genres. David Foster, Grammy Award Winning Producer/Artist and Multi-Award Winning Vocalist says Gulley is "...next generation of music superstar!"



5:30 & 7:30 p.m. | Tuesday, March 8, 2022

#### CORRIDOR JAZZ PROJECT

The area's top high school jazz bands unite in the only joint concert of the year! The Corridor Jazz Project pairs each band with an adult professional, and they record together for the annual Corridor Jazz Project CD. This year, the CD release party returns to the Community Concerts! You'll hear the top jazz bands from Cedar Rapids, Marion, Iowa City, and surrounding communities, divided between 5:30 and 7:30 sessions. Choose the performance that features your favorite school, or come to both shows and see them all!

7:30 p.m. | Tuesday, April 5, 2022

#### MELISSA MANCHESTER

Grammy-winning, Academy Award-nominated, multi-top 10 singer/songwriter. Let's hear it for the best! More than 25 years after Melissa Manchester released "Delta", her 1980 album that spawned the great female singers who influenced her, she turns the tables with *The Fall*, a raucous excursion to the men, including Frank Sinatra, Bill Hays, Tony Bennett and Glenn Miller, and the iconic songs they made famous. Worked with Marvin Hamlisch, Kenny Loggins and Barry Manilow.



7:30 p.m. | Wednesday, November 10, 2021

#### JANOSKA ENSEMBLE

Two art houses on location, and the music of the three brothers from Bratislava, Czechia, František and Roman Janoska and their Kamenec-born brother-in-law János Dancos proves that in remarkable fashion their musical creations happily harmonize or colorfully contrast their classical back with the music of other genres. From jazz and Latin to pop music, Janoska Style is the more than just a "sound", it is "music to be heard" - you have to listen to it and feel it too.



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