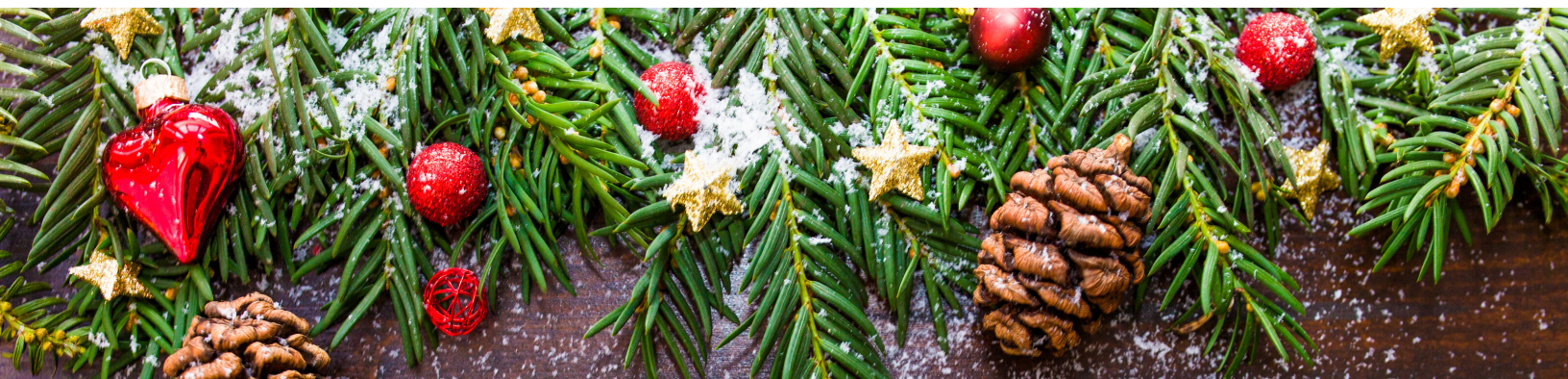


DECEMBER NEWSLETTER



The Season Of Giving

Instead of writing your average Holiday Cards this year with a small greeting wishing everyone a happy holiday. Make each card more personal by making it a thank-you holiday card. Focus on why you are thankful for having that person in your life and thank them for a year of fun, happiness and joy.



Whether your 5 years old or 85 , everyone looks forward to opening the perfect gift this holiday season. But sometimes finding the perfect gift gets harder, especially when purchasing a gift for an older relative who you think has already received every gift possible. To help your holiday season this year, PNP has come up with some gift ideas that may help you find the perfect gift for that special someone this holiday season.

Winter Tips

1. Stay indoors (or don't stay outside for very long).
2. Keep the indoor temperature at 65 degrees or warmer. Stay dry because wet clothing chills your body more quickly.
3. Dress smart – protect your lungs from cold air by wearing a scarf
4. Layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing.
5. Think about getting your thermals! Essential winter wear: hats, gloves (or preferably mittens), winter coat, boots, and a scarf to cover your mouth and nose.



Holiday Gift List

1. Autobiography Journal
2. Heated Blanket
3. Noise Machine
4. Essential Oil Diffuser
5. Picture Album
6. Picture Blanket

December Recipe

Healthy Christmas Cookies

Ingredients

3 cups flour
1 T maple syrup
1/4 cup blackstrap molasses
1 1/2 tsp baking powder
3/4 tsp baking soda
1/4 tsp salt
1/2-1 T ginger (depending on how much kick you like)
1 flax egg (I used a flax egg)
2 tsp cinnamon
1/4 tsp cloves
1/4 tsp nutmeg
4 T applesauce
2 tsp vanilla extract



Instructions:

1) Mix the dry ingredients in one bowl. 2) Mix wet in another. 3) Add dry to wet and mix only until combined. 4) Remove the dough from the bowl and cut into two equal parts. 5) Wrap the dough in plastic and refrigerate for at least 2 hours. Preheat oven to 350. 6) After two hours, remove the dough from the fridge. 7) Roll the dough onto a floured surface until it is about 1/4 inch thick. 8) Cut dough into desired shapes and place them onto a lined baking sheet. 9) Bake the cookies for about 8 minutes and then let them cool a bit before removing. 9) Set them aside to completely cool before decorating. 10) Enjoy!

by Melissa KingRead,
<https://mywholefoodlife.com/2012/11/17/healthy-gingerbread-cookies/#QO3QiU5jm9m8V21C.99>

References:

<https://millenniumfamilypractice.com/cold-weather-safety-tips/>



Promoting Good Health and
Quality of Life

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Haiku

Written by: Virginia
Mead

The coffee is cold
the icecream is melting fast
its okay to cry



Haiku" is a traditional form of Japanese poetry. Haiku poems consist of 3 lines. The first and last lines of a Haiku have 5 syllables and the middle line has 7 syllables.

Write your own haiku this month and email
Angelica at
angelica@professionalnursepartners.com

