MANAGING YOUR BUSY HOLIDAY

Holidays are full of time with family, cheer, gifts and smiles. However, for parents, the holidays can be a stressful time of year. As a parent, we can be overwhelmed with different members of our family asking us to be in two places at one time! Rather than relaxing on our day off, we are preparing for holiday meals, shopping and traveling from one house to another for holiday parties. When we finally return home, we are exhausted.

So what can we do to reduce and minimize the stress of the holidays?

- Be realistic about your plans:
  Consider all of your holiday travel plans, holiday parties, and time needed to accomplish all of your own goals and responsibilities. Consider starting new traditions that are less stressful. If you have multiple family holiday parties, plan to attend one party one year and the other party the next year. If you have conflicting parties, consider for example, visiting the grandparents a week after the holiday party.

- Have a different perspective:
  Was your holiday cooking really that bad? Did you forget to put the holiday lights on the front door? Teach your children that if things don’t go as planned there will be another year and more holiday lights.

(Continued on Page 2)
MANAGING YOUR BUSY HOLIDAY
(Continued From Page 1)

- **Ask for help when you need it:**
  Rather than hosting a holiday party each year, plan to host every other year.

- **Keep your regular routines:**
  Try to make sure you take time for yourself and your family. Plan downtime for the family such as a movie or game night. Exercise to work off the stress.

- **Stick to a budget:**
  Plan gift giving ahead of time. Plan the easiest way to shop, whether it be in store or online. Have your children prepare their lists ahead of time which makes a nice keepsake. Plan budgets for family, friends, teachers, bus drivers, and others. Consider signing up for online discounts and look for bonus card offers from retailers. Think of practical gifts for teachers and bus drivers that can be purchased at one time, such as gift cards to fast food restaurants – *which allow you to buy in an amount of money that you choose*.

- **Learn to say no:**
  Make sure to leave time for your own plans and needs so you won’t feel overwhelmed.

---

FAMILY & FRIEND LOCATOR
BY LIFE 360

Life 360 is a real time, location-sharing app. Want to know when your kids are getting home? Is your teen driver commuting safely? Has someone stolen your phone? This app can answer all of these questions using GPS technology. With this app, you create a circle of friends and family. You are able to have secure, private chats and share photos with this app. It also allows you to set up real-time alerts for when your circle may arrive home, leave school, or get to work. Don’t feel like sharing information today? No problem! You are able to pause the sharing feature anytime you choose. So next time your new driver is heading to practice, the big game, or even the mall, you can be assured that your child has arrived safely!

MUSICAL.LY

This is a free, fun, social app for making lip-sync videos to share. The program is designed for children 12 and older. Want to share with everyone or just your friends? The choice is yours. The app allows you to accept only those friends with which you are comfortable allowing access to your personal videos. You choose the song and record yourself singing, dancing, or just goofing around. You then share the video with one person or on your timeline. The video plays back and your friends can comment or just laugh. The app encourages all comments to remain positive and upbeat (but do keep in mind this is social media and should be treated accordingly). Musical.ly gives your child a chance to express themselves, have fun with friends and it may even help you keep up with the latest music! Remember, sometimes the best apps are the ones that allow you to have fun with your child.

We Have Moved!

WHERE: The Job Center, 1111 S. Edwin Moses Boulevard. The CSEA is open as of December 12, 2016. Our section is located at the green area in the back of The Job Center.

PARKING: Customers will find convenient free parking near the CSEA’s storefront entrance on the west side of The Job Center, which is the side opposite the Edwin Moses-facing side of the building. A relocated RTA stop and reconfigured parking areas have improved traffic flow and safety.
There are plenty of fun holiday activities available here in the Miami Valley. Worried about those post-holiday winter blahs? Don’t! The fun, kid-friendly, budget-friendly activities continue during the Winter months. Here are just a few examples:

**Ice Skating—RiverScape MetroPark**

The ice rink at RiverScape MetroPark (229 East Monument Avenue) is now open and will be open through the end of February 2017. The admission fee is $5 daily and ice skate rental is $2. Ages 3 and younger are free with a paying adult. The rink will be open from 11 a.m. until 8 p.m. on Christmas Eve and from 1 to 5 p.m. on Christmas Day. There will also be a New Year’s Eve Skate and a New Year’s Day Skate. A Michael Jackson Skate will be held 01/13/2017 from 7 to 10 p.m. Admission fee for the Christmas Eve, Christmas Day, New Year’s Eve, New Year’s Day, and Michael Jackson skate events is $7. After skating, enjoy a yummy treat at the concession area. If the weather is bad, the rink may not be open, so call 937-278-2607 for updates on the rink status. For more information, check out [http://www.metroparks.org/programs-events-finder/](http://www.metroparks.org/programs-events-finder/).

**Holiday Lights—Carillon Historical Park**

From Nov. 30 through Dec. 30, visit Carillon Historical Park for A Carillon Christmas. A Carillon Christmas features thousands of Christmas lights, traditional holiday fare, Santa Claus, live music, historical craft demonstrations, and so much more. Admission is $8 per adult (ages 18-59), $7 per senior (ages 60+), $5 per child (ages 3-17) and students. Free to children under 3. Closed Christmas Eve and Christmas Day. For more information, go to [https://www.daytonhistory.org/events/special-events/a-carillon-christmas/](https://www.daytonhistory.org/events/special-events/a-carillon-christmas/).
New Years Eve Winter Fun—Kettering Recreation Complex

You can end 2016 on a fun note at the New Year’s Eve Family Bash at the Kettering Recreation Complex, 2900 Glengarry Drive in Kettering, on 12/31/2016, from 5:30 to 9:00 pm. This event will have something fun for kids of all ages—including a bounce house, ice skating, open gymnasium, games and music. Admission is $5 per participant or $15 for a family of four. Snacks included. Additional $2 for ice skate rental. For more information, call 296-2587, or visit http://www.playkettering.org/Activities-Guide/Winter/index.html?page=14

Future Jedi Knights—Kettering Recreation Complex

Future Jedi Knights can report to the Kettering Recreation Complex, 2900 Glengarry Drive in Kettering, on Feb. 25 from 2 to 3:30 p.m. for a Jedi Training Academy. Learn the secret skills of using the Force and creating a light saber. You don’t have to go to Dagobah to sharpen your skills as the City of Kettering will provide a Jedi obstacle course. Pass the final test to become a certified Jedi Knight. Ages 5+. Registration is $5 for Kettering residents and $7 for non-residents. R-2 units not provided. Your future Jedi Knight should dress appropriately in sneakers. For more information and registration: http://www.playkettering.org/Activities-Guide/Winter/index.html?page=14.

Get Outside!—Five Rivers MetroParks

It may be getting chilly, but don’t give in to cabin fever and those winter blues—get outside! Five Rivers Metroparks offers lots of great events this winter to get you out and get you moving. Carriage Hill MetroPark will have the Winter Habitat Hike on Jan. 21, from 1 to 2:30 p.m. It’s open to ages 6-13, and the cost is free. Englewood MetroPark will host a Forest Bird Search on Feb. 4, from 1 to 2:30 p.m. Open to ages 6-13, and the cost is free. To learn more, go to http://www.metroparks.org/programs-events-finder/.
Dear Adam,

I am so excited that I got a visitation order with my son. This is my year to have him for the holidays! I want the holidays to be great and filled with many memories. However, work has cut back hours and I am running very low on money. I am embarrassed to say that I do not have enough money to buy food for the holidays. Is there anywhere to turn for help?

Embarrassed Dad in Dayton

Dear Embarrassed Dad in Dayton,

There are several resources that offer free holiday meals and toys to struggling families. While the number of places in the Montgomery County Ohio region may be limited, there are still possibilities for low-income families.

**The Ray & Joan Kroc Corps Community Center:** Salvation Army- Our local agency is at 1000 N. Keowee St., Dayton (937) 528-5100. They offer various social services which may include holiday food assistance.

**United Way of The Greater Dayton Area’s HelpLink 2-1-1:** This agency provides telephone information & referrals throughout Montgomery, Greene and Preble counties. You can call (937) 225-3000 or 211. Phones are open 24 hours a day, every day of the year. Contact your local United Way if you are out of this service area. Callers of any income can get information on community resources, including holiday help. They may also know of other local food & clothing pantries available in your community.

**Toys for Tots of Montgomery County:** If you are seeking assistance with toys, the main provider of free holiday gifts in Dayton and other parts of the country is Toys for Tots. They help thousands of households per year. Registration is required using the Family Request Form found online at www.ToysforTots.org. Generous donors provide new, unwrapped toys to the Marine Corps affiliated agency. The goods are then given to young children during the holidays.

**FLOC - For Love of Children:** A local volunteer service agency which helps and enriches thousands of families in our community, FLOC offers various programs helping low income households in the greater Dayton area. Please check with them for program eligibility (937) 223-3562.

Don’t forget to apply early for help for the holidays. Remember, the charitable gifts are based on those received from donors throughout our community. Therefore, the charities may not always be able to provide exactly what every child or family requests.

Warm regards,

Adam

If you would like to ask Adam a question, please email him at: MCPTOC@jfs.ohio.gov

Adam is Managing Attorney & Coordinator for MCCSEA PTOC.
MAKING A CRYSTAL SNOWFLAKE

INSTRUCTIONS: The first step of making a borax crystal snowflake is to make the snowflake shape. Cut a pipe cleaner into three equal sections out of the pipe cleaners and twist the sections together at their centers to form a six-sided snowflake shape. The snowflake should fit inside the jar.

Tie the string to the end of one of the snowflake arms. Tie the other end of the string to the pencil. You want the length to be such that the pencil hangs the snowflake into the jar.

Fill the wide-mouth pint jar with boiling water.

Add borax one tablespoon at a time to the boiling water, stirring to dissolve after each addition. The amount used is 3 tablespoons of borax per cup of water. It is okay if some undissolved borax settles to the bottom of the jar.

If desired, you may tint the texture with food color.

Hang the pipe cleaner snowflake into the jar so that the pencil rests on top of the jar and the snowflake is completely covered with liquid and hangs freely (not touching the bottom of the jar).

Allow the jar to sit in an undisturbed location overnight.

Look at the pretty crystals!!!

You can hang your snowflake as a decoration or in a window to catch the sunlight.

To make a CRYSTAL SNOWFLAKE you will need:

*Tip for Success: Borax is available in the laundry soap section of grocery stores.
Tip for Success: Adult supervision is needed (boiling water, using borax).

MAKING A PINECONE BIRD FEEDER

INSTRUCTIONS: Tie a piece of string around the widest part of the cone. Using a butter knife or spoon, apply the peanut butter (or vegetable shortening) to the pinecone. Make sure to fill all of the open spaces of the pinecone.

Once the pinecone is covered with peanut butter (or vegetable shortening), pour some birdseed onto a plate. Roll your pinecone back and forth in the birdseed making sure to cover the entire pinecone.

Once your pinecone is covered in birdseed, take it outside and hang it in your trees. If you can, try to hang them close enough to your house so you can see the birds enjoying the food that you have left for them.

To make a PINECONE BIRD FEEDER you will need:
1. String
2. Pine Cones
3. Peanut Butter (For nut allergies, use vegetable shortening)
4. Birdseed
5. Butter Knife or Spoon
6. Plates

Artemis Center is proud to partner with Montgomery County Child Support Enforcement Agency through the Parenting Time Opportunities for Children (PTOC) program with helping your clients get domestic violence advocacy services, as needed. Often, an abuser will use pressure to pay child support as an excuse to perpetrate abuse against the other parent.

When MCSEA staff make referrals to Artemis Center, clients usually call the Domestic Violence Hotline (937-222-7233) or come to our agency as walk-ins. Depending on the client’s needs, we conduct a risk assessment by gathering information about their situation. Among other things, we want to know whether the abuser has made threats to harm or kill the client, whether he or she has access to weapons, whether her or she has threatened to or actually set a fire, and whether he or she has threatened to harm or kidnap the children. We ask clients about the worst thing their abuser has done to them and the most recent abuse the abuser has perpetrated against them.

Artemis Center advocates are mandated reporters. If the client discloses that the perpetrator has abused the children or poses a threat of harm to the children, we notify our Children Services Division. We have an advocate embedded at Montgomery County Children Services to work with moms and their caseworkers to prevent removal of the children whenever possible.

Helping clients with safety planning is key to helping them achieve safety. Our victim advocates are experienced in working with clients, some of whom may not feel comfortable calling the police, but who may be in danger. In addition, we are experienced at helping the non-abusing parent to safety plan with the children who are old enough. Artemis Center collects donated cell phones and can provide cell phones to clients who need to be able to call for help when they are in danger.

Artemis Center is not a shelter, but we work closely with the YWCA battered women’s shelter. Artemis Center answers the Domestic Violence Hotline from 8 a.m. to 8 p.m. on weekdays. The shelter answers the hotline evenings, weekends and holidays. MCSEA staff who become aware of anyone experiencing domestic violence can call the hotline for assistance as well.

Domestic Violence Hotline:
937-222-7233