

# Consortium Connection

## “Healthy Environment, Healthy Lifestyles, Healthy Community”

### National Toy Safety Month!

Each year, thousands of children age 14 and younger suffered serious eye injuries, even blindness, from toys. According to the U.S. Consumer Product Safety Commission, hospital emergency rooms treated an estimated 251,700 toy-related injuries in 2010 throughout the United States. You can prevent toy injuries by following some simple tips when choosing toys as gifts.

Look for labels that assure you the toys have passed a safety inspection - “ATSM” means the toy has met the American Society for Testing and Materials standards. Choose age appropriate toys by following the recommended age labeling on the item. Inspect all toys before purchasing.



#### Guidelines

##### Under 3 years old

- Avoid buying toys that may have small parts that pose a choking danger.
- Avoid marbles, balls and games with balls
- Avoid toys that have sharp edges and points.

##### Ages 3 to 5

- Avoid toys that are constructed with thin, brittle plastic
- Do not give crayons and markers unless they are labeled “nontoxic.”
- Teach older children to keep their toys away from their younger brothers and sisters.

##### Ages 6-12

- Consider safety equipment toys for sports
- If you buy a bicycle for any age child, buy a helmet, too.
- If buying a toy gun, be sure the barrel, or the entire gun, is brightly colored so that it's not mistaken for a real gun.

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**MAKE  
HEALTHY  
HAPPEN  
MIAMI**

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For more information on Toy Safety visit:  
<http://www.toysafety.mobi/>

# Holiday Stress Relief Tips!

## Identify the source of stress in your life

Start your stress management by identifying the true stressor; look closely at your habits, attitude, and excuses!

## Start a Stress Journal

Stress journals can help identify stressors and the way you deal with them; look closely, you may notice a trend.

## Learn healthier ways of managing stress

Instead of resorting to smoking, drinking, over and/or under eating, withdrawing from loved ones, or taking the stress out on others find others ways of coping. Setting aside time to relax and unwind, exercising regularly, eating a healthy diet, getting a good nights rest, and reducing caffeine and sugar are just some lifestyle changes you can do to reduce you stress.

## Here are some healthier alternatives to managing stress:

**Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.

**Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

**Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.

**Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

**Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives: Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.



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## Dealing with Stressful Situations: The Four A's:

### Change the situation:

- ◆ Avoid the stressor
- ◆ Alter the stressor

### Change your reaction:

- ◆ Adapt to the stressor
- ◆ Accept the stressor

## Winter Citrus Salad

- 2 blood oranges or tangerines
- 1 pink grapefruit
- 1 navel orange
- 1/2 small red onion
- 3 tablespoons extra virgin olive oil
- 1 tablespoon vinegar
- 1/2 teaspoon honey
- Lemon juice to taste

Peel citrus, removing as much pith as possible, and slice into wheels. Remove any pits, layer fruit on a serving plate, sprinkle with salt and garnish with chopped onion.

Whisk together olive oil, vinegar, honey and juice until well combined; taste, adjust seasoning as needed and drizzle over salad .

<http://www.cookingchanneltv.com/>



## Christmas Tree Safety

Did you know that Christmas trees are involved in approximately 400 fires annually, according to the National Fire Protection Association?

- ◆ Always inspect holiday lights for frayed cords, cracked plugs, or loose connections.
- ◆ Use only UL-listed lights, and no more than 3 strands linked together.
- ◆ Remember to always turn off holiday lights when you leave the house unattended or when going to bed.
- ◆ Make sure your artificial tree is fire resistant.
- ◆ If you have a natural tree, make sure it doesn't dry out.
- ◆ Never connect more than one extension cord together.
- ◆ Always secure the tree to the base to keep it from tipping.
- ◆ Keep tree away from floor heaters, fire places, or other heat sources.



For more info: [National Fire Protection Association](http://www.nfpa.org)

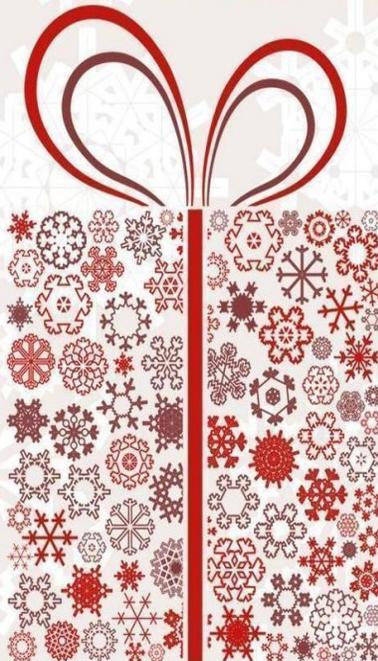
# Upcoming Events

Thinking Inside the Box

## TOY DRIVE

### Ways to Help:

- Adopt a YWCA Classroom
- Toy drop off center YWCA of Greater Miami-Dade  
351 NW 5 Street,  
Miami, FL 33128;  
M- F 8AM-5PM  
Gussie Flynn  
305-377-9922 x203



- Toy drop off center 2  
Fl Department of Health  
18255 Homestead Ave 116  
Miami, FL 33157  
M- F 8AM-4PM  
Amy Loddo  
305-234-5400 ext 2551

Contact: Gussie Flynn p:305-377-9922 x-203 e:gflynn@ywca-miami.org  
Online Donations visit: [www.ywca-miami.org](http://www.ywca-miami.org)

There is no easier way to give this Holiday Season than to impact the lives of over 600 YWCA of Greater Miami Dade children. Consider including the act of giving in this year's annual shopping trip. The YWCA will be collecting new, unwrapped toys for children between the ages of 0 to 17.

eliminating racism  
empowering women  
**ywca**



November 29<sup>th</sup> thru December 18<sup>th</sup>

YWCA of Greater Miami-Dade, Inc., a private, nonprofit 501(c)(3) organization, is registered with the Florida Department of Agriculture and Consumer Services. Registration #CH1782. No amount of any contribution is paid to a professional solicitor and 100% of each contribution is retained by the YWCA of Greater Miami-Dade, Inc. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.

For additional information or to participate in the Consortium contact us at:

Tel: 305-278-0442 [www.healthymiamidade.org](http://www.healthymiamidade.org)

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