



manidoo-giizisoons
Little Spirit Moon

Elder Newsletter



ROCKING AROUND THE CHRISTMAS TREE SONG...

ROCKING AROUND THE CHRISTMAS TREE
AT THE CHRISTMAS PARTY HOP
MISTLETOE HUNG WHERE YOU CAN SEE
EVERY COUPLE TRIES TO STOP
ROCKING AROUND THE CHRISTMAS TREE,
LET THE CHRISTMAS SPIRIT RING
LATER WE'LL HAVE SOME PUMPKIN PIE
AND WE'LL DO SOME CAROLING.

YOU WILL GET A SENTIMENTAL
FEELING WHEN YOU HEAR VOICES
SINGING LET'S BE JOLLY,
DECK THE HALLS WITH BOUGHS OF HOLLY
ROCKING AROUND THE CHRISTMAS TREE, HAVE A HAPPY HOLIDAY
EVERYONE DANCING MERRILY IN THE NEW OLD-FASHION WAY.....



Holiday Stress 16 ways to relax

1. Exercise regularly. Aerobic activity is a natural stress reducer.
2. Practice relaxation techniques, such as deep breathing.
3. Know your limitations and set realistic goals.
4. Pamper yourself. Take a hot bath, get a massage or curl up with a good book.
5. Organize your life. Make a list of the things you need or want to do.
6. Delegate tasks and ask for help. Friends, family members and many local organizations can help ease the burden of daily life.
7. Make time for yourself everyday to do what feels good to you.
8. Laughter is good medicine. Read a humorous book or see a funny movie.
9. Eliminate or change stressful activities.
10. Spend time with nature and animals.
11. Give yourself a pat on the back.
12. Avoid reliving your mistakes. Find out what you can learn from them and move on.
13. Eat a well balanced diet, low in fat and calories and high in fiber. Avoid foods and beverages with high sugar, caffeine or alcohol. A poor diet can add to your stress level.
14. Talk to someone about your problems. Sometimes discussing your difficulties, worries and concerns out loud can put them into perspective.
15. Be optimistic. It will help you better handle the stress in your life.
16. Befriend positive people.

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PNEUMONIA: KNOW THE SIGNS!

Pneumonia is an infection or inflammation of the lungs, making it difficult for your body to get adequate oxygen. It is the sixth leading cause of death in the United States, with people over the age of 65 the most at risk. Pneumonia can have more than 30 different causes, from bacteria to viruses to various chemicals. Bacterial pneumonia is the most deadly type, even when antibiotics are administered.

A pneumococcal vaccine is a safe, effective way to avoid pneumonia. For most people, one shot lasts a lifetime. The shot is recommended for people between the ages of 50 and 65

and for anyone with a chronic disease or weak immune system. The vaccine protects against pneumonia caused by pneumococcal bacteria, one of the most common causes of bacterial pneumonia. However, the vaccine does not prevent pneumonia caused by other bacteria or viruses.

Signs and symptoms of pneumonia include:

- Chest pain that may worsen as you inhale
- Fever and chills
- Coughing, with or without sputum
- Difficult or rapid breathing
- Fatigue

- Headache
 - Nausea
 - Vomiting
 - Bluish lips and/or fingertips
- General treatment includes rest, fluids and taking acetaminophen (as appropriate) for discomfort or fever. Health professionals may prescribe medicine, recommend and/or prescribe the right kind of cough syrup, administer oxygen if you are breathless or turning blue, or remove fluid from the lungs by suction or medicine.
- IF YOU SUSPECT YOU HAVE PNEUMONIA, SEE YOUR DOCTOR.**