



934TH AIRLIFT WING

**December 2020
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Prevention Connection: Building a Healthy Community

December is Stress-Free Family Holiday's Month, National Drunk and Drugged Driving Prevention Month, and Safe Toys and Gifts Awareness Month

This year, we have experienced an unusual array of problems, issues and stressors; from the pandemic, to unemployment and financial concerns, to severe isolation and civil unrest, to a political divide. For many, it is a year of extreme stress and even distress. But now that 2020 is coming to a close, think about what you were able to overcome. You are more resilient than you thought you were.

December is Stress-Free Family Holiday month. The challenge is written. Ask yourself: can I live a stress-free December? Or rather: can I decrease the amount of stress during this month? It's been said the number of hospitalizations caused by stress (prior to COVID-19) is roughly 70%. Think about the amount of dollars that takes...billions and billions of dollars are at the expense of stress.

I challenge you do something for yourself to decrease the amount of stress you have right now. One simple method is to do 3-part breathing. First, inhale into your belly, then your ribs, and then into your chest and shoulders. When you exhale, do just the opposite, exhale from your chest and shoulders, then your ribs, then your belly. If you do that, congratulations, you decreased your stress.

There are other ways to decrease your stress. I encourage you to do something for yourself today, right now. Your health depends on it.

Special points of interest:

For more info on stress go to:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

<https://www.health.harvard.edu/topics/stress>

Give a Gift That Can't be Bought by Ch. Cooper

We are well into what many traditionally call the Christmas season. It culminates on Christmas Day, the day Christians celebrate the birth of Christ, God's gift to the world. But regardless of one's heritage, faith, or tradition, it has become the season of giving for people the world over. The day is celebrated by over 95% of Americans, whose purchases generate over 3 TRILLION dollars for the retail industry. For many nations around the world, Christmas spending is their major economic stimulus. In the US, holiday sales represent almost 20% of annual retail sales and require an additional 750,000 seasonal workers. Buying gifts is big business and the season of giving could not arrive any too soon.

For most of this year, we have faced a relentless and unprecedented barrage of turmoil, pain, uncertainty and distress. Almost in defiance of a vaccine, COVID is surging again with all of its complications and stressors. Lockdowns are once again threatening the viability of businesses as employees face an uncertain future. Hanging over us all is the likelihood of a Christmas gathering much smaller than we would like. And sadly, rather than coming together in this trying time, it seems we are more intent on creating divisions. It is time for gift giving.

Five months into World War One, the Germans, French and British troops realized the same thing. On Christmas Eve in 1914, the men in both sides of the trenches initiated an unofficial truce as they left their trenches to meet and exchange food and souvenirs, play sports, and sing carols together. In other words, they gave gifts, the kind that could not be bought. What they did that Christmas Eve was give one another the indispensable gifts of Christmas, like hope, peace, goodwill and joy.

Like those soldiers did so long ago, I invite you this Christmas season to consider giving a gift that can't be purchased. A gift like forgiveness, patience, encouragement, hope, friendship, compassion, love. In doing so, you may be giving someone just what they needed—a relationship restored, hope rekindled, courage regained, love re-affirmed. As you do, don't be surprised if you receive the same. Like those soldiers, for us this can be the most memorable season, in a year we would like to forget.

In closing, as those soldiers paused in recognition of that sacred day, I invite you as well to take time to worship during this season and receive God's gift to you. As always, your chapel team is ready to serve you during this holiday season and we wish for you a blessed holiday.

Safe Toys and Gifts Awareness Month

According to the CPSC, of the 251,700 estimated toy-related, emergency department –treated injuries, an estimated:

- 184,000 (73 percent) happened to children younger than 15 years of age;
- 174,300 (69 percent) occurred to children 12 years of age or younger;
- 89,800 (36 percent) happened to children younger than 5 years of age

Also: the leading causes of toy-related fatalities include choking and aspiration of toy parts. Deteriorating lead paint in older homes is the greatest risk for lead poisoning—not toys. Keep uninflated balloons away from young children. Kids can suffocate on them. BB guns, especially high-velocity guns, can cause death. Don't let children put caps for toy guns in their pockets, they can ignite and burn your child. When skating, always wear safety gear. Ensure the toy is right for the child's ability and age. Consider whether other smaller children may be in the home and have access to the toy. Avoid purchasing toys with sharp or rigid points, spikes, rods, or dangerous edges. Read all important safety, warnings, and instructions on the box.

This information is not to alarm you, but rather to get you to think about being selective and only purchase age appropriate toys for your children. Always think safety. For more information about these and other products go to the U.S. Consumer Product Safety Commission at www.cpsc.gov.

Source: <https://www.cpsc.gov/Safety-Education/Safety-Guides>

“An ounce of prevention is worth a pound of cure.”

~ Benjamin Franklin



December is National Drunk and Drugged Driving Prevention Month

Did you know:

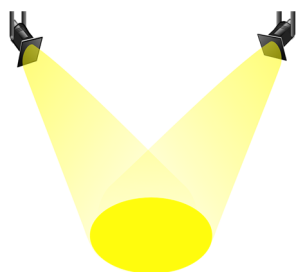
1. Only time will sober a person up., Drinking strong coffee, exercising or taking a cold shower will not help.
2. The average person metabolizes alcohol at the rate of about one drink per hour.
3. Drunk driving costs each adult in the United States over \$500 per year.
4. Every day about 800 people are injured in a drunk driving crash.
5. In 2014, 10.1 million people reported driving under the influence of illicit drugs in the past year.
6. Every two minutes, a person is injured in a drunk driving crash.
7. In 2013, 28.7 million people admitted to driving under the influence of alcohol—that's more than the population of Texas.
8. Drunk driving costs the United States \$132 billion a year.
9. Every day in America, another 29 people die as a result of drunk driving crashes. That's one person every 50 minutes.
10. The rate of drunk driving is highest among 26-29 year olds (20.7%).
11. Over 40% of all 10th graders drink alcohol.
12. Since 1980, MADD has saved 380,00 lives... and counting.

Source: <https://www.madd.org/statistics/>

“One reason I don't drink is that I want to know when I am having a good time.”

~ Lady Astor





Resource Spotlight

Personal Financial Counselor—

(612) 297-2826

pfc.minneapolis.usafr@zeiders.com

Personal financial management is the most important aspect to any person's wealth. Anyone who wishes to be financially independent, must follow simple principles. Anyone can be financially independent through careful planning and management. To learn more about these basic principles, debt management, and investments (including 401K, 403B, and TSP), contact Jay Brunkhorst, CFP.

Prevention Partners/Response:

Violence Prevention: 713-1159

Sexual Assault Response Coordinator:
713-1315

Director of Psychological Health:
713-1224

Airman & Family Readiness: 713-1516

Personal Financial Counselor:
612-297-2826

Chaplain Corp: 713-1226

Equal Opportunity: 713-1221

Exercise Physiologist: 713-1472

Security Forces (BDOC): 713-1101/1102

Military One Source: 1-800-342-9647

DoD Safe Helpline: 1-877-995-5247

Suicide Prevention Lifeline:
1-800-273-8255

National Domestic Violence Hotline:
1-800-799-7233

National Human Trafficking Resource
Center: 1-888-373-7888

APP* Spotlight and Self Care Strategy—Add this to your Tool Box!



The EveryDollar© app is a budget planner and expense tracker tool that anyone can use. EveryDollar© follows the zero-based budget approach recommended by Dave Ramsey, a top personal money-management expert. You can create daily and monthly budgets and track your expenses to manage and save money.

EveryDollar© gives you the ability to see what you've spent throughout the month, the ability to set up a budget within minutes, split expenses across multiple budget items, and features to set reminders. The app also has in-app purchases as well as a Plus feature that allows you to connect with your bank.

*The DOD and Air Force does not endorse any organization or product listed.