



MCFARLAND RADAR (Relevant
Alcohol & Drug Awareness
Resources) COALITION

AODA PREVENTION

NEWSLETTER

DECEMBER 2021

Holidays and Giving Back

Why Give Back during the Holidays?

- It Makes the Holidays Easier for Those in Need
- It Can Be a Dangerous Time
 - The winter months in the Midwest can be very cold and brutal
 - For those with little access to shelter and food, this puts them at a high risk for injury
- It Embraces the Real Point of the Holidays
 - The holidays are a time for community, family, and togetherness
 - The holidays should be a time when we celebrate each other-not just the presents that we get
- It Gives You a Chance to Effect Change in the Future
 - At the end of the holidays, we find ourselves in a new year
 - By giving back during the holidays, you offer hope to those who need it the most. We provide a chance for a better tomorrow for a lot of people



Health Benefits:

- Lower Blood Pressure
- Increased Self-Esteem
- Less Depression
- Lower Stress Levels
- Longer Life
- Greater Happiness and Satisfaction





Ways to Give Back



- Set up a holiday food drive:
 - Get your neighbors together and start a neighborhood food drive
- Give a gift that gives back
 - Consider donating to a food bank within your area
 - Give your old winter jackets to a shelter in need
 - Give away old blankets



- Donate Toys
 - Spend a few minutes to find a toy donation organization that works for you
 - Ex: Toys for Tots, Salvation Army, Make-A-Wish Foundation
- Volunteer!
 - Volunteer at your local food bank/pantry
 - Donate money to a local charity
- Support Local Businesses
 - Shopping local will not only help small businesses continue to thrive, but it will also make a memorable, one of a kind gift for you loved one.
- Let Your Loved Ones Know You Care:
 - Give a friend a call just to let them know you were thinking about them.
 - Send a card via mail or a short video letting them know how special they are to you.
 - You could also send them a surprise gift of something you know they would love or something they need
 - No matter how you do it, they'll forever appreciate your kindness

**Support your
community during
the holiday season!**

- Thank Emergency and Essential Workers: Show your appreciation with cards or treats
- Write holiday cards to soldiers or elderly
- Take dog or cat food, pet toys and some blankets or towels to an animal shelter

Communication During the Holidays

Effective Communication Skills (“DEAR MAN”):

- **D: Describe** the situation factually. This should be a brief sentence that describes the situation without any emotion.
- **E: Express** your feelings. This involves using an “I statement” about how you feel
- **A: Assert.** Describe what your needs are by stating, “This would work because...”
- **R: Reinforce.** This is where you sell your idea., “This would work because...”
- **M: Mindful.** Remain calm while you continue to repeat your needs.
- **A: Appear** confident. Don’t minimize the importance of what you are discussing
- **N: Negotiate.** Know your bottom line and work to find a solution that gets your needs met.



Ways to Practice Effective Communication:

- Encourage Your Children and Partner with Praise
 - Don’t forget to show your family that you value their help, and that you appreciate the things they are doing, especially if you didn’t have to ask them.
 - Remember to say “I Love You”
- Video Chat with Your Friends and Family Far Away:
 - This is a simple and effective way to spend time with your loved ones who are far away.
- Make Your Favorite Meal Together:
 - Cooking together will get everyone interacting with each other, have fun and create long-lasting memories.
- Create New Family Rituals
 - You can create a stronger family unit by creating new family rituals and memories.
- Be aware of self:
 - Just give yourself some time where you can turn your brain off and enjoy something that doesn’t involve talking or socializing

Coping with Grief during the Holidays

- The first step in coping with grief at the holidays is to acknowledge that the first holiday season will be difficult
- Make few decisions: Decide how you want to keep certain holiday traditions going, or how to create new ones.
 - Plan in advance: Consider doing something to honor the memory of your loved one
- Allow yourself to feel: Make space for whatever emotions come along.
 - Don't let anyone else tell you how you "should" feel
 - Express your feelings and let yourself cry if you want to
- Be patient with yourself: The grieving process may take a long time and it's different for everyone. It may feel like a roller coaster with ups and downs
 - You may feel better for a while, only to become sad again
- Consider getting some support: Chat, write, or talk about your loss and your memories of the life and death of your loved one.
 - Don't think you are protecting your family and friends by not expressing your sadness
 - Ask others for what you need
 - Find and talk to other people who have lost a loved one

Coping with Grief During the Holidays

Talk about your grief. Don't worry about bringing anyone down. You're allowed to grieve and you're allowed to talk about it.

Create boundaries with your time. If you need to take time for yourself, do it.

Find a way to honor them. Start a new tradition that celebrates their memory.

Set realistic expectations. You will probably be sad, angry, or upset and that's okay.

Allow yourself to feel all of your feelings. Resentment and anger are normal emotions.

Practice self-care. Check-in with yourself on a regular basis and meet those needs.

BlessingManifesting



- Light a candle in your home in memory of the person you've lost
- See a counselor. Maybe you've been putting it off. The holidays are especially tough, so this may be the time to talk to someone.
- Have a moment of silence during your holiday prayer or toast in memory of your loved one

A	N	G	E	L	Q	A	Z	X	S	N	O	W	B	A	L	L	C	D	E	R	F	V	P	U	D	D	I	N	G
J	K	A	L	M	H	T	U	G	R	E	E	T	I	N	G	S	A	S	D	F	G	H	J	K	U	Y	P	O	I
N	M	R	Z	X	C	V	N	U	T	Y	H	J	U	R	D	X	S	E	R	I	B	B	O	N	Y	V	L	K	N
G	H	L	O	V	E	K	L	H	Q	W	E	R	T	Y	U	I	O	C	P	L	K	N	V	F	D	D	U	T	G
C	V	A	H	J	K	P	O	P	C	O	R	N	Z	X	C	V	B	H	Q	A	Z	X	S	W	E	D	M	C	E
G	H	N	J	K	K	N	Y	U	I	B	C	F	G	F	Y	F	I	R	E	W	O	O	D	M	N	B	V	C	R
A	I	D	M	N	M	I	S	T	L	E	T	O	E	I	L	O	B	I	W	S	X	C	D	E	I	V	B	U	B
Z	X	C	V	B	N	M	A	S	D	G	H	J	K	R	E	R	T	S	Q	W	E	R	T	Y	V	C	V	B	R
M	N	T	O	B	O	G	G	A	N	Q	W	E	R	E	C	V	B	T	Q	R	F	G	H	Y	Y	I	F	O	E
S	N	O	W	F	A	L	L	J	M	N	B	V	T	P	U	I	K	M	H	D	U	K	M	L	O	L	A	M	A
A	S	D	O	R	N	A	M	E	N	T	S	I	K	L	V	B	N	A	Z	E	L	V	E	S	Z	A	M	S	D
G	R	E	C	E	I	V	E	U	I	O	K	N	M	A	A	S	D	S	V	C	J	K	R	L	I	O	I	N	M
H	T	G	H	F	V	C	X	S	R	M	K	I	O	C	B	N	T	E	U	O	I	O	R	Z	X	C	L	B	N
O	Z	X	C	D	F	G	T	E	J	K	I	Y	U	E	V	B	N	V	S	R	J	K	Y	M	N	B	Y	G	H
T	Q	W	E	R	T	Y	B	K	L	V	B	G	N	A	S	D	F	E	Y	A	U	I	O	K	S	V	B	N	M
C	A	S	D	F	G	M	R	T	I	P	O	B	O	J	K	E	L	O	I	T	R	A	D	I	T	I	O	N	V
O	J	K	M	N	E	Q	W	E	S	T	Y	U	I	C	V	G	R	F	J	E	M	N	B	V	A	I	O	P	J
C	Z	X	C	C	H	R	I	S	T	M	A	S	S	B	N	G	P	O	I	U	Y	T	R	E	R	W	Q	D	P
O	F	G	E	B	N	C	J	K	K	C	V	B	A	D	S	N	O	W	B	O	U	N	D	P	O	L	K	J	A
A	D	D	F	G	E	Z	X	C	V	B	N	M	C	S	H	O	T	C	I	D	E	R	J	I	K	L	M	N	C
S	D	F	G	S	Q	W	E	R	T	Y	U	I	C	I	O	G	P	L	M	K	O	I	J	B	H	G	F	D	K
Z	X	C	K	G	H	J	V	A	C	A	T	I	O	N	Y	U	L	Q	W	E	R	T	Y	U	I	O	P	L	A
D	F	A	Z	X	C	V	B	N	M	L	K	J	H	F	D	L	T	Y	G	U	I	O	L	K	J	N	V	C	G
R	T	Y	U	P	I	N	E	T	R	E	E	Z	X	C	I	B	J	N	K	L	W	I	N	T	R	Y	C	U	E
E	Z	X	C	D	G	N	J	U	T	F	S	D	E	W	U	P	I	M	N	B	V	C	X	S	D	A	T	Y	U
V	B	N	S	W	E	A	T	E	R	T	Y	U	D	H	J	K	Z	X	C	V	B	N	M	L	K	D	T	Y	U
G	P	U	D	D	I	N	G	X	C	V	N	O	G	H	C	Q	A	Z	X	S	W	E	D	C	V	I	C	Y	M
S	L	E	I	G	H	B	E	L	L	S	O	K	L	O	U	I	L	K	N	O	R	T	H	P	O	L	E	V	B
Z	X	C	V	B	N	H	G	F	D	G	I	F	T	G	I	V	I	N	G	J	M	N	B	C	D	O	Y	U	I
S	W	I	N	T	E	R	Z	X	C	V	B	S	O	C	K	S	Q	A	Z	S	E	D	C	V	F	H	Z	T	Y

Angel	Garland	Ice Skate	Package	Snowfall
Christmas Eve	Gift Giving	Icy	Pine Tree	Socks
Christmas Day	Gingerbread	Ivy	Plum	Star
December	Gold	List	Popcorn	Stocking
Decorate	Goodwill	Love	Pudding	Sweater
Eggnog	Greetings	Merry	Receive	Toboggan
Elves	Holiday	Mistletoe	Ribbon	Tradition
Family	Hot Cider	North Pole	Sleigh Bells	Vacation
Fireplace	Hot Cocoa	Occasion	Snowball	Winter
Firewood	Hug	Ornaments	Snowbound	Wintry

McFarland is a small community south of Madison in Dane County. In January of 2017, a group of concerned citizens came together to discuss substance abuse problems in the McFarland area. The McFarland RADAR is a result of these meetings

We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles

For more information go to: <https://www.radarmc.com/>



For time, day and place of meetings, please contact Cathy Kalina at CathyK@fsmad.org

The McFarland RADAR (RADAR stands for Relevant Alcohol & Drug Awareness Resources) Coalition works to develop, implement and support environmental strategies to reduce substance abuse.

We believe by working together, we can nurture social and environmental changes to make the McFarland area a safer and healthier place, brightening the future of our children, youth and families.

McFarland RADAR Mission Statement

“The mission of McFarland’s RADAR Coalition is to promote healthy lifestyles in the McFarland area through alcohol and drug abuse prevention and education efforts.”

HOW CAN YOU HELP?

We are asking you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the McFarland area.