

Families First

support for families...health care for all

December 2009

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Programs & News: 12-09

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December Programs, at a Glance

[Portsmouth](#)

This month only:

Parenting through the Holidays ... Family Stress Relievers for the Holidays

Ongoing:

Parent Recharge ... Babytime ... Toddler Playtime ... Preschool Playtime ...

Family Fun Night ... Grandparenting ... Mother-to-Mother Postpartum

Adjustment Group ... Make It and Take It

[Lower Seacoast](#)

Parent Recharge ... Family Morning Out ... Stop the Holiday Madness ...

Living with Teens and Preteens

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Family Morning Out ... Stop the Holiday Madness

For more about these programs, click below for information in your choice of three formats:



[Text descriptions/flyers](#)



PROGRAM OF THE MONTH: Health Care for the Homeless

If you know someone who is without stable housing and in need of health care, please tell them about Families First's mobile [Health Care for the Homeless program](#). Health care providers travel on vans to eight sites in five different Seacoast towns. At no charge, they provide primary care, substance abuse counseling and access to many other services, including prescription assistance, emergency dental care and family therapy. Care coordinators help people connect with resources and benefits to improve both their health care and social situations.

The Health Care for the Homeless Program is expanding, thanks to the help of federal stimulus funds that enabled us to hire more staff and purchase dental equipment, as well as the donation by Exeter Hospital of a medical van (pictured). Already, we have added a new site in Farmington and begun visiting some of our



existing sites on a more-regular basis. More expansions of sites and services - particularly dental care - are planned. [Click here for a site schedule.](#)

If you would like to help the people who get their health care on the vans, donations of socks or \$5 Wal-mart gift cards (used to purchase medications) would be greatly appreciated. Please bring them to Families First.

Fans Needed



Families First needs *you* to help build our community, stay informed about new happenings here, and spread the word about our services. Please join us as a fan on Facebook, write on our wall to share your own experience with Families First, and invite your friends to become fans too. Just click on (or forward) [this link](#), then click the "Become a Fan" button.

KIDS' ACTIVITY OF THE MONTH: Ornaments

Make cinnamon ornaments by mixing 1-3 tablespoons of applesauce with $\frac{1}{4}$ cup to $\frac{1}{2}$ cup of cinnamon. Mix until a dough-like consistency is achieved. Add glitter into the dough for a nice sparkly look. Roll out between sheets of wax paper, and cut with cookie cutters. Punch a hole at the top of the ornament with a straw. Dry on waxed paper for 24 hours. String with ribbon or yarn, and hang on tree or give as a gift.



Families First on Parade



Look for Families First in the Portsmouth Holiday parade, this Saturday, December 5, starting at 6 p.m. We'll be the ones with the colorful "Helen" van!

[Click here](#)
for a parade-route map.

Homemade-Gift Idea

This Holiday Trail Mix makes a great gift. Mix together 3 cups of peanuts and 2 cups EACH of dried cranberries, yogurt-covered raisins, almonds, holiday M&M's and granola. Divide into holiday tins or gift bags. Beautiful!



Healthy Holiday Tips

1. Eat a small snack before going to holiday parties so you're not as hungry and less likely to overeat.
2. Choose your beverages wisely; alcohol is very high in calories.
3. Don't overeat! Remember, portion sizes can't be ignored just because it's the holidays.

4. Use a small plate at dinner parties; this helps to control portion size.
5. Stay physically active! Join a gym, find a workout partner, take a walk during your lunch break, try an exercise video at home or Exercise TV on Comcast Digital cable, shovel your driveway, or park far from stores while doing your holiday shopping.

RESOURCE OF THE MONTH: Greening Your Family

Portsmouth resident Lindsey Carmichael has published *Greening Your Family*, a reference guide for choosing safe food, personal care items and cleaning products. The book is small enough to slip into your purse to consult while grocery shopping, and full of practical and easy-to-implement advice for minimizing your family's exposure to avoidable toxins. For more information, visit the [Greening Your Family website](#).



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