

Wellness Bulletin

December 2017

Awareness Days in December:

- December 1 - World Aids Day - (UN)
- December 2 - International Day for the Abolition of Slavery
- December 3 - [International Day of People with Disabilities](#) - (UN)

"The day aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities."

International Day of People with Disability on December 3 each year is an international observance promoted by the United Nations since 1992. 2012 marks the 20th anniversary of the International Day for People with Disabilities. The day aims to promote an understanding of people with disability and encourage support for their dignity, rights and well-being.

Around 15% of the world's population, or one billion people, live with disabilities. People are often unaware of the great number of persons living with disabilities around the world and the challenges they face.

Persons with disabilities, "the world's largest minority", often face barriers to participation in all aspects of society. Barriers can take a variety of forms, including those relating to the physical environment or to information and communications technology (ICT), or those resulting from legislation or policy, or from societal attitudes or discrimination. The result is that persons with disabilities do not have equal access to society or services, including education, employment, health care, transportation, political participation or justice. The day aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. It also seeks to increase awareness of gains to be derived from the inclusion of persons with disabilities in every aspect of life.

More information can be found at <https://www.disabled-world.com/disability/awareness/world-disabled-day.php>

- December 5 - International Volunteers Day – Don't forget to use your 4 hours of PTO before the end of the year! If you have a volunteer event planned for this month, let your supervisor know, and happy volunteering!
- December 6 - National Day of Remembrance and Action on Violence Against Women (Canada)
- December 10 - Human Rights Day - (UN)

Healthy Christmas treat everyone can enjoy!



"These little skewers are simple to make and a great addition to your appetizers at any Christmas party."

Grinch Kabobs

Prep - 30 m Ready In - 30 m

Recipe By: CNM CATERING

Ingredients

- 24 green grapes
- 1 large banana, cut into 24 slices, or as needed
- 24 hulled strawberries, tips removed
- 24 miniature marshmallows
- 24 toothpicks

Directions

Thread 1 grape, 1 banana slice, 1 strawberry (narrow end facing up), and 1 marshmallow onto 1 toothpick to resemble the Grinch's head in his red hat. Repeat with remaining grapes, banana slices, strawberries, and marshmallows.

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Winter Supply Drive

—Organized by the CMMHC Safety Committee



We all know that Minnesota winters can be tough... especially if you don't have the appropriate winter gear.

To show that we are Minnesota Nice, we will be collecting winter hats, mittens, gloves, scarves, and coats that are new or clean and gently used to share with our clients in need.

We will be accepting donations from 12/1/17-1/12/18 at the following locations:

- *St Cloud Main Campus- Buildings A & B
- *Midtown 218
 - *Buffalo
 - *Elk River
- *Monticello



Items can be shared with clients at your location or distributed to Day Treatment, Crisis, Detox, Focus XII, & IRTS who will hang onto the winter gear and share them as needed.

Thank you for your support!!

CMMHC's Wellness Committee

Mission Statement:

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of Wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health.
- Support a sense of community

Brought to you by your

Central Minnesota Mental Health Center

Wellness Committee

- Ashley Conner
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- Marie Fisher
- Steven Loos
- Maggie Dilks
- Brie Frantesl

