December is a month packed with a lot of different holidays. While they have some differences, they all include family and friends getting together.

- **Kwanzaa**: A week-long African American holiday celebrating the end of the year harvest that has taken place in Africa for thousands of years. The seven days celebrate African and American history and culture.

- **Hanukkah**: A week long Jewish holiday celebrating the rededication of the Temple in Jerusalem. The eight candles on the menorah are lit to symbolize the flame that burned within a lantern in the Temple of Jerusalem.

- **Christmas**: A Christian holiday celebrating the birth of Jesus Christ. This holiday is typically celebrated with presents that represent the presents Jesus received for his birthday.

Join us on December 19th as we get together to celebrate the holiday season!

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**Santa’s Coming to Anchor House!**

Join us as we celebrate the holidays  
**Thursday, December 19, 2019**  
5:00-7:00pm

St. Francis School of Nursing Crean Hall Auditorium, Trenton NJ

**Must enter through School of Nursing doors on St. Francis Avenue**

*Please RSVP to Irene Hosszu by Dec. 12*  
(609) 396-8329  
lhosszu@anchorhousenj.org
Youth Advisory Council

This month the YAC team attended not only some awesome and fun events, but we also attended some life lesson events as well. The YAC team and the Princeton University students joined forces to come up with a plan to end Gun Violence in our city. Not only do we want to see a decrease in gun violence in our city, but we also want to see the percentage of people Homeless and in Poverty decrease as well. The guest speaker at Princeton University not only taught us the cause and effects of Homeless and poverty, but he also taught us how to get ourselves out of that situation. He also taught us how to find resources within our community that will help us out if we ever came across Homelessness and Poverty. This Month Princeton University was definitely the place for us. Not only did we learn about homelessness and poverty but we also got a chance to tour their campus and learn about the ways to move on and off campus........ And I mean who can’t forget about PJ’s (The Pancake Joint). Ending our monthly events we got the chance to not only meet Yusef Salaam, but hear his story as well (When They See Us). The story of how the court system was making him out to be somebody he wasn’t. We can all agree that November was an AMAZING month for us.

-Wayne, YAC Member
The first day of December is World AIDS Day and this year’s theme is “Communities Make the Difference”. The goal is to show the role that communities play in the past and present that affect us an international, national and local levels. Communities have a role in making a difference in their member’s lives by advocating and offering services to help their fellow members.

The population of young people who are most exposed to HIV/AIDS:
- Young sex workers
- Young transgender people
- Young men who have sex with men
- Young people who inject drugs

How to live with being Positive:
- Taking responsibility for your own health
- Sharing if the time is right or if it is your choice
- Having relationships
- Have safe sex with your partners
- Either using a male or female condom
- Sharing the responsibility for safe sex with your partner

Young people who engage in these acts are most susceptible to HIV/AIDS:
- Participating in unprotected sex
- Having sex early
- Not using condoms
- Having older sexual partners

HIV/AIDS Support Services in the Great Mercer County area:

**Mental Health**
Catholic Charities/Diocese of Trenton
39 North Clinton Avenue, Trenton, NJ 08609
609-394-9398

VA NJ Healthcare System
3635 Quakerbridge Road University Office Plaza 1
Trenton, NJ 08619
609-570-6600

Substance Abuse
New Horizon Treatment Services Inc
132 Perry Street
Trenton, NJ 08618
609-394-8988 x7135

Hamilton Treatment Services
3444 Quakerbridge Road Building 1-A
Trenton, NJ 08619
609-838-9067
Thank you everyone for coming to Anchor House’s Thanksgiving Party! It is always such a blast to gather with everyone and share our gratitude.
Here are five tips to help you make and keep your New Years Resolutions

1. **BE REALISTIC**

The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favorite food again is setting you up to fail. Instead, strive for a goal that is attainable, such as avoiding it more often than you do now.

2. **PLAN AHEAD**

Don’t make your resolution on New Year’s Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31st arrives.

3. **OUTLINE YOUR PLAN**

Decide how you will deal with the temptation to skip that exercise class or have that piece of cake. This could include calling on a friend for help, practicing positive thinking and self-talk, or reminding yourself how your “bad behavior” will affect your goal.

4. **MAKE A “PROS” AND “CONS” LIST**

It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

5. **TALK ABOUT IT**

Don’t keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best-case scenario is to find a buddy who shares your New Year’s resolution and motivate each other.

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**Connect to Home Tenant Meeting**

**December 17, 2019**

**Location:** 740 Greenwood Ave. **Time:** 1-3:00 pm

Please **RSVP** to Rosario at (609)218-5630. If needed, transportation will be provided. Come out and enjoy a fun day of fun, snacks and bonding.

We will have a **Special Appreciation** dedicated to Lori Trani from Capital Health for all of her hard work with our youth.
How to Stay Mentally Balanced this Holiday Season:

- Acknowledge your feelings: If you are feeling sad or lonely, recognize that your feelings are valid.
- Ask for help if you need it: If feelings of sadness or loneliness occur frequently, do not feel ashamed to ask for help if you need it.
- Reach out: Attend social events in the community that can offer companionship and support. This can widen your friend group and lift your spirits.
- Don’t abandon your healthy habits: During the holiday season, our activity levels typically slow down and more rich foods are available, which might lead to overindulging. Try to stay active and limit consumption, not eliminate it.
- Stick to a budget: It is easy to spend more during the holiday season. Try to make a budget, buy presents during Black Friday, and host a Secret Santa with friends and family so the costs are not that high!

Seasonal Affective Disorder

Seasonal Affective Disorder (SAD), commonly referred to as seasonal depression, is a separate form of depression that occurs in early fall and continues late into the winter semester due to the change in seasons.

Warning Signs of SAD

If you experience fatigue, decreased interest in activities, hopelessness, depression, and/or mood changes during the winter months, reach out to a mental health professional about your symptoms.

SAD Treatment

Common treatments include: talk therapy, light therapy (phototherapy), and medications.
Easy Holiday treats you can make in your apartment!

Fudge is probably one of the easiest things to make since it only needs 2 ingredients and a microwave. There are many toppings that can be added, such as candy canes, M&Ms, or caramel. With all of the variety, you’ll never run out of dessert ideas.

Ingredients You’ll Need for Fudge:

- Sweetened Condensed Milk
- Semi-Sweet Chocolate Chips
- Salt
- Vanilla
- Walnuts or pecans (optional)

How to Make Fudge in the Microwave:

- In a medium microwave safe bowl stir together chocolate chips, sweetened condensed milk and salt.
- Heat in microwave on 50% power in 30 second increments, stirring well between intervals, until melted and smooth (it should take about 5 – 6 cooking periods).
- Stir in vanilla and nuts. Spread into prepared dish and chill until set, about 2 hours. Cut into squares.

Chocolate Marshmallow Peanut Butter Squares

- 1 can (14 ounces) sweetened condensed milk
- 1 package (11 ounces) peanut butter and milk chocolate chips
- 1/2 cup milk chocolate chips
- 1/2 cup creamy peanut butter
- 1 teaspoon vanilla extract
- 1-1/2 cups miniature marshmallows
- 1 cup broken miniature pretzels
- 1 cup Rice Krispies

Directions

- Place first 5 ingredients in a large heavy saucepan; cook and stir over low heat until smooth and blended, about 5 minutes (mixture will be very thick). Remove from heat; stir in remaining ingredients. Spread into a greased 13x9-in. pan.
- Refrigerate, covered, until firm, about 4 hours. Cut into squares. Store in an airtight container in the refrigerator.

Hot Chocolate

Is there anything better than hot chocolate on a cold winter day? Nope. There are so many different mixes you can buy where you just need to add water, and voila! Your hot chocolate is ready. If you are dairy free, like me, then finding a mix is hard but hot chocolate is still do-able. Just use the recipe on the side of Hersheys cocoa powder, but use almond milk instead of cow's milk. Hot chocolate is just a walk to the microwave away.
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<td>8 Girls Forum @ Lawrence Library 1-4:30pm</td>
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<td>11 General YAC meeting 4:30pm @ Greenwood Anchor Line Life Skills 4-5 PM</td>
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<td>17 General YAC mtg (preparing for 2020) 4:30pm @ Greenwood</td>
<td>18 Anchor Line Life Skills 4-5 PM</td>
<td>19 Agency Holiday Party 5-7pm @ St. Francis</td>
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<td>21 “Every Ghetto, Every City” exhibition 1pm in Trenton</td>
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Please call to confirm attendance to any group sessions. Transportation provided to all groups see your Case Manager to sign up.