

Inlet Grove Community High School

Employee Health Newsletter

The Great Depression

By Baron Brown

Depression is a brain disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life. . Depression is frequently ignored or untreated. The condition often prevents people from taking steps to help themselves.

Signs of Depression

- ◆ Loss of pleasure in all activities.
- ◆ Feelings of fatigue or lack of energy.
- ◆ Difficulty with concentration or memory.
- ◆ A change in sleep pattern.
- ◆ An increase or decrease in appetite.
- ◆ Feelings of worthlessness and self-blame or exaggerated feelings of guilt.
- ◆ Unrealistic ideas and worries.
- ◆ Thoughts of suicide.

Mental health professionals who may be consulted include psychiatrists, clinical psychologists, and masters-level therapists. These are prescribed by physicians, generally a psychiatrist, after a thorough evaluation. A positive effect is usually felt within a few weeks. Some types of mood disorders require specific medications.

Suicide is the second leading cause of death in the United States. A major cause of suicide is mental illness, very commonly depression. People feeling suicidal are overwhelmed by painful emotions and see death as the only way out, losing sight of the fact that suicide is a permanent "solution" to a temporary state. Suicidal thoughts may be fleeting or more frequent, passive (e.g., "What if I were dead?") or active (e.g., thinking of ways to kill oneself, making a plan).

While suicide is often hard to predict, there are some warning signs:

- ◆ Being depressed or having other mental disorders
- ◆ Talking directly or indirectly about wanting to die or "not be around"
- ◆ Giving away valued possessions; making other preparations for death

A sudden change in mood

While anyone can become suicidal, there are certain risk factors that make suicide more likely:

- ◆ Previous suicide attempts
- ◆ Having a family member or friend who recently killed themselves
- ◆ Alcohol and drug abuse
- ◆ Feelings of hopelessness

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Save The Date!

December 6-12 is National Influenza Vaccination Week. If you haven't gotten your flu vaccine yet, now's the time! An annual flu vaccine is the single best way to prevent this serious illness.



Announce, Inform, Defeat & Save

By Taylor Douglas

World AIDS Day, designated on December 1 every year since 1988, is dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection, and mourning those who have died of the disease. HIV (Human Immunodeficiency Virus) gradually attacks the immune system, which is our body's natural defense against illness. AIDS (Acquired Immune Deficiency Syndrome) is caused by HIV; it is the last stage of HIV infection where the body can no longer defend itself and may develop various diseases, infections and if left untreated, death. There is NO cure for either HIV or AIDS!

How to transmit HIV:

- Blood
- Semen and pre-seminal fluid (pre-ejaculation)
- Rectal fluids/anal mucous
- Vaginal fluids
- Breast milk
- Passed from mother to baby
- Unprotected sex

Important facts:

- ◆ HIV/AIDS remains one of the world's most significant public health challenges, particularly in low- and middle-income countries.
- ◆ More than 35 million people live with HIV worldwide. HIV is not airborne and can't be transmitted through Skin to skin contact, hugging, kissing, sharing cups.
- ◆ HIV does not survive long outside the human body.



"Christmas is the perfect time to celebrate the love of God and family and to create memories that will last forever." ~Joel Osteen

Spotlight: Nancy Mackey, Nurse

Teaching Motto:

"A teacher can open the door, but the student must walk through" - Chinese Proverb

How did she know she wanted to become a teacher?

It wasn't really planned, she shadowed for a group of nursing students and she enjoyed the experience, so when she was offered the position as a teacher at Inlet Grove CHS she was more than happy to accept it.

What are three personal attributes teachers should own?

- I. Good sense of humor*
- II. You have to care about the students, believe in them and believe that each student has the capability to become successful adults*

III. Carelessness

What profession other than your own would you attempt?

Veterinarian, father was one.

All-time favorite lesson/unit activity?

Enjoys reading case studies for her LPN students and interacting with the students during simulations for her CMAA/AHA class.

Greatest misconception about teachers?

*Teachers know everything.
"Students teach me to become a better teacher," Mackey said, "I am also a student."*



Eggnog Ice Cream... Yummy in my Tummy!



Ingredients

- 4 egg yolks
- 1/3 cup sugar
- 1 pint whole milk
- 1 cup heavy cream
- 1 teaspoon freshly grated nutmeg
- 3 ounces bourbon

Total Time

10 hr 25 min

Prep:

15 min

Inactive:

10 hr

Cook:

10 min

Directions: In the bowl of a stand mixer, beat together the egg yolks and sugar until the yolks lighten in color and the sugar is completely dissolved. Set aside.

In a medium saucepan, over high heat, combine the milk, heavy cream and nutmeg and bring just to a boil, stirring occasionally. Remove from the heat and gradually temper the hot mixture into the egg and sugar mixture. Then return everything to the pot and cook until the mixture reaches 160 degrees F. Remove from the heat, stir in the bourbon, pour into a medium mixing bowl, and set in the refrigerator. Chill the mixture in the refrigerator until it reaches a temperature of 40 degrees F, approximately 4 to 6 hours.

Once chilled, process in an ice cream maker according to the manufacturer's instructions. Serve as is for soft-serve, or place in an airtight container and put in the freezer for 2 to 4 hours for traditional ice cream.



Christmas Joy!

1. What do the elves sing to Santa Claus on his birthday?
2. How does Santa take pictures?

Christmas is forever, not for just one day,
for loving, sharing, giving,
are not to put away
like bells and lights and
tinsel, in some box upon a
shelf. The good you do for
others is good you do
yourself.

By Norman W. Brooks

Holiday Tunes

- Away in a Manger
- Choir of the Bells
- Dominick the Donkey
- Frosty the Snowman
- Holly Jolly Christmas
- Jingle Bell Rock
- Jingle Bells
- Let it Snow
- Little Drummer Boy
- Little St Nick
- O Holy Night
- Rudolph
- Santa Baby
- Silent Nigh
- Silver Bells
- The Christmas Song
- The First Noel
- Winter Wonderland

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

Chicken Scratch NY

Courtesy of Pinterest

2) With his North Pole-roid

1) Freeze a jolly good fellow

Answers

December 2016

Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1 World AIDS Day	2	3
4	5	6	7	8 LTM/PDD	9	10
11	12  Gingerbread House Day	13	14	15	16	17
18	19	20	21 Winter Solstice	22	23	24 Christmas Eve
25  <i>Christmas</i>	26  HOLIDAY	27  HOLIDAY	28  HOLIDAY	29  HOLIDAY	30  HOLIDAY	31 NEW YEAR'S EVE

