



**December is National Drunk & Drugged Driving Prevention Month**



<https://www.ncadd.org>

Each day, 36 people die and more than 700 others are injured in car accidents involving a drug or alcohol impaired driver. This number rises dramatically during the holiday season, most especially on Thanksgiving, Christmas Eve and New Year's Eve. Do your part to protect your loved ones this holiday.

- Always have a designated Driver.
- Don't let ANYONE drive while under the influence.

For more information, visit:  
[www.cdc.gov/ncip/duip/spotlite/3d.htm](http://www.cdc.gov/ncip/duip/spotlite/3d.htm)

**Keeping Your New Year's Resolution!**

Is your New Year's resolution the same as last years? Do you ever try to keep with your resolution but end up giving up two months into the year? Here are some tips for making and keeping resolutions in the New Year.

1. **Be Realistic.** The Problem with most resolutions is that they're unreachable to begin with and leave you feeling like a failure. Vowing to lose 50 pounds or run a 10k marathon can be overwhelming, so try setting smaller, specific goals, like exercising at least 4 times a week or getting 5 servings of fruits and veggies a day.
2. **Be accountable.** The trick to sticking with a resolution is accountability. Find someone who will hold you accountable to your goals and who will exercise with you. That way, when you don't feel like making it to your after-work gym session, he or she will push you to do it.
3. **Stay away from deadlines.** Don't restrict your progress by setting a cutoff date. Saying you're going to quit smoking cold-turkey by February is setting yourself up for failure. Instead, make it a year-long, or lifelong, habit you can slowly adapt to.
4. **Get help.** If you aren't sure where to begin, don't hesitate to ask for assistance. Your doctor can be a wealth of information, and there are also personal trainers, nutritionists, and other professionals who make it their goals to help people.

Just remember, your resolution is a personal choice, not an obligation. So don't beat yourself up if it's taking longer and more work than you thought. Be patient with yourself, and you'll be able to toast to a Great Year!



**Featured Rewards Partners**



Visit Moylan Party World for all your celebration needs and get 15% off all items including special orders of helium balloons, popcorn & cotton candy. Call 472-6822 for more information.



Check out Mosa's Joint and receive 10% off any healthy menu item (hummus, Baba Ghanouge, Fish and Shrimp wrap and salads, veggie wraps and veggie burgers.) Call 969-2469 for more information.



Remember to show your NetCare member cards at all 76 Circle K locations to receive 15 cent per gallon off fuel, not to be combined with other discounts or promos. For more information call 482-1636.



As a reminder to our members, our office holiday hours will be as follows:  
 December 8: 8am-3pm  
 December 18: 8am-12pm  
 December 24: 8am-12pm  
 December 25: CLOSED  
 January 1, 2016: CLOSED

Happy Birthday To All Our December Members!

From: Your NetCare Family



*Did you know?*

I got my diabetes from eating too much sweets!

**FALSE!** Diabetes occurs when the body cannot properly produce or use the hormone insulin (responsible for breaking down sugar), so our blood becomes saturated with high glucose or sugar levels. Diabetes is not caused by eating too much sweets, although too much of any food can make you obese, which is a risk factor for diabetes.

### Fitness Reward

Get rewarded for working out! Call customer service at 472-3610 for more details regarding the fitness reward benefit under your plan.



Here are some tips to remember when shopping for Christmas gifts:

- Do NOT give toys with small parts (including magnets and "button" batteries which can cause serious injury or death if ingested) to young children as they tend to put things in their mouths, increasing the risk of choking. If the piece can fit inside a toilet paper roll, it is not appropriate for kids under age three.
- Do NOT give toys with ropes and cords or heating elements
- Do NOT give crayons and markers unless they are labeled "nontoxic".
- Inspect all toys before purchasing. Avoid those that shoot or include parts that fly off. The toy should have no sharp edges or points and should be sturdy enough to withstand impact without breaking, being crushed, or being pulled apart easily.

<https://www.healthtradition.com>

## FLU SHOTS



As a NetCare member, you can now get your Flu Shots at the Kmart Pharmacy at no cost to you, Please check in at the Pharmacy window on Monday-Fridays 9am-8pm, Saturdays 9am-6pm and Sundays 10am -5pm. Call customer service for more information. This is a limited time offer while supplies last.



**24 Hour NURSE LINE: 1-877-585-5376**  
The NetCare 24 hour Nurse Line provides information based on physician-approved guidelines such as: general information on all types of health concerns and answers about medication usage and interaction. The NetCare Nurse Hotline is an immediate, reliable and caring source of health information, education and support and the call is toll free.

\*Please have your member id number ready for them assist you.

### Russian Tea Cake Better known on Guam as: SANDIES



#### Ingredients

- 1 cup butter or margarine, softened
- 1/2 cup powdered sugar
- 1 teaspoon vanilla
- 2 1/4 cups Gold Medal™ all-purpose flour
- 3/4 cup finely chopped nuts
- 1/4 teaspoon salt
- Powdered sugar

#### Directions

- 1 Heat oven to 400°F.
- 2 Mix butter, 1/2 cup powdered sugar and the vanilla in large bowl. Stir in flour, nuts and salt until dough holds together.
- 3 Shape dough into 1-inch balls. Place about 1 inch apart on ungreased cookie sheet.
- 4 Bake 10 to 12 minutes or until set but not brown. Remove from cookie sheet. Cool slightly on wire rack.
- 5 Roll warm cookies in powdered sugar; cool on wire rack. Roll in powdered sugar again.

#### Nutrition Information:

Serving Size: 1 Serving  
Calories 75 Calories from Fat 45 % Daily Value: Total Fat 5 g 5%  
Saturated Fat 1 g 1% Cholesterol 0mg 0% Sodium 55 mm 55%  
Total Carbohydrate 6 g 6% Dietary Fiber 0g 0% Protein 1 g 1%  
\*Percent Daily Values are based on a 2,000 calorie diet  
<http://www.bettycrocker.com>



*Merry* CHRISTMAS AND A HAPPY *New Year*