It’s the Holiday Season: Balancing kid expectations, your diet, and family obligations
Today’s Topics:

1. Helping our kids set expectations for the holidays
2. Living with diabetes and enjoying the holidays
3. Helping employees balance work and family obligations
4. Latest on COVID-19
It's the Holiday Season: Balancing kid expectations your diet, and family obligations

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Please use the chat function to ask your questions at anytime.
Helping our kids set expectations for the holidays
Validating the effects of COVID-19 – A review

Grief and Loss Stages (Elisabeth Kubler-Ross)

1. Denial: Allows us the time to start to adjust to the loss
2. Anger: May give us a temporary structure to what we're feeling versus feeling lost
3. Bargaining: “What if” and “If only” thinking while we try for a temporary truce
4. Depression: Is the appropriate response to loss!
5. Acceptance: Doesn’t mean you’re “ok” with the loss, just that you’ve accepted the reality

The Big Idea: These stages help us process our grief experience and gives us a common language to understand our feelings.
Welcome to the 2020 Holiday Season....sort of.....

Low Risk
- Small, immediate household members gathering
- Contact-free meals (self-serve and “to go”)
- Watching events (parades/sports) from home
- Online shopping

Moderate Risk
- Large, outdoor gatherings
- Events that include people outside of your immediate family
- Public spaces that attract lots of visitors
- Attending outdoor sporting events

High Risk
- Large, indoor gatherings
- Gatherings with individuals outside of most immediate family
- Long-lasting events
- Shopping in crowded stores
- Attending crowded public events
- Substance use (clouds judgement and increase carelessness)
Supporting youth across all ages

0-3 years old

• Take off the pressure!
• Keep things simple
• Give lots of attention, quiet time, and snuggles
• Give yourself permission to scale back on gifts and elaborate celebrations

4-6 years old

• Focus on creating new traditions together
• Try out some new crafts or making different meals together
• Validate that it’s OK to feel sad, angry, or disappointed
• Try out some virtual visits from Santa and with extended family/friends

Supporting youth across all ages

6-12 years old

• Reinforce safety precautions
• Validate all feelings
• Focus on resiliency building
• Engage youth in developing ideas on how to make holidays special this year
• Try out some new and fun self-care/relaxation strategies together

13-18 years old

• Check in (verbally or non-verbally) often and make yourself available if they need to talk
• LISTEN & watch for signs of being “off”
• Give choices where you can (offer a sense of control)
• Encourage creativity on community engagement (donations, letters to folks who are sick, or a food drive)

Creating New Traditions, New Memories

“Innovation is the ability to see change as an opportunity – not a threat.” – Steve Jobs

- Embrace technology
- Community connections
- Take lots of pictures to post/scrapbook
- Mix up the “recipe”
- Manage expectations
- Build the excitement
- Remain judgement free
- Lean into the possibilities
And, don’t forget...
Healthy Life Resources

The mental and emotional well-being of your organization is critically important. Northern Light Acacia Hospital has expertise in helping people of all ages express to prevent depression, anxiety, and trauma. Through Healthy Life Resources, we offer a comprehensive, coordinated, and actionable set of supports for your organization to promote mental and emotional well-being.

**Self-Guided Support**

Employees can access mental wellness resources on demand through MyStrength, a self-guided, digital, evidence-based platform that provides resources and interactive activities to help employees reduce stress and negative feelings. Those who use MyStrength will also have access to a personal and confidential mental wellness coach.

**Leadership Support**

Web-based training focused on recognizing the signs and symptoms of stress in yourself and staff using a simple, three-step model to utilize during staff meetings and team huddles. This service also provides practical ways to prevent compassion fatigue and burnout, and provides a training, L.I.E.A.N.

**Resiliency Training/Development**

Resilience is the ability for individuals, teams, and organizations to adapt to change through a crisis with integrity, compassion, and respect. Organizations can access a comprehensive, evidence-based resiliency plan tailored for the unique needs of the individual organization.

**Critical Incident and Stress Management**

This service is an on-demand virtual or in-person training provided by Northern Light Acacia Hospital clinical experts when an organization experiences acute or persistent stress. This service focuses on minimizing anxiety, improving employee wellness, and increasing resiliency.

**School-based Services**

Our school-based services address the growing need for accessible mental health in the school setting. Learn more about these service options, including our Student-Based Behavioral Health Center which provides a dedicated mental health advocate within your school. This clinician is easily and readily accessible to students and their families, as well as providing support to district education and staff members.

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**How to access**

Contact Angela Filecic, LCSW  
207.949.6684 or  
aflecic@northernlight.org.
Living with diabetes and enjoying the holidays
November is National Diabetes Month

Halloween Candy
Thanksgiving
Holiday Parties
New Year’s Eve
Have a Plan..... Heading into the Holidays

Continue to Make Healthy Choices

Continue to Participate in Purposeful Physical Activity
It is a Choice.....

What must you have?
What are you willing to give up?
Trading one for another?
Enjoy Your Family and Friends

Don’t get stressed out!!
Helping employees balance work and family obligations
A Juggling Act

- Work
- Family
- Social
- Emotional
- Physical
- Spiritual
- Financial
What is the Cost?

- Loss of Wages
- Impact on Work Performance
- Impact on Emotional and Physical Health
- Limited choices
- Employer not Aware
- Leaving Workforce
- Economic Impacts
- Lack of supportive Policies
The Empty Cup Theory

✓ Talk about Self Care
✓ Offer ideas
✓ Make it Fun
✓ Make it Easy
✓ Do it for yourself
Resources for Employers

Supporting Caregivers

Work Life Balance
- [https://www.entrepreneur.com/article/352278](https://www.entrepreneur.com/article/352278)

Helpful Maine Resources
- [https://www.equalitymaine.org/COVID19resources](https://www.equalitymaine.org/COVID19resources)
- [https://www.maine.gov/dhhs/coronavirus-resources](https://www.maine.gov/dhhs/coronavirus-resources)
- [https://strengthenme.com/](https://strengthenme.com/)
- [https://www.mainepsych.org/resources/covid-19-resources/](https://www.mainepsych.org/resources/covid-19-resources/)
Northern Light Home Care & Hospice
Locations:
Serving Cumberland, York, Kennebec, Somerset, Penobscot, Hancock, and Aroostook counties.

Bangor
885 Union Street, Suite 220

Ellsworth
441 Main Street

Presque Isle
18 Green Hill Drive, Suite 1

South Portland
50 Foden Road, Suite 1

Waterville
325-D Kennedy Memorial Drive

Experience the difference Northern Light Home Care & Hospice can make for you and your family.

To make a referral
Central Intake
Phone: 866.591.8843
Fax: 207.400.6894

For Information call
800 757.3326

Main Office
50 Foden Rd. Suite 1
South Portland, ME 04106
Phone: 800.767.3326
Fax: 207.756.8576

northernlighthomecarehospice.org

“I can’t say enough about this team. They have been like family to us. My husband has received excellent care from them.”
Latest on COVID-19
COVID-19 Numbers

The New York Times

Average daily cases per 100,000 people in past week:

- 8 cases
- 24 cases
- 40 cases
- 56 cases

Few or no cases

Double-click to zoom into the map.

Daily reported new cases

100 cases

7-day average

New cases

Where to go for testing across Northern Light Health

**Screening**
- Until more rapid availability of PCR Tests, symptoms are best +/- Temperature
- Consider simple “Are you feeling unwell?”
- Utilize [CDC Symptom Checker](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptom-checker.html)

**Where to go**
- Changes almost daily
- Best to reach out to local facilities
- [https://northernlighthalth.org/Resources/COVID-19/Testing](https://northernlighthalth.org/Resources/COVID-19/Testing)
Do the FIVE:

STOP the spread of coronavirus

1. HANDS Wash them often
2. ELBOW Cough into it
3. FACE Don’t touch it
4. FEET Stay more than 6ft apart
5. FEEL sick? Stay home
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Use the chat function to ask your questions:
Tools you can use:

https://northernlighthealth.org/Resources/Safe-Return-to-Business

Safe Return to Business

As an employer, we are right here with you, navigating the same uncharted COVID-19 waters you are. We have learned a thing or two along the way and we want to share with you. As a healthcare system, Northern Light Health has in-house experts who can offer guidance to help you safely welcome your employees, customers, volunteers, and students. We are working through these concerns every day in our ten hospitals and at our more than 100 other locations across Maine. We look forward to helping you!

One-hour Zoom Conferences Twice a Month on Thursdays at 11am

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Northern Light Health

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For more information or to submit a topic for a future Zoom Conference:

Contact:
Lanie Abbott
Director of Communications
lwabbott@northernlight.org
Join us Thursday, November 19: COVID-19 Updates

Topics:

• Safe ways to celebrate the holidays in the workplace
• What is Corona Phobia?
• Me Counting on You - Maine State Chamber Campaign to support local businesses
• COVID-19 and Cold and Flu Season
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