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UPCOMING EVENTS

November–December

Marine Corps Reserve Toys for Tots Drive

November 9, 2011

Natural Solutions to Holiday Stress—Lecture

December

Holiday Referral Program

The 25 Days of Christmas—WIN PRIZES!

December 7, 2011

Increase Your Holiday Cheer—Lecture

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Go to: www.AlleghenyHealth.com
for more information about our Offices.



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MARINE CORPS RESERVE



During the months of November and December, Allegheny Health & Rehabilitation Center will be hosting a Toys for Tots Drive to collect new and unwrapped toys at each of our 3 office locations. To donate a toy, bring in a new, unwrapped toy and it will be donated to local children around our areas to ensure that every child gets the Holiday Season that they deserve.

ABOUT TOYS FOR TOTS

The goal of Toys for Tots is to deliver through a new toy at Christmas, a message of hope to needy children that will help them to grow into responsible, productive, patriotic citizens and community leaders. We know from the smiles on children's faces and the appreciation from their parents, that the simple gift of a shiny, new toy - something that many take for granted, can make a tremendous difference in the life of a child. Help bring hope to our local children!

6 Holiday Stress Reduction Tips

How to Create Memories Not Madness

The festive season is fast approaching and for many people stress, depression and anxiety can make this season anything but merry. You probably know what you have to do between now and December 31 - or at least you have an idea. Do you have notes scribbled on parking tickets, stickies and other scraps of paper?

Setting ambitious goals and achieving them is a good thing as long as they represent what you truly want. This month is a perfect time to explore what you love, what you don't, and what makes a holiday a time of joy and peace.

Follow these 6 stress reduction tips for avoiding burnout during the holidays:

1. Write it down: On a sheet of plain paper, create two columns. In the left column, write down the things on your to do list for this month. In the right, describe

the hoped for outcome. Then take an objective yet personal look at the list: do you want to change the amount of effort you put into some of the tasks? Do you want to cross off certain chores altogether? This exercise is a wonderful way to lighten your load from the very beginning

2. Lower your expectations: The holidays can be exciting! Being with loved ones, holiday decorations, lights, presents and much feasting! As the season approaches, expectations increase. Try not to place high expectations on how events will unfold. Always expect the unexpected. Remember people may react unpredictably and surprisingly. Avoiding high expectations leads to a more calm and peaceful state. Choosing to release attachment from outcome will not only reduce stress but cultivate balance and spaciousness throughout the holidays

3. Plan ahead: Once you have made your list from tip #1, make a detailed plan for all of the things you need to do. Be thorough and try to do as much in advance as

possible. The more you can get done before the holidays, the less stressful the season will be. Include shopping, decorations, wrapping, meal preparation, sending cards, visiting family, and a schedule for the celebration days. Becoming organized will help you to get more done and feel less stressed. Make checklists so you can mark progress as you go. Another great tip is to have a backup plan in case things go awry.

4. Delegate: Happy holidays may take much work. The festive dinner alone can be difficult work for the cook! Too much work leads to stress and burnout so make sure everyone shares the workload. It's true - many hands make light work - and they also reduce stress in doing so. Involve everyone in the household!

5. Family: As much as the holidays are about spending time with family, having family visit can be highly stressful. Not all families get along, and stress levels can soar at get-togethers. If you have family members who are unappreciative,

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argumentative, aggressive, sulky - the kind of people who will spoil the day - then say "no!" and don't invite them. The holidays are about joy and happiness. Your only duty is to your immediate family - your spouse, partner, and your children - not to any other family members. If you know there are going to be fireworks, make everyone's day memorable by inviting wisely.

6. Set your budget and stick to it: It's really tempting to spend money during the holidays and many people create huge debts doing so. The debt then becomes a major stress factor after the holidays have ended. You don't need to buy people expensive gifts and you don't need to go into debt to impress people. The internet is a fantastic source for finding creative and imaginative gift that show thoughtfulness. Debt is to stress what pizzas are to waistlines and you can pay a heavy price for impressing people. Stick to your budget and you will reduce stress, not just over the holidays but for many months after.

Do You Have a Special Family Holiday Tradition?

We Would Love For You to Share Your Traditions With Us.

If you don't have one here are a few easy ways to make the holidays that much more special for you and your family!

Most kids crave novelty--the newest video game, the wildest CD-ROM, the latest, greatest... well, you know the drill. But, at the holidays, they're transformed from thrill seekers to traditionalists. If your family has done it before, your kids will want to do it again. There's something reassuring about pulling the top off the old

ornament box or polishing the menorah your grandmother polished before you. In a world where nearly everything's disposable, traditions remind us that some things were meant to last.

Remember The Animals

Legend has it that on Christmas Eve, all animals are granted the ability to speak until daybreak. While the following tradition doesn't guarantee you a verbal thank-you from the neighborhood wildlife, it's a nice way to treat your animal friends when food is scarce.

You don't need to be elaborate--putting out birdseed or peanut-butter sandwiches for the squirrels will suffice. But for a truly lovely twist, you can take a cue from the Waterman family of St. Charles, Missouri. Inspired by Eve Bunting's book *Night Tree*, the Watermans get together each year with friends and family and trek into the woods to decorate a tree for the animals. The evening begins at home, with the preparation of appropriate goodies: pinecones rolled in peanut butter and birdseed, popcorn and cranberry garlands, orange and apple slices suspended from pipe cleaners. Once the feast is complete, the assembled throng bundles up and heads out into the night. Tree-decking is followed by sharing hot chocolate, holiday cookies and Christmas carols.

Celebrate the Solstice

It's no wonder that lights are part of every winter celebration. Twinkling against the backdrop of winter's darker days, they stand out as festive and cheery, especially on the longest night of the year--the winter solstice (December 22). Marking this day with a simple celebration of light is not only a nice way to teach your kids about the seasons, but it can also be a calming break from the hectic holiday pace.

Keep your celebration down to earth--a candlelit dinner or trip into the backyard to stargaze is ideal. But to really banish the darkness, set aside an hour or so to make luminarias--decorative paper bags filled with sand and small candles. To make one, decorate a brown paper lunch bag by tracing a simple pattern in pencil on one side, then punching out your design with a hole punch. Fill each luminaria with about 2 inches of sand and sink a votive candle or tea light in the center. Place the luminarias along a walk, patio or deck, light them (a grown-up's job) and bask in the glow.

Read a Holiday Story Every Night

What better way to invent a new tradition than to combine two old ones! In this case, we've melded the classic Advent calendar-- perennially popular with kids and adults--with another favorite family

pastime: holiday reading. Begin by collecting a stack of holiday and winter books and picking a date to start reading (December 1 is an obvious choice). Choose a title for each night you'll be reading, and write each title on a scrap of paper. (For longer works like *A Christmas Carol*, select an individual chapter.) Then stash all your scraps in a jar, and at the appointed reading hour let each family member take a turn picking the night's literary fare (no peeking, please, to maintain that Advent calendar element of surprise). You can also take turns reading; preliterate family members get to choose a designated reader.

Light A Remembrance Candle

Gone for most of us are the days when the entire family assembled for the holidays at Grandma's. Today, Grandma is just as likely to live across two time zones, as are uncles, aunts and cousins. So, how do you bring loved ones together? The Console family of Malden, Missouri, inspired us with a tradition they devised: Each year on December 12 (a birthday shared by a grandmother and two cousins), family members get together in spirit by lighting a candle and wishing one another a long-distance happy holiday.

To make the tradition your own, set a date for the big event and send invitations to all involved. Ask that everyone light a candle and send out wishes at an appointed hour (take time zones into account). To add resonance to the candle lighting, play some favorite holiday music and pass around mugs of hot cider.

We would like to



Welcome

Dr. Mark DeFilippo D.C. as our newest treating doctor at our Monroeville office location. Dr. Mark received his Doctor of Chiropractic degree from Sherman College of Straight Chiropractic. Upon graduating Dr. Mark settled down in the South Side of Pittsburgh where he and his wife are raising their three beautiful daughters. In his spare time, Dr. Mark enjoys riding horses with his wife and performing as a percussionist in a vintage belly dance band called ISHTAR.

10 Tips for Healthy Eating During the Holidays



Eat before. Eat a small meal that is heavy with veggies before attending a party. By eating a small meal before you won't be as hungry and therefore are less likely to over indulge.

Use appetizer plates. Using a plate helps to portion out the amount of what you are eating which helps prevent overeating.

Do not diet. During the holiday season do not start a new diet. Dieting during the holidays makes you feel restricted and frustrated when you attend holiday meals. Rather than diet focus on eating nutrient dense foods such as whole grains, fruits and vegetables.

Make time to be active. The holidays are busy for everyone and it's easy to not make time for physical activity. However one of the best ways to counter those cookies, cakes and creamy dishes is to make sure to incorporate 30 minutes of physical activity; this can be as easy as speed walking around the mall while doing your holiday shopping.

Listen to your body. One of the biggest things that we all fall victim to during the holidays is ignoring our bodies. Eat because you are hungry not because food is near or because you really want to try everything. Make sure to take a minute to listen to your body-are you really hungry?

Avoid hanging around the food. If you catch yourself socializing around the buffet table find a way to move the conversation into another room that doesn't have food. When you socialize around food, the more likely you are to snack more.

Don't skip meals. When you skip a meal your body goes into storage mode and when you finally do eat your body is trying to reserve as much fat and calories as it can because it doesn't know when it will get another meal. Also when you skip a meal you

are more apt to over eat because you are overly hungry.

Be weary of beverages. It is so easy to forget that beverages have calories as well. Be cautious of how many sodas, alcoholic beverages and other caloric beverages you drink. Try to stick with the 2 glass rule and then switch to seltzer or water.

Bring a healthy dish. Bring your favorite healthy dish to holiday parties. This is great for vegetarians and vegans because you know you have something great to eat besides chips. It also introduces your friends and families to something festive AND healthy!

If you don't want itdon't eat it! Avoid eating anything that you don't really want. During the holidays we have so many options if we try to eat everything we are going to find ourselves over indulging. At the start of the holiday season make a list of you favorite holiday dishes and focus on those being your holiday treats.

Healthy Holiday Recipe Sweet Potato Pecan Casserole

This casserole is everything you want in a holiday dish: It's satisfying, but won't leave you stuffed. Whip sweet potatoes with an egg to make them creamy without butter, then top with pecans for a decadent yet healthy crunch.

Ingredients



Cooking spray
3 1/2 pounds sweet potatoes (about 5 medium), peeled and cut into 1-inch chunks
1/3 cup honey
1 large egg
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/8 teaspoon ground ginger
Kosher salt
1 tablespoon packed dark brown sugar
1/3 cup finely chopped pecans

Directions

- Preheat the oven to 350 degrees F. Mist an 8-inch square baking dish with cooking spray.
- Bring a few inches of water to a boil in a pot with a large steamer basket in place. Put the sweet potatoes in the basket, cover and steam until tender, 20 to 25 minutes. Transfer the potatoes to a bowl and let cool slightly. Add the honey, egg, 1/2 teaspoon cinnamon, the nutmeg, ginger and 1/2 teaspoon salt; whip with an electric mixer until smooth. Spread the sweet potato mixture in the prepared baking dish.
- Mix the brown sugar, pecans and the remaining 1/2 teaspoon cinnamon in a bowl; sprinkle over the potatoes. Bake until hot and beginning to brown around the edges, 40 to 45 minutes.

Per serving: Calories 160; Fat 4 g (Saturated 1 g); Cholesterol 25 mg; Sodium 180 mg; Carbohydrate 31 g; Fiber 3 g; Protein 3 g