



## SURVIVAL TIPS FOR THE HOLIDAY SEASON



*A community of friends enjoying enriched, vibrant and independent lives together*

**Dear I'On At Home Members,**



### **Take control of the holidays**

Don't let the holidays become something you dread. Instead, take steps to prevent the stress that can descend during the holidays. Learn to recognize your holiday triggers, such as personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.

**Take a breather.** Make some time for yourself. Find an activity you enjoy.



**Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

**Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.



**Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations.

**Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

Courtesy of the Mayo Clinic 2022

***Here are the great Holiday events we've planned for you.***



Friday, Dec 8, is a special day when we all get together at **IAH's Annual Holiday Party** to celebrate the season with our friends.



Monday, Dec 11, **Baking Spirits Bright** is an opportunity to share your favorite Holiday Cookies.



On Tuesday, Dec 12, CSO's Concert Master, Yuriy Bekker, leads the CSO's String Quartet at a special in home **Holiday Concert** for our members.



On Monday, Dec 18, come join the fun and get together for **Cocktails & Caroling!**

## **IAH Members Celebrate the True Sprit of the Holiday Season**



This holiday season many I'On At Home members volunteered to play Santa for a child in need. Thanks to ECCO's Adopt a Family program and our members' overwhelming generosity, **56 children were adopted**. These children would not have received any holiday gifts without our support.

I'On elves Dale Brokaw, Kathy Coffman, Judy Dunn and Mary Wilbur organized the effort with special assistance from Dale's granddaughter, Molly. A special shout out to Dale Brokaw whose fund raising talent enabled us to increase the number of children adopted dramatically.

Last year one mother's words summed up I'On At Home's generosity:

*"It takes a special kind of person with a loving heart to share from their bounty with others. What a testament to the truth that kindness is still alive in this upside-down world. Thank you for making Christmas possible when it otherwise would not have been."*

We are, indeed, a community made up of many kind hearts.

To learn more about ECCO, please visit their website: [eccocharleston.org](http://eccocharleston.org)



### **AN IMPORTANT MESSAGE REGARDING UPCOMING EVENTS**

We've had a remarkable response to our seasonal events and several are now waitlisted. If you've signed up and aren't able to attend, please let us know and we'll make someone on the waitlist very happy!

Here's how to do this...**CLICK HERE** to go to the IAH website. Select "Events" and scroll through the list until you find your event. Let us know by posting a comment in the "Conversation About This Event" box and the bottom of the page.

Thank you, Your Program Committee



---

Below find a sample of upcoming activities that are available to you.

Click on the **Blue Bar** at the bottom of this Weekly Update for event details and sign up information.

We look forward to seeing you.



FREE

**GREAT DECISIONS DISCUSSION GROUP - CLIMATE CHANGE AND MIGRATION**

MON 12 / 04 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday

**04**



FREE

**WEEKLY IAH BIKING GROUP THURSDAYS - DEC. 7, 14, 21 & 28**

THU 12 / 07 / 2023 AT 8:30 AM

Interest Group

Members only (login required)

No RSVP required

Thursday

**07**



FREE

**YOU'RE INVITED TO MINGLE AND JINGLE! IAH'S ANNUAL HOLIDAY PARTY**

FRI 12 / 08 / 2023 AT 6:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Friday

**08**



FREE

**BAKING SPIRITS BRIGHT!**

MON 12 / 11 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday

**11**



FREE

**CSO'S STRING QUARTET LED BY YURIY BEKKER RINGS IN THE SEASON**

TUE 12 / 12 / 2023 AT 2:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Tuesday

**12**



FREE

**BROS N' BREWS AT COMMUNITY TABLE**

WED 12 / 13 / 2023 AT 4:30 PM

I'On At Home Event

Members only (login required)

RSVP required

Wednesday

**13**



FREE- BRING 2 BOOKS AN...

**BOOK SWAP: LEARN ABOUT PEOPLES FAVORITE BOOKS  
FROM THE YEAR AND AND OF ALL TIME**

SUN 12 / 17 / 2023 AT 11:30 AM

I'On At Home Event

Open to all

RSVP required

Sunday  
**17**



FREE

**COCKTAILS AND CAROLING**

MON 12 / 18 / 2023 AT 5:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Monday  
**18**



FREE

**BOARD MEETING**

TUE 12 / 19 / 2023 AT 3:00 PM

Board or Committee Meeting

Members only (login required)

RSVP required

Tuesday  
**19**



FREE

**HAPPY HOUR AT COMMUNITY TABLE**

TUE 12 / 19 / 2023 AT 4:00 PM

I'On At Home Event

Members only (login required)

RSVP required

Tuesday  
**19**



**CLICK HERE to see the latest information on  
upcoming IAH events and programs.**