As Unique as a Snowflake

People like snowflakes, come in a variety of sizes, shapes and are unique in structure. There are no two snowflakes alike, just like there are no two people alike. A snowflake is frozen one moment only to melt away and disappear the next. People cannot just melt away and disappear; they need to work hard to be present. Each person being unique in their own way.

As life expectancy is longer, we are faced with having to make more decisions. Some of these decisions are easy while others weigh heavily on our heart. There are days when we want to make those challenges and decisions disappear. Yet, we continue to search within and take strength from the goodness of those around us. You can bring a smile to someone who may otherwise feel alone by simply saying hello and acknowledging their presence.

We have become so busy that it is easy to get caught up in our own lives, often forgetting to notice those around us. During this Holy Season, take time from that busy life and let those around you know how much they mean to you. Rejoice in the uniqueness of each of them. Pray that you do not disappear like a snowflake. Take time to connect with a friend, neighbor, family member, or co-worker and let them know how unique and special they are. Our ministry is blessed to have each of you in our lives and we look forward to sharing all of your unique experiences throughout the coming year.

Have a wonderful holiday and a very Happy New Year. May God Bless You and keep you safe throughout the coming year.

Our Christmas Message

Every new snowflake comes to earth as a symbol of our Savior’s birth, because they are sent from up above and remind us of God’s care and love. Each flake is so intricate and small because Christ sees the details of us all, and just as two are never the same, the Lord knows and calls us each by name. So may every snowflake bring Christ to mind and in every bit of white you find a reason to celebrate anew and a reminder of His love for you.

Wishing you and your families a holiday season filled with God’s many blessings.
The Senior Companion Program, Inc. hosted its first fundraiser, "A Sentimental Journey" which took place on Sunday, October 26 at Infusino’s Banquet Hall. The afternoon was filled with music, laughter, food and friendship! We were delighted to see 350 people having a wonderful time listening or dancing to the big band music provided by the Howard Schneider Variety Band. The delicious appetizers and desserts were enjoyed by all. We are very grateful for all of the desserts provided by so many generous people and for all who helped to make this such a successful event. Profits received will provide support for the operating costs of the program.

**Tips to Stay Healthy All Winter**

- Wash hands frequently
- Stay well hydrated
- Limit the consumption of sugar
- Exercise — even mild movement is a benefit
- Eat healthy foods: vegetables, fruits, lean meat, whole grains, healthy fats
- Avoid others who are not feeling well
- Get plenty of rest

**Snowflake Hot Cocoa Recipe**

Making this tasty white cocoa in the slow cooker is a great way to keep it warm while you entertain this holiday season.

**Ingredients:**
- 2 cups whipping cream
- 6 cups milk (not skim)
- 1 teaspoon vanilla
- 1 package white chocolate chips (12 oz.)

**Directions:**
Stir together the whipping cream, milk, vanilla and white chips in a slow cooker. Cover and cook on low for 2-2 ½ hours, stirring occasionally until mixture is hot and chips are melted. Stir again before serving. Garnish as desired.

Optional garnishes: whipped cream, crushed candy canes, shaved chocolate, colored sprinkles, cinnamon stick

Yield: Serves 10