



# Kansas Consumer Connection

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## Happy (Almost) New Year!

It is that time of year again, so break out the pen and paper. That's right, it is time to write your New Years resolution. It may not surprise you, however, to learn that approximately 88% of all New Years resolutions fail. Some reasons why include resolutions being too vague or picking too many resolutions to do at once. For the purpose of this article we will include some tips to help make sure your resolution sticks this coming year!

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## The 12 Warning Signs of Wellness\*

(If several or more appear, you may rarely need to visit a doctor)

1. Regular flare-ups of a supportive network of friends and family.
2. Chronic positive expectations.
3. Repeated episodes of gratitude and generosity.
4. Increased appetite for physical activity.
5. Marked tendency to identify and express feelings.
6. Compulsion to contribute to society.
7. Lingering sensitivity to the feelings of others.
8. Habitual behavior relating to seeking new challenges.
9. Craving for peak experiences.
10. Tendency to adapt to changing conditions.
11. Feelings of spiritual involvement.
12. Persistent sense of humor.

\*Adapted from [www.bouldertherapist.com](http://www.bouldertherapist.com)



## 'Tis the Season

This is the time of year we spend. And spend. And spend a little more just for good measure. Between family get-togethers with extravagant meals and gifts galore, it is easy to throw our budgets out of the window. Below are some quick money saving tips to keep in mind during the holiday season.

1. Make a list before you go shopping (and stick with it!)
2. Don't go grocery shopping when you are hungry. Eat BEFORE you go shopping.
3. Bring your lunch to work instead of dining out (even doing this one day a week will save you \$20 to \$50 a month).
4. Drink more water. It's healthier for you and cheaper than soda. If you drink a large glass of water before a meal, you will feel less hungry (and eat less), plus it helps you digest your food better.
5. Turn off lights when you leave, or when you are not in a room. (or Christmas lights, when you are not at home)

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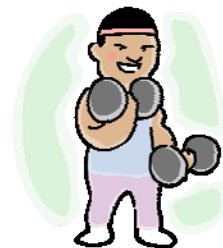


## Happy (Almost) New Year

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According to USA.gov, some of the most common resolutions Americans set for themselves every year include:

- Lose weight
- Manage debt/save money
- Get a better job
- Get fit
- Eat right
- Get a better education
- Drink less alcohol
- Quit smoking
- Reduce stress overall and/or at work
- Take a trip
- Volunteer to help others



Did any of these sound familiar from resolutions of New Years past? Below are some suggestions to help you successfully stick to your New Years Resolution and stay on track in achieving your goals.

### 'Tis the Season

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6. Borrow books and videos at the library instead of buying them.

7. Hide your credit cards. If you can, use them for emergencies only.

8. Invite friends over instead of going out

9. Make gifts instead of buying them. Or give the gift of service (dog-walking, babysitting, helping to organize a friend's garage, etc.).



10. Attend free events in your community.

You can find this information and much more at the Money Basics website:  
<http://www.money-basics.info>

### DO focus on one resolution

Taking on too many goals at once can set yourself up for being overburdened. Focus on one main resolution. If you achieve your resolution, feel free to start another.



### DO be specific

When creating a resolution, be sure to avoid being vague. Instead of saying "I will eat healthy," specify how you will eat healthier. A good example would be "I will eat 2 servings of vegetables per day."



### DO be realistic

Not that you should not have expectations, but to set out to win the Nobel Peace prize in 2 months would likely be quite overwhelming and you might be setting yourself up for failure, which might discourage you from trying again in the future.

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## CRO Corner Fundraising

Fundraising is a vital operation for all CROs to operate. Fundraising can help raise money for many different important things such as vehicles for transportation or for other equipment for the CRO. Listed below is a short list of some fundraising ideas for CROs looking to raise some extra money.



### Selling Snacks

This idea is as simple as buying a large box of snacks (Sams is a good place to get these at) and selling them to other people for a reasonable amount.

### Bake Sale

Similar to selling snacks, if you have some people at your CRO who are handy with an oven, you might consider holding a bake sale to raise money. You can even do bake sales with holiday themes to them.

### Holiday Cards

Buying boxed cards for the holiday season and selling them to raise funds, this is a fairly simple fundraising activity that everyone in the CRO can participate in.

### Taking a Celebrity Prisoner

This one would require much more planning than the others. It involves finding a local celebrity (or if you're lucky enough, a major celebrity) and holding them "prisoner" and asking people to donate funds to pay their bail to get them out of jail. Lots of publicity is a must for this fundraiser!



### Cook Off

Challenge the members of your CRO to hold a cook off to help raise funds. You can either charge people to enter the cook off or charge participants to sample the chefs creations. The results will undoubtedly be delicious and a great time to be had by all!

### Crowdfunding

In this great day and age of technology, it is hard to ignore the use of crowdfunding websites, such as GoFundMe, which tap into the power of mass media such as facebook, and allows people from all around the world to donate to your cause. The GoFundMe website can be found at <http://www.gofundme.com>.

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### DO hold yourself accountable

Whether that includes telling a friend or writing it down, whatever works for you. Making yourself accountable helps motivate you to follow through with your goal. Try creating a commitment card and placing it somewhere where you will see it often.



### DO be prepared for setbacks

The day (and it will come) when you slip up on your resolution is not the end of the world. Instead of focusing on the small setbacks, reward yourself for the small improvements as you make as you work towards your goal.

### DO take baby steps

Rome was not built in a day, so when you realize you don't have those rock solid abs or haven't completely quit smoking overnight, do not be discouraged. As mentioned above, be sure to celebrate those small victories along the way. You may not have run the 10 miles you hoped to today, but maybe you did some extra crunches. It's all about the little things.

### DO pick a start date

While January 1st seems to be the obvious choice for a start date, perhaps that does not work for you. After all, starting a goal to walk outside more in the middle of Winter may not be so practical. Choose a date where you will wake up well rested and prepared to start on your new goal, whether that be January 1st or March 12th.



A HAPPY  
NEW YEAR

## Recovery Conference 2015

June 16th & 17th

The CAC has begun planning for the 2015 Recovery Conference. This year the theme will be  
"15 Years: Celebrating Our Roots, Emerging Triumphant"

We hope to see everyone there, the more the merrier!

Cost of Hotel (subject to change)  
\$69.95 + tax

Early Bird Registration (by May 3)  
\$45 Consumer/\$80 Non-Consumer

Late Registration (by June 13)  
\$55 Consumer/\$90 Non-Consumer

Walk-In Registration  
\$65 Consumer/\$100 Non-Consumer

For any questions or for more information, please contact Melissa Patrick, Administrative Coordinator.  
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(316) 978-6498

## Leadership for Empowerment

Applications are now being accepted for the 2015 Leadership for Empowerment. At the back of this newsletter you will find a copy of the application form. Consumers who have never attended this academy before are highly encouraged to apply!

If you have any questions please contact Koleen Garrison, Leadership for Empowerment Coordinator.  
koleengarrison@kansascac.org  
(316) 978-6498

## Tom's of Maine

The Kansas Consumer Advisory Council is honored and excited to be the Kansas recipient for the 2014 Tom's of Maine "50 States for Good" program.

The program that the CAC was nominated for that touches lives of many consumers across the state of Kansas is the annual Recovery Conference that the CAC hosts/sponsors each year. This annual conference has touched the lives of over 1,000 Kansas Adults over the years, and has greatly impacted lives, and helping to make informed choices on Recovery with living with a Mental Illness. The award money will be used to impact participants of the upcoming Recovery Conference.

## Gingerbread Cookies for Santa

To leave cookies and milk out for Santa as he makes his round is a time honored tradition, so for this months newsletter we have decided to include a recipe for some delicious gingerbread cookies!

### Ingredients

3 cups Flour	1/4 tsp Ground Cloves
1 1/2 tsp Baking Powder	6 tablespoons Unsalted Butter
3/4 tsp Baking Soda	3/4 cup Dark Brown Sugar
1/4 tsp Salt	1 large Egg
1 tablespoon Ground Ginger	1/2 cup Molasses
1 3/4 tsp Ground Cinnamon	2 tsp Vanilla

1. Preheat oven to 375
2. Combine flour, baking powder, baking soda, salt, ginger, cinnamon and cloves
3. Combine butter, brown sugar, and egg. Add molasses and vanilla. Stir in dry ingredients until smooth.
4. Divide dough in half and cover in plastic. Let stand at room temperature for 2 hours
5. Roll to 1/4 inch thick before cutting, spaced 1 and 1/2 inches apart
6. Bake time 7-10 minutes

Remember to keep practicing your personal medicine during the holiday season to help combat stress and anxiety!



