

Tips for Managing the Holiday Blues

Information provided by the Wilde Lake Health and Wellness Committee

[Click here to learn more about this committee](#)

The National Alliance on Mental Illness (NAMI) has provided some tips to avoid the Holiday Blues

- Stick to normal routines as much as possible
- Get enough sleep
- Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.
- Eat and drink in moderation. Don't drink alcohol if you are feeling down
- Get exercise - even if it's only a short walk
- Make a to-do list. Keep things simple.
- Set reasonable expectations and goal for holiday activities such as shopping, cooking, entertaining, etc.
- Set a budget for holiday activities. Don't overextend yourself financially in buying presents.
- Listen to music or find other ways to relax.

For more information, check out the NAMI [website](#)

Are you interested in having more street lighting in your neighborhood?

The Howard County Department of Public Works Bureau of Highways/Traffic Division has a procedure for requesting new street lights or changes to existing street lights in residential communities. First, residents should contact the DPW traffic engineer (410/313-2430 or traffic@howardcountymd.gov). Please note that one individual in the community will serve as the liaison between the residents and the County.

YTC CommUNITY Toiletry Drive

CA's Youth and Teen Center is hosting a CommUNITY Toiletry Drive for their MLK Day of Service. There will be a collection box at Slayton House until January 17. Please drop off toiletry items (e.g. soaps, toothpaste, shampoos, pampers, etc.) to help families in need

If you know of a family in Wilde Lake that would benefit from this please email [Safire Windley](mailto:Safire.Windley)

For more information on volunteering for distribution call 410-992-3726.



Envisioning the Future of Howard County - Your Voice Matters

Envisioning the Future of Howard County with County Executive Calvin Ball

Share your thoughts to help shape the future of Howard County. Please attend a listening session or join the Live Twitter Chat.

LISTENING SESSIONS

- North Laurel Community Center : Monday, December 17, 1:00-2:30 PM
- Howard High School: Tuesday, December 18, 7:00-8:30 PM
- Long Reach High School: Thursday, December 20, 7:00-8:30 PM
- Centennial High School: Monday, January 7, 7:00-8:30 PM
- Glenwood 50+ Center: Tuesday, January 8, 1:00-2:30 PM
- Glenelg High School: Thursday, January 10, 7:00-8:30 PM
- Hammond High School: Monday, January 14, 7:00-8:30 PM
- **Wilde Lake High School: Wednesday, January 16, 7:00-8:30 PM**
- Elkridge Library: Friday, January 18, 10:30 AM-12:00 PM

Can't Make it? No Worries. Join in for a LIVE TWITTER CHAT - Thursday, January 10 | 12:00-1:00 PM | [@HoCoGovExec](https://twitter.com/HoCoGovExec) | [#FutureofHoCo](https://twitter.com/FutureofHoCo)

Questions? Call 410.313.1246 or email Rebecca@balltransitionteam.com



Katherine Farrell, Mary Jo Messenger, Lynda Mitic Exhibit at the Bernice Kish Gallery

[Click here to learn more about the Bernice Kish Gallery](#)

Katherine Farrell, Mary Jo Messenger, & Lynda Mitic will have an exhibit, titled "Three Painters, One Passion", January 10-February 9, 2019. A reception will be held on January 13, 3-5pm.

Mark Your Calendars!

For more events, visit [our website](#)

- **December 21 - 23, 2018:** Opus Concert Theatre presents Amahl & the Night Visitors. For tickets [click here](#)
- **December 24, 2018 - January 1, 2019:** Slayton House will be closed for the holidays!
- **January 3:** Slayton House Theatre Camp of the Arts Registration opens. Check out the new camp [website](#)
- **January 7, 2019:** WLVB meeting, 6:30pm ([Click here for agenda](#))
- **January 8 & 22:** RAC meeting, 7:30pm ([Click here for agenda](#))
- **January 13:** Art Reception for Katherine Farrell, Mary Jo Messenger and Lynda Mitc, 3-5pm
- **January 18:** Rainbow Theatre presents Beale Street Puppets "Dig Those Dinosaurs" [Click here for information](#)
- **January 21:** Slayton House closed in observance of Martin Luther King, Jr. Day.