

# WISHING YOU A SAFE HOLIDAY SEASON...

Winter is here! The holidays are right around the corner. This is an exciting time of the year for many of us: we get to eat good food and laugh in the company of loved ones. However, as we prepare for an abundance of holiday parties, it is important that we practice self-care and look after the safety of those around us.

**DURING THE HOLIDAY SEASON, 40% OF TRAFFIC ACCIDENTS INVOLVE AN IMPAIRED DRIVER AS COMPARED TO 28% DURING THE REST OF DECEMBER.**

## PLAN AHEAD

- Do not drive under the influence of alcohol, marijuana or other drugs.
- Help those who are impaired find a way home (carpooling, Uber, Lyft, taxi).
- If you are drinking alcohol, pace yourself. Know what constitutes a standard drink, and have no more than one per hour. Have water in between alcoholic drinks.
- If your child is going to a holiday event, call ahead to see what measures are in place to supervise teen and adolescent guests.



For more information, contact:

Allston-Brighton Substance Abuse Task Force  
77 Warren Street  
Boston, MA 02135  
(617) 789-2967  
[www.abdrugfree.org](http://www.abdrugfree.org)

## ABOUT US

The Allston-Brighton Substance Abuse Task Force is a coalition of community agencies and residents that mobilizes youth, families, community members and community leaders to prevent and reduce substance abuse among youth and adults in our community.

# HAPPY HOLIDAYS

FROM THE  
**ALLSTON-BRIGHTON  
SUBSTANCE ABUSE  
TASK FORCE**

## RECIPES FOR HOLIDAY CHEER

### SWEET POTATO PUDDING

- Nonstick, 2 9/16 in. baking dish
- 6 medium sized sweet potatoes
- 1 stick of butter
- 2 large eggs
- Sugar (1.5 cups)
- Brown Sugar (1 cup)
- Milk (1/2 cup)
- Cinnamon (1 tsp)
- Nutmeg (1/4 tsp)
- Vanilla extract (1 tbs)
- Marshmallows or pecans

Boil sweet potatoes until soft (45 mins). Remove and let cool. Preheat oven to 350 degrees F. When cool enough to handle, peel the potatoes, place unpeeled potatoes in a large mixing bowl, add the butter and mash until smooth. Add eggs 1 at a time, beating well. Add sugar, brown sugar, milk, vanilla, cinnamon and nutmeg and beat until smooth. Pour batter into baking dish. Arrange marshmallows on top. If you don't want marshmallows, add pecan halves on top of the pudding and top with brown sugar. Bake until the top is browned (45 mins).

### CRIMSON PUNCH

- 1 cup Cranberry Juice
- 5 cups Tropical Punch
- 1 cup Pineapple Juice
- 1/2 cup Lemon Juice
- 4-5 cups Ginger Ale
- 1 pint Raspberry Sherbet

Make sure all ingredients are chilled. Combine all juices into a large punch bowl. Add ginger ale slowly to keep as much fizz as possible. Add scoops of raspberry sherbet & let sit for a few minutes. Serve with a ladle.



## TAKE CARE THIS SEASON

### Keep in mind these healthy habits:

Get plenty of rest before celebrating.



If you are hosting, try not to make alcohol the focus of your holiday party. Provide a range of non-alcoholic beverage options and entertain guests with activities, like dancing and games.

Hydrate, Hydrate, Hydrate. It's still important to drink 8, 8 oz. glasses of water a day.



Store all medications in a secure location, keeping out of reach of children and adolescents.

Attend parties and other holiday gatherings with a group of people you trust, particularly at night.

Take a breather when you need it. Grief, depression and anxiety affect us during the holidays just like any other day.



Stay alert. You cannot control the actions of others, but you can try to avoid dangerous situations by being aware of your surroundings.

Respect the decisions of friends who choose to abstain from alcohol this holiday season.



## HELPFUL RESOURCES

### MA Substance Use Helpline

Helpline: 1-800-327-5050  
<http://helplinema.org>

### Boston 311

Dial 3-1-1 OR  
1-855-494-4057 if outside of Boston

### St. Elizabeth's Comprehensive Addiction Program (SECAP)

617-789-2574

### MA Health Promotion Clearinghouse

<https://massclearinghouse.ehs.state.ma.us>

### Partnership for Drug-Free Kids

<https://drugfree.org>

### National Institute of Mental Health

<https://www.nimh.nih.gov/index.shtml>

### Learn to Cope

<https://learn2cope.org>

### To explore holiday events near you, visit:

[bit.ly/ABcalendar](http://bit.ly/ABcalendar)

[www.boston.gov/community-centers](http://www.boston.gov/community-centers)

<http://bostonmainstreets.org>

