

**Family Living**

**Focus**

by  
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There will be some problems cooped up together for an extended period of time. This can be magnified when family members have been away for a period of time and then re-enter the family system. A simple thing like a child coming home from school for the holiday vacation can throw everyone's routine into a spin. This child comes home assuming he will resume his place in the family exactly as it was before he left home. But the reality is that for you there is one more person to feed, pick up after, and make demands on your time and patience. You certainly are elated that he is home, but the reality is that there is a temporary "adjustment period" for everyone in the family.

Another suggestion is to help set a slower pace at your house. Build in some "creative" breaks during your holiday. For example, take the kids out to the movies or go bowling. (The housework can wait for another day or ask the person who is the

most concerned about the disarray of the house to take care of it). Plan some equal time for the adults in your household as well or just simply take time to rest. Don't overbook yourself and your family!

Meaningful family activities will help keep the holidays from becoming boring and producing stress related conflict. Research has shown that strong families are those who take time to express love and appreciation for each other. Try this idea. Get all the family members together and select one person to be the recipient. Every family member then takes turns tell that person what they are thankful for about that person being present and celebrating the holidays with them. Go on to the next person until everyone has been included.

This exercise will add true meaning to the family holiday celebration and be an excellent gift to one another.

Have a wonderful holiday!



**Berks Society 6**

Berks County Farm Women Society 6 celebrated Farm Women's Day on Oct. 14, with a luncheon at Fiara's Restaurant, Fleetwood. Nine members attended then went to the home of Marian Gehris for a meeting.

The November meeting was at the home of Dorothy Wagner. The group made Christmas favors for Meals on Wheels and also a cookie exchange. Henry Hock gave an interesting and informative talk on living wills and power of attorney.

The Christmas party will be Dec. 12, at Wegman's Restaurant.

**York Society 26**

York County Farm Women Society 26 met in October at Sunny Crest Restaurant and Training Center, Lancaster County. After the luncheon and meeting, the group toured the center. Nine members and one guest were present. Cathy Sholly and Martha Yost were in charge of the program.

Nine members also attended the York County Convention held at Wischaven Hall, York, on Nov. 5.

The November meeting was held at the home of Athena Beshore. Eighteen members attended and Beverly Lockman was a guest. Ruth Traver was presented with her 80-year-old special award pin.

Doris Goodlander will be hostess for the December meeting to be held in her home.

**Lancaster Society 8**

Lancaster Farm Women Society, Number 8 met on November 11 at the Union Meeting House in Marietta for a luncheon prepared by hostesses Mary Anne Spangler, Nellie Blake, and Margaret Heisey.

Members visited the Music Box Museum and Old Town Hall gift shop.

The next meeting will be at the home of Vernetta Wallander in Maytown.

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