



Upcoming Events

- Black History Month
- American Heart Month
- LGBTQIA+ History Month
- Spay & Neuter Awareness Month 
- World Cancer Day / 4
- Boy Scout Day / 8
- Presidents Day / 17
- Eating Disorder Awareness Week / 2.24 - 3.2

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The U.S. Surgeon General, Dr. Vivek Murthy, recently highlighted the need for new warning labels on alcoholic beverages to inform drinkers about their potential links to cancer. He pointed out a direct connection between alcohol consumption and an increased risk of several cancers, including breast, esophageal, and liver cancers.

Some advocacy groups support this initiative, they recognize that it faces significant challenges, primarily because any changes would require approval from Congress. Current alcohol warning labels have not been updated since 1988, and many Americans remain unaware of the cancer risks associated with alcohol consumption. Only 45% of people recognize alcohol as a risk factor

The report shows that breast cancer has the highest alcohol-related risk for females while liver cancer and colorectal cancer are the highest risks for men.

for cancer, compared to much higher awareness levels for risks such as tobacco use.

Dr. Murthy argues that improved labeling could help enhance public understanding of these dangers. However, members of the alcohol industry have expressed skepticism, requesting that all scientific evidence be carefully considered before any label changes are made. While the Surgeon General can recommend voluntary labeling, it is expected that there will be considerable resistance from manufacturers.

Dr. Murthy is advocating for new labels to acknowledge the link between alcohol and can-

cer, as well as for updated assessments of alcohol consumption guidelines to include cancer risk. Even advocacy groups in favor of this change

To help lower alcohol-related cancer risk, the Surgeon General recommends that cancer warnings be placed on the labels of alcoholic beverages, including beer and wine.

have acknowledged that the process will encounter significant hurdles before any labels might appear on store shelves, as the final decision rests with Congress.

A warning label about cancer related to alcohol won't be introduced immediately, but the Surgeon General's consideration could boost efforts by advocates who believe it could save lives by improving consumers' understanding of the alcohol-cancer link.

Surgeon General Murthy stated that adding a cancer warning could improve public awareness, which has remained stagnant despite new findings. A 2019 survey revealed that only 45% of Americans recognized alcohol as a cancer risk, compared to higher awareness of other risks like radiation (91%), tobacco (89%), and asbestos (81%).

Globally, 47 countries mandate health warnings on alcohol. South Korea requires manufacturers to use one of three cancer-related messages, while Ireland will implement similar labels in 2026, stating the direct link between alcohol and fatal cancers, as well as warnings about liver disease and pregnancy.

2nd Annual Benefit

SPRING GOLF OPEN

Monday, May 5, 2025

Green Pond Country Club
Check-in Opens 8AM - Scramble Start 10AM



Individual Player - \$160

Includes 18 holes of golf with cart, lunch, buffet dinner, contest prizes, premium raffle.

Sponsorships available!



February Bucket List – Celebrate the Love

The lead-up to Valentine's Day is the perfect time to think about all things love. Use this month to craft your family's traditions around love and connection.

- Create a silent means of family communication.
- Start an "I love you" hand-squeeze tradition.
- Take a selfie with an "I love you" sign, print it, and slip it somewhere for your child to find.
- Leave surprise notes for your child to find.
- Put affirmation hearts on your child's bedroom door every day leading up to Valentine's Day.
- Make a Valentine's seasons tree. First, go on a walk! Find a small branch, one that can be propped in the corner of a room or placed in a large vase. Then make some ornaments.
- Watch a family-friendly love story. Grab the popcorn and enjoy a loved-themed movie night. You might also consider Disney classics like Beauty and the Beast or The Little Mermaid.
- Enjoy a family craft night.
- Hang up a Valentine's garland.
- Make paper snowflakes with a heart design.
- Add conversation cards to the dinner table.
- Read themed picture books.
- Make a heart in nature with twigs, pinecones, rocks, etc. Go outside and use twigs, pinecones, rocks, or other foraged nature bits to make a giant heart. Take photos of your kiddo with your creation, then leave it for passersby to also enjoy.

Nighttime Screen Use by Children and Adolescents

Most children are using screen devices before bed
97% of adolescents using screen devices the hour before bed.



(Bazkurt et al., 2024; Brushe et al., 2022; Fitzpatrick et al., 2022; Hysing et al., 2015; Johansson et al., 2016; Mireku et al., 2019; Pilon et al., 2022; Reardon et al., 2023)



PRESCHOOLERS

• 56% of preschoolers habitually use | media before bed.



CHILDREN

• 33% of kids ages 8-14 years keep phones on at night.
• 25% of kids ages 8-14 years wake up for phone notifications and immediately check their phone.



ADOLESCENTS

• More than 70% of adolescents have 2+ devices in their bedroom at night.
• 32% of adolescents report using a screen device in the dark.
• 24% of adolescents report using a smartphone in bed for over an hour daily.



Smartphones (86%) and laptops (59%) are the most commonly used devices before bed.

(Smith et al., 2020)

Features of Screen Devices That Impact Sleep

- Phone notifications
- Content
 - Under 5 years old
 - Violent content, entertainment content
 - Older children
 - Emotional, violent, mature-rated, and weight-related content during the day is associated with less sleep.
 - Drinking/drug related content during the day is associated with later sleep onset.
- Screen brightness/blue light*
 - *Effects of blue light inconsistent in research

(Avelsson et al., 2022; Charamman et al., 2020; Eto & Higuchi, 2023; Garrison et al., 2011; Hartstein et al., 2023)

Why are adolescents using screens at night?

According to teens, they use screens at night for:

- Fear of Missing Out (FOMO)
- Concern of not being as available as others (social norms)
- To fill time



(Corlin & Silence, 2021; Daniels et al., 2023; Scott et al., 2019)

How much sleep do children and adolescents need?

Infants 4-12 months	12 to 16 hours per 24 hours (including naps)
Children 1-2 years old	11 to 14 hours (including naps)
Children 3-5 years old	10 to 13 hours (naps optional)
Children 6-12 years old	9 to 12 hours
Teens 13-18 years old	8 to 10 hours

(Poruthi et al., 2014)

1 Wake up + go to bed EARLY

2 Make your bed EVERY MORNING

3 Drink a BIG GLASS OF WATER as soon as you wake up

4 Work out until you SWEAT

5 Morning + evening MEDITATION

6 Put on CLOTHES that make you FEEL GOOD, even if you're at home today

7 Write out YOUR GOALS to remind yourself what you're working for

8 MAKE A PLAN for your day

21 DAILY HABIT IDEAS
for a GOOD LIFE

9 Spend an hour on your ONE THING

10 Have a GREEN SMOOTHIE

11 Do one thing you've been PUTTING OFF

12 1 hour of LEARNING: books, podcasts, online courses

13 Come up with 5 NEW IDEAS

14 POST a thought online - a short blog post, picture, or new idea

15 Go outside for a WALK

16 Give a SMILE or COMPLIMENT to a stranger

17 DECLUTTER 1 item every day

18 Send someone you know a NICE MESSAGE

19 GRATITUDE Think of 3 things you appreciate in your life

20 REVIEW the day - what WORKED? What DIDN'T?

21 MAKE A LIST for tomorrow to clear your mind before you sleep

SINCE TODAY PRINTABLES

RESPOND, DON'T REACT

THE SECRET TO NOT TAKING THINGS PERSONALLY

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D

Separate

Detach your identity from the comment or action.



Hear

Listen without immediate judgment or emotional reaction.



Interpret

Understand the intent behind the words or actions.



Evaluate

Assess if this is truly about you or the other person.



Let Go

Release the need for validation or control.



Decide

Choose your response intentionally, not emotionally.



5 Tactics to Stay Calm

By Justin Mecham

Separate Emotion from Fact

Focus on what is said, not how it feels. Stay logical.

Reframe the Narrative

Consider alternative reasons for their actions—it's not always about you.

Question Assumptions

Ask yourself if the behavior truly reflects you or their personal struggles.

Stay in Your Lane

Focus on what you can control, not what others think or say.

Detach with Grace

Let go of what doesn't serve you. Release the need for approval.

Practical Steps to Let Go



Ask for Clarity

Instead of assuming, inquire directly and calmly.

Identify Your Triggers

Know what sets you off to prepare better responses.



Create a Personal Mantra

Repeat affirmations like, "It's not about me," to stay grounded.

Prioritize Your Peace

Protect your energy by disengaging from negativity.



Be Self-Aware

Regularly reflect on your emotions to strengthen your responses.

