

Shop Talk at FSN

December 2019

Merry
Christmas

December Shining Star

Name: Casondra Lenderman

Title: Sales Representative

Department: FSN Sales

Time with FSN: 10 years

What do you do at FSN? I call flower shops, and help them promote their business online.

What is the one thing that would be hardest for you to give up? Sweet Tea

What do you like most about your job? The people I work with.

What do you do when you're not at FSN? Crafts and karaoke.

Are you usually late, early, or right on time? Very early

Which is your favorite four legged animal? My granddog Roxy!

What music are you listening to right now? Christmas



Julie Ratliff 12-30-04

Robbie Mullins 12-30-13

Laura Wood 12-08-14

Cordell Crowley 12-04-17

Will Bott 12-11-17

Anna Gage 12-31-18

FSN Gives Back

FSN and Atwill Media will team up to drop off items for the backpack program in December. We will be delivering to Greene County Tech on December 13th. Thank you for making donations to this program. With our help, these kids do not have to worry about where the next meal is coming from. Let's make this our biggest donation yet!

Here are the team standings after our last drop off in October.



Green - 625

Purple - 549.40

Orange - 543.18

Blue - 311.9

Maintaining Mental Wellness During the Holidays

Most of the time, when we think of the holiday season, we think of joy and good tidings. However, for many, the holidays can bring stress, anxiety, or reminders of a lost loved one. When searching for tips to stay healthy during the holiday season, you might find hundreds of tips for healthy eating. But what about mental wellness? This holiday season take some time for your mental well-being and try out a few tips below.

Budget, Budget, Budget: There are a lot of reasons to spend during the holidays, be it travel, food or gifts. As tempting as it might be to spend big on your loved ones, be realistic about your financial well-being. Instead of maxing out your credit card, try using cash or debit for expenses, be honest to relatives about realistic travel arrangements, and try making a gift!

Everything in Moderation: During the holiday season, it is easy to overindulge in food and alcohol while skimping on physical activity. Be practical about your indulgences to avoid feelings of regret or guilt later. If you want to eat a slice of pie or two, have at it, and in return, try to balance it out with a long walk afterward. Not only will this make you feel better, but it will alleviate the guilt that comes with indulgence.

Branch out if you're feeling isolated: Feeling isolated or alone during the holidays happens more often than we think. To avoid these feelings, try using spare time to volunteer at a local nonprofit like the humane society or your local homeless shelter. If you know you become isolated during the holidays, have friends check up on you, or call a hotline if you would rather keep these feelings personal.

Dealing with Loss: Often we get so swept up in the holiday spirit that we forget many people are dealing with loss. If you know someone who is dealing with loss during the holidays, try to reach out and ask how you can help. You could invite them to coffee or cook a meal for them. If you are dealing with loss, spend time with people you trust and feel comfortable confiding in. A good tip is to acknowledge that this is a very hard time, but it is also a time to create new traditions. Perhaps you can commemorate that person by volunteering for an organization with a mission dear to their heart. Whatever it is, make sure to check in with yourself and reach out when you need support.

Random Acts of Kindness: It is suggested that committing small, random acts of kindness can make *you* feel happier. This can be something as simple as letting a car in front of you while stuck in traffic, paying for someone's coffee or giving someone a compliment. This holiday season get in the spirit by doing something small but kind for a stranger, friend, co-worker or family member. You might be surprised how good you feel afterward!

The holidays can be stressful, but they can also be a time to reflect, shed the past and look forward to the future. This holiday season try one of these tips to reduce stress and most importantly, remember to be gentle to yourself.



December 16th

Holiday Meal

Ugly Sweater Contest

Secret Santa Reveal



Thanksgiving at FSN



FSN had a wonderful Thanksgiving celebration. Taking the time to slow down and enjoy a meal with our FSN family, was a huge success.

A big thank you to Brock, Robbie, Brandon, Tracy T. and Jessica for making it happen.



Children's average allowance in 2019: \$120 a month

An overwhelming 92% of American parents say it is very important that children understand how to effectively manage their money, according to a new poll conducted in August for the AICPA by The Harris Poll.

One way parents teach children about money is to give them an allowance. The survey found that children under age 25 and living at home receive an average of about \$120 a month in allowance. Eight of ten parents (80%) said their children were required to do at least some chores in exchange for their allowance. On average, children were expected to do about five hours of chores a week. The items children were most likely to spend their allowances on included outings with friends (45%), digital devices or downloads (37%), and toys (33%).

As children determine how to use their money, parents can take the opportunity to teach them how to save, said Sean Stein Smith, CPA, and member of the AICPA's National CPA Financial Literacy Commission. "Establishing short-term goals that incentivize saving, such as partnering on a bigger ticket purchase (a new video game console or phone, for example) can help establish a habit of saving with purpose," said Stein Smith. "Rewarding the savings habit is important, and establishing a connection between saving and obtaining something you want is an excellent way to do so."

Eighty-eight percent of survey participants said they talked to their children about money. A total of 49% said they did so at least once a week, including 34% who had these conversations multiple times weekly. Those results are promising, "The most effective way I have seen to develop strong financial literacy habits is to have open and consistent conversations about money," Smith said. The AICPA's National CPA Financial Literacy Commission offers these additional tips for parents who give their children an allowance:

- **Begin early.** As soon as children start expressing an interest in purchases, start having conversations about goal setting and saving.
- **Explain the point.** Children should understand why they are receiving an allowance and how they can lose it.
- **Make it appealing to budget and save.** Consider incentives such as offering to match the money they save.
- **Help them do the math.** Work with them to calculate how much they need to save each week to get something they want.