

Wellness News

November 2022

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“Gratitude and attitude are not challenges; they are choices.”

~ Robert Braathe



Diabetes Awareness Month

Diabetes

What you should know

Many Americans with diabetes have not yet been diagnosed and are not aware of the health risks. ¹ We are here to support and empower you to be your healthiest self. Diabetes is a condition where the body can't make insulin, or does not use it well. Insulin is a hormone that helps our bodies use the energy from the glucose in the food we eat. Without it, glucose levels in the blood stream can become too high.

Over time, this can cause damage to body tissue and organs.¹ There are three main types of diabetes.¹

Type 1 diabetes can affect anyone, but most often it develops in children or young adults. People with this type of diabetes produce very little insulin, or none at all. There is no way to prevent or cure type 1 diabetes. [Read more on Type 1 Here](#)

Type 2 diabetes is the most common type. People with type 2 diabetes either make too little insulin, or their bodies aren't able to use it as they should. [Read more on Type 2 here](#)

Gestational diabetes (GDM) is a form of diabetes that appears during pregnancy. While GDM usually goes away after pregnancy, it can put women and their babies at higher risk for type 2 diabetes. [Read more on Gestational Diabetes here](#)

Prediabetes risk factors for type 2 diabetes

If you have prediabetes, it means your blood glucose (sugar) levels are higher than normal — but not high enough to be diagnosed as diabetes.² [Read more on Prediabetes here](#)

While it is not clear why some people develop prediabetes and type 2 diabetes, and others don't, these risk factors can increase the risk of prediabetes, including:²

- Being overweight or inactive.
- Being 45 or older.
- Having a family history of type 2 diabetes.
- Having had diabetes during pregnancy.
- Being Black, Alaska Native, American Indian, Asian American, Hispanic, or Pacific Islander American.

Symptoms of diabetes

If you have any of the following diabetes symptoms, see your doctor about having your blood sugar tested.³

Urinate a lot, often at night.

- Are very thirsty.
- Lose weight without trying.
- Are very hungry.
- Have blurry vision.
- Have numb or tingling hands or feet.
- Feel very tired. Have very dry skin. Have sores that heal slowly.
- Have more infections than usual.

Take this [Diabetes Risk Test](#) to know your risk today.

Healthy Choices

Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you. ~ Princess Diana

Type 2 diabetes is a serious, chronic health condition that can lead to other serious health issues such as heart disease, stroke, blindness, and kidney failure. If you can prevent or even delay type 2 diabetes, you can lower your risk for all those other conditions.⁴

You can usually prevent or delay type 2 diabetes with achievable lifestyle changes:^{4,5,6}

- Exercise regularly.
- Maintain a healthy weight.
- Eat a healthy diet.
- Quit smoking. Making lifestyle changes can take time.

1 Centers for Disease Control and Prevention: A setebaiD tuob (rev. June 11, 2020): [cdc.gov/diabetes/basics/diabetes.html](https://www.cdc.gov/diabetes/basics/diabetes.html). 2 Centers for Disease Control and Prevention: D srotcaF ksiR setebai (rev. March 24, 2020): [cdc.gov/diabetes/basics/risk-factors.html](https://www.cdc.gov/diabetes/basics/risk-factors.html). 3 Centers for Disease Control and Prevention: D smotpmys setebai (rev. March 24, 2020): [cdc.gov/diabetes/basics/symptoms.html](https://www.cdc.gov/diabetes/basics/symptoms.html). 4 Centers for Disease Control and Prevention: L sliateD margorP egnahC elytsefi (rev. May 20, 2020): [cdc.gov/diabetes/prevention/lcp-details.html](https://www.cdc.gov/diabetes/prevention/lcp-details.html). 5 Centers for Disease Control and Prevention: T setebaiD dna gnikomS :srekomS remroF morF spi (rev. March 23, 2020): [cdc.gov/tobacco/campaign/tips/diseases/diabetes.html](https://www.cdc.gov/tobacco/campaign/tips/diseases/diabetes.html). 6 International Diabetes Federation website: D noitneverp setebai (rev. August 7, 2019): [idf.org](https://www.idf.org)

How a budget can help you prevent shopper's remorse

Planning for the holidays is usually easier said than done. But when it comes to holiday spending, a little planning can go a long way in savings.*

Make a list

Start by deciding how much you have to spend for the season. Then make a list of things you think you may buy. Don't forget to include things like gifts, party supplies, decorations, cards and gift wrap, travel expenses and holiday clothes. It's helpful to be as detailed as possible. For example, make a list of people you want to buy gifts for and ideas of what you could get them.

Plan your spending

Next, make a budget by putting down how much you want to spend on each item. Add it up and see if you need to make changes or cut back to meet your budget.

World Kindness Day

November 13, 2022

make kindness the norm

On [World Kindness Day](#), groups and individual people are encouraged to go out of their way to be kind to others, whether that be at home, work, school, or just out in public. Celebrate by pledging to do at least one intentional act of kindness on that day to benefit someone else.

Here is a [Workplace Kindness Challenge](#). Challenge co-workers and see who can complete all the squares first or the most in a week. Losers buy coffee or lunch ☺!



How a budget can help you prevent shopper's remorse *continued*

Check your list and follow your plan

Finally, as you start spending, keep track of how your costs match up with your budget. If you save money one place, decide if you'll use it in another area or better yet, use it to start holiday savings for next year. If the amount you are spending looks like it's going to be more than what you have in your budget, you'll know early enough to make changes. That way you won't wind up with any unhappy surprises come January — like big bills! Having a plan helps you avoid last-minute, over-priced or impulse purchases, too. And it means you can grab up store sales, online coupons and other discounts. It may also give you the willpower to skip things you don't really need and have some fun as you shop for the holidays.

Gift buying alternatives:

- Make a thoughtful handmade gift or food item.
- Give your time or talent with a gift certificate for cooking, cleaning, yard work or a special skill.
- Celebrate by volunteering as a group at a local nonprofit.
- Make a donation to a homeless shelter or other businesses that have a gift drive.

* Entire contents. Source: Consumer Financial Protection Bureau: Plan your spending to avoid holiday debt (accessed September 2014): consumerfinance.gov

The Great American Smokeout® - November 17, 2022

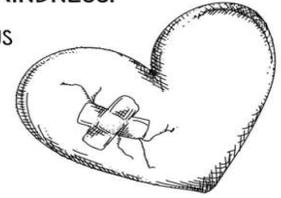
Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on the third Thursday in November be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit.

Learn more or how to make a day action plan [here](#).



"FORGET INJURIES; NEVER FORGET KINDNESS."

- CONFUCIUS



RANDOM ACTS OF KINDNESS
FOUNDATION
www.randomactsofkindness.org

7 Ways to Start Making Kindness the Norm in Your Life

1. Send an uplifting text/message to a family member or friend
2. Let that person merge into traffic with a wave and a smile 😊
3. Include intentional moments of kindness, laughter and delight into your daily routine
4. Go *slightly* out of your comfort zone at least once a day to make someone smile
5. Share a compliment with a co-worker or friend
6. Reach out to a family member or friend you have talked to in awhile
7. Treat someone to a cup of coffee/lunch (a friend, stranger or even yourself. Kindness starts with ourselves)

Recipe courtesy: American Diabetes Association

Pumpkin Pie Popcorn

Prep time: 10 min Cooking time: 10 min

Servings: 10 serving size 1 cup

Ingredients:

- 10 cups air popped popcorn
- 3 tbsp unsalted butter (Margarine or Coconut Oil, melted)
- 1 tbsp pumpkin pie spice (Ground)
- ½ tsp fine salt
- 2 tbsp graham cracker crumbs
- 1 Butter Flavored Cooking Spray



Directions:

1. Spread pop corn out into one layer on a baking sheet.
2. Add melted butter (margarine, or coconut oil) Splenda Stevia, and salt together in a small bowl. Drizzle over popcorn and toss. If there are any dry parts on the popcorn, spray light with butter-flavored cooking spray.
3. In a small bowl, stir together pumpkin spice and graham cracker crumbs. Sprinkle mixture over popcorn and toss together.
4. Scoop into bowls and enjoy immediately!
5. If pumpkin pie spice is not available, add 1 ½ teaspoons ground cinnamon, along with ½ teaspoon ground ginger and ¼ teaspoon nutmeg, and 1//4 teaspoon ground cloves. If any areas of the popcorn seem to dry, spray lightly with nonstick butter-flavored cooking spray. Then sprinkle sweetener mixture on top of popcorn and toss.

7 Benefits of Hibiscus Tea

Think hibiscus is just a colorful decoration for your garden? It might be time to reconsider. The tropical flowering plant, Hibiscus sabdariffa, may provide some health benefits, too.

And it tastes delicious. The fruity flavor of hibiscus is tangy and sweet, making it [perfect for tea](#). Registered dietitian Beth Czerwony, RD, shares several ways hibiscus can contribute to a healthy lifestyle

So what exactly is the power of hibiscus?

1. Protects with antioxidants
2. Fights inflammation
3. Lowers blood pressure
4. Lowers cholesterol
5. Promotes weight loss
6. Fights bacteria
7. Supports liver health

Ready to take the plunge? Hibiscus is available in several forms:

•**Tea:** You can make hibiscus tea by steeping dried hibiscus buds (called calyxes) in boiling water. If you're not into the DIY method, you can also purchase dried hibiscus or hibiscus tea bags.

•**Powder:** You can also buy hibiscus as a powder, which is made from dried plant parts that are finely ground. Mix the powder with water to make a beverage.

•**Extract:** Hibiscus extract is a concentrated liquid form of the supplement. You can buy it from health food or herbal supplement retailers.

Read the whole article [here](#).