

# Wellness Newsletter

"Educate for Wellness, Knowledge for Life"

## Thanksgiving

Thanksgiving is a time to gather, reflect, and celebrate the simple but profound beauty of gratitude. It's a season where family and friends come together, sharing traditions and creating new memories over a warm meal. The aroma of roasted turkey, the laughter that fills the room, and the cozy ambiance all remind us of the richness in our lives. But beyond the food and festivities, Thanksgiving gives us a chance to pause and appreciate the people and moments that make life meaningful. It's a time to honor our roots, recount shared stories, and feel the strength of our connections, both new and old.

Gratitude is the heart of Thanksgiving, encouraging us to take stock of the year's blessings, big and small. In expressing thanks, we turn our focus away from the daily hustle and toward the gifts that often go unnoticed: the friend who always listens, the family who supports us, and the opportunities we've been granted. This spirit of thankfulness reminds us to be compassionate, to forgive, and to approach each day with a renewed sense of optimism. As we express gratitude this Thanksgiving, we set a tone of abundance, inviting more joy, connection, and resilience into our lives for the year ahead.

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## What MOVES YOU?

In this season of gratitude, we can thank our bodies by noticing what it accomplishes every day. Recognize mobility as a gift.

Accept that we may not always move gracefully or look exactly as we desire, but we can honor our capabilities by working them to their fullest potential. Finding time, motivation and energy to exercise, to strengthen and maintain our body, requires a positive and healthy attitude.

**LUNGS: Grateful For Their Ability To:** Bring oxygen into the body as breath, the source of energy and life. Benefits of Exercise: Increases respiratory volume, delivering more oxygen to lungs.

**HEART: Grateful For Its Ability To:** Pump blood and oxygen throughout the entire body including the muscles that are being exercised. Benefits of Exercise: Improves blood flow for better circulation so the heart doesn't have to work as hard.

**MUSCLES: Grateful For Their Ability To:** Contract and move tissue. Benefits of Exercise: Prevents injury and supports muscle growth and function.

**BRAIN: Grateful For Its Ability To:** Coordinate thought, behavior, movement, and sensations. Benefits of Exercise: Stimulates proteins and other chemicals that improve brain structure.

**BONES: Grateful For Their Ability To:** Provide a structural framework that allows movement. Benefits of Exercise: Increases bone density and reduces the risk of fractures.

**IMMUNE SYSTEM: Grateful For Its Ability To:** Prevent illness and fight infections. Benefits of Exercise: Enhances immune defense activity and be more resistant to infections.

Instead of focusing on how hard it is, or what the outcome will be, allow a newfound appreciation for the power of movement at any capacity. Enjoy the gift it provides, and embrace your health with activities that bring you joy.



# Food And FESTIVITY

With the approach of Thanksgiving, a holiday that revolves around food, it can be a challenge to maintain a healthy diet. But there are numerous ways to make healthy eating a priority no matter what's cooking:

- **Focus more on fun and less on food.** Focus on cherishing time with family and friends through timeless generational games that can be enjoyed for years to come, while embracing gratitude for life's blessings. When you prioritize joy and connection, passing on that extra slice of pie becomes a little easier.



- **Make smart choices.** Decide in advance which events or dishes are worthy of indulging - if you look forward to a special traditional family recipe every year, then have a small portion and enjoy it.



- **Plan ahead.** Enjoy a small, healthy meal before you go out, so you won't be too hungry when you arrive.

- **Create your plate.** Consider saying "no, thank you" to the stuffing, which is high in fat and processed carbohydrates, but "yes, please" to the turkey, which is a healthy, lean protein.

- **Don't drink your calories.** Skip the cocktail, which is highly caloric and can lower inhibitions, resulting in mindless snacking or overeating. Instead, stick to sparkling water before dinner, or one glass of wine with the meal, and a soothing, digestive herbal tea afterwards.



The other key takeaway is that you can reboot tomorrow. Don't ruin the holiday over a scoop of mashed potatoes! Instead, stay active, enjoy the festivities, and give yourself some grace.

“ Thanksgiving is a time of togetherness and gratitude. Let's cherish the memories, celebrate together, and give thanks for all that we have. ”



*Happy Thanksgiving  
to you and your family*





# Gratitude's Hidden Power: Unlocking Health and Happiness Through Thankfulness

Practicing gratitude has been shown to benefit both mental and physical health in meaningful ways. Research highlights that gratitude helps reduce stress by encouraging a positive outlook and fostering resilience. When we take time to recognize and appreciate what we have, we shift our focus away from stressors, allowing our minds to rest and rejuvenate. This can decrease levels of cortisol, the body's primary stress hormone, helping us stay calm and composed under pressure. People who make gratitude a regular habit often report feeling less overwhelmed, more optimistic, and generally happier, which contributes to overall mental well-being.

*thankful*

Beyond mental health, gratitude has surprising effects on physical health too. Studies indicate that people who regularly express gratitude experience fewer aches and pains, visit the doctor less frequently, and have lower blood pressure. One explanation is that gratitude encourages healthier behaviors, such as regular exercise and better sleep. When we're grateful, we tend to take better care of ourselves, indirectly boosting immune function and reducing the risk of chronic diseases. By maintaining a gratitude practice, such as a daily gratitude journal or sharing thanks with loved ones, we may promote long-term health benefits that keep us physically well.



Gratitude can significantly improve our social well-being by strengthening relationships and enhancing connections with others. Expressing gratitude not only makes us feel good but also has a positive impact on those around us, creating a ripple effect of positivity. When we show appreciation for friends, family, and colleagues, it fosters trust and mutual respect, leading to more meaningful interactions and stronger bonds. In fact, gratitude has even been linked to increased empathy and reduced aggression, allowing us to approach others with kindness and patience. This sense of community and support can improve overall life satisfaction and enhance our emotional resilience during challenging times.



## Paprika-Roasted Honeynut Squash

Honeynut squash is butternut squash's smaller, sweeter cousin. This recipe works well with any fall squash - delicata, acorn, butternut, and can also be used with root vegetable such as carrot, sweet potato, yam, or turnip.

4 small honeynut squash, cut in half,  
stems and seeds removed  
2 tablespoons oil  
1 tablespoon honey

Pinch of salt  
Sprinkle of black pepper  
Dusting of smoked paprika

Heat your oven to 350°F. Line a baking pan with parchment. Place the squash, flesh side up, in the pan. Drizzle the squash with oil and honey so that the surface is lightly coated, and then sprinkle it with salt, pepper and paprika. Bake for 45 minutes until softened.

# What is Diabetes?

Diabetes is a chronic health condition where the body either doesn't produce enough insulin or can't effectively use the insulin it produces, leading to high blood sugar levels. There are two main types: Type 1, where the immune system attacks insulin-producing cells, and Type 2, often linked to lifestyle factors like diet and exercise.

Proper management involves a combination of medication, healthy eating, regular exercise, and monitoring blood sugar levels.



## Early Prevention

Preventing diabetes is crucial for maintaining long-term health and avoiding complications like heart disease, nerve damage, and vision problems. Taking charge means adopting a healthy lifestyle, including regular physical activity, a balanced diet, and maintaining a healthy weight. By making these choices, you can significantly reduce your risk and improve your overall well-being.



### Know your risk for developing diabetes.

You are more likely to develop type 2 diabetes if you are overweight or obese; are age 35 or older; have a family history of diabetes; are African American, American Indian, Asian American, Hispanic or Latino, or Pacific Islander; are not physically active; or have prediabetes.



### Manage your blood glucose, blood pressure, and cholesterol levels.

Preventing diabetes or managing diabetes as soon as possible after diagnosis may help prevent diabetes health problems. You can start by managing your diabetes ABCs.

A is for the A1C test that health care professionals use to measure your average blood glucose levels. Some people with diabetes also use devices to track their blood glucose throughout the day and night.

B is for blood pressure.

C is for cholesterol.

Ask your health care team what your ABCs goals should be.



### Know your risk for developing diabetes.

If you are overweight or obese ask your primary care provider if healthy eating, physical activity, or other weight-loss treatments may help you manage your weight.

You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight. Use the Diabetes Risk Management Calculator to determine how much weight you can lose to help reduce your risk of developing type 2 diabetes. (Calculator is in the link down below)



### Work with your health care team.

Managing diabetes takes a team. Your health care team may include a primary care provider, diabetes specialist, registered dietitian, or certified diabetes educator. Ask your primary care provider if you should talk with other health care professionals about preventing or managing diabetes.

Diabetes medicines, devices, and office visits can be expensive. A social worker or a member of your health care team may be able to help you find community resources or financial help for diabetes care.

To read more tips, click on the link down below

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month>

# Manage Holiday Spending on a Budget

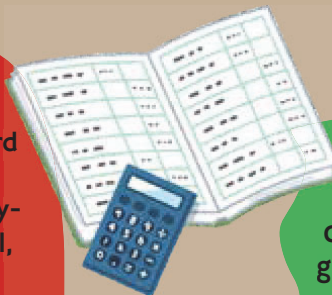


The holiday season is a time for joy, giving, and celebration, but it can also be a time of financial strain if spending isn't managed properly. Staying within a budget during the holidays requires planning and discipline, but it can be done without sacrificing the fun.

Here are six practical tips for keeping your holiday spending under control.

## 1. Set a Realistic Budget

Start by determining how much you can afford to spend this holiday season. Review your finances and set a clear budget for all holiday-related expenses, including gifts, food, travel, and entertainment. Break your budget into categories and assign specific amounts to each area. This will help you manage your spending and ensure you don't overspend on one category at the expense of others.



## 2. Make a Gift List and Stick to It

Create a list of everyone you plan to give gifts to, and prioritize the people who are most important to you. Be realistic about what you can afford to spend on each person, and try to stick to your budget. If you have a large list, consider setting a price limit per person or exploring creative, inexpensive gift ideas like homemade gifts or experiences instead of material items. This helps you stay within budget while still showing your appreciation.



DISCOUNT

50%  
OFF

SPECIAL OFFER!

## 3. Look for Deals and Discounts

The holiday season often brings numerous sales and promotions. Take advantage of these opportunities to save money, but only on items that are already on your shopping list. Keep an eye out for sales during major shopping events like Black Friday, Cyber Monday, or even local discounts. Sign up for store newsletters to receive notifications of exclusive deals. However, avoid impulse purchases just because something is on sale; stick to your planned gift list to keep your budget intact.

## 5. Cut Back on Non-Essential Spending

While holiday spending often focuses on gifts, travel, and food, it's easy to overlook smaller expenses that add up over time.

Limit spending on things like expensive decorations, extra holiday outfits, or unnecessary take-out meals. Instead, look for ways to trim costs by reusing decorations from past years or hosting a potluck-style holiday meal to share the costs with family and friends. Finding creative ways to cut back on non-essential spending allows you to focus more on what truly matters.



## 4. Consider Secret Santa or Gift Exchanges

If you have a large family or group of friends, consider organizing a Secret Santa or gift exchange. This allows each person to buy a single gift rather than several, reducing the overall spending. Set a reasonable price limit to ensure fairness among participants. These exchanges can be just as fun and meaningful as buying individual gifts for everyone, but they're a more affordable option that encourages creativity over extravagance.



## 6. Plan Ahead for Travel Expenses

Traveling during the holidays can be costly, but with a bit of preparation, you can save money. Book flights, train tickets, or accommodations early to secure the best rates. If possible, be flexible with your travel dates to avoid peak times. Additionally, consider carpooling or sharing accommodation costs with family or friends to reduce travel expenses. Planning ahead for these costs ensures you don't face an unexpected financial burden as the holidays approach.





# STICKY-BUN BAKED OATS

## Ingredients

- Baking spray with flour
- 2 1/2 cups chopped pecans
- 1/2 cup packed dark brown sugar
- 1/3 cup unsalted butter, melted
- 3 tablespoons honey
- 3 teaspoons ground cinnamon, divided
- 2 cups oat flour
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 4 large eggs
- 1 (5.3-ounce) container nonfat vanilla strained (Greek-style) yogurt
- 1 cup canola oil
- 1/4 cup granulated sugar
- 1 tablespoon vanilla extract

## Directions

### Step 1

Preheat oven to 350°F. Coat a 9-by-13-inch baking pan with baking spray. Combine pecans, brown sugar, butter, honey and 1 teaspoon cinnamon in a small bowl. Spread the mixture evenly in the bottom of the prepared pan.



### Step 2

Whisk oat flour, all-purpose flour, baking powder, salt and the remaining 2 teaspoons cinnamon in a large bowl. Whisk eggs, yogurt, oil, granulated sugar and vanilla in a medium bowl until thoroughly combined. Whisk the yogurt mixture into the flour mixture until blended and smooth.



### Step 3

Gently pour the batter over the pecan mixture in the pan. Lightly coat a rubber spatula with baking spray; use it to spread the batter evenly. Bake until the top is dry and the edges are just pulling away from the pan sides, about 25 minutes. Let stand for 20 minutes. Cut into slices and serve.



# What's your favorite Christmas Movie?

Watching Christmas movies during the holiday season can be a wonderful way to relax, bond with loved ones, and embrace the joy of the season. Whether it's a classic film filled with heartwarming messages or a new festive comedy, holiday movies bring a sense of nostalgia and comfort to the season. If you'd like to share your favorite Christmas movie, click the link below to submit your pick! I'll be compiling the top responses to create an **ACC Christmas Movie Watch List** for December's wellness newsletter. So grab a cozy blanket, make some hot cocoa, and let's get ready to spread holiday cheer together with a list of your favorites!



**Click**  
*Here*

## **Health Tip of the Month**

### **Get Outside and Enjoy Fall Fresh Air**

As the leaves change and temperatures cool, autumn is the perfect time to enjoy the outdoors. Fresh air and sunlight can boost your mood, improve concentration, and even enhance immune function. Whether it's a brisk walk through the park, a hike to see fall foliage, or simply sitting outside with a warm drink, spending time in nature reduces stress and helps you feel grounded. Take advantage of the season's beauty to move more, breathe deeply, and give your mental health a refreshing lift this fall.

## **Quote of the Month**

"Gratitude is not only the greatest of virtues, but the parent of all the others."  
– **Marcus Tullius Cicero**

## **Fitness Tip of the Month**

### **Try a Fall-Themed Interval Training Workout\***

Take advantage of the cooler weather by incorporating interval training into your routine. A great way to get outdoors and challenge yourself is by creating a fall-themed interval workout. Start with a 5-minute warm-up walk or jog, then alternate between 30 seconds of high-intensity exercises like jumping jacks, mountain climbers, or sprinting, followed by 1-minute recovery walks. Finish with a cool-down stretch. This workout can be done in a park or around your neighborhood, and it's a great way to boost cardiovascular fitness, burn fat, and enjoy the fall air!

