

November is:

- H-3's Blood Glucose Screening – November 11
- Veteran's Day – November 11
 - We encourage ALL Veterans to wear their service uniform & others to wear colors, representing any branch of the military that they select
- Thanksgiving Day – November 22
- Military Family Appreciation Month
- National Family Caregiver's Month
- Diabetes Awareness Month
- Bladder Health Month

In His Service,



H-3 Ministry

Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.

3 John 1:2



Military Family Appreciation Month is a time set aside to recognize the military family.

Military families know what it means to serve. Every day, they get up and support their service member, standing by during long trainings and deployments. They know the risks, but they accept this life of service anyway.

Service is an honor.

They are the backbone of our military. The quiet, but steady fuel at home that keeps the fire burning. The families keep track of military pay, benefits and news, because they know they make a daily difference in your life. And when their time as an actively serving family comes to an end, you support your veteran.

Serving is just what they do.

Traditionally, the president signs a proclamation recognizing that service and declaring November as Military Family Month. Over the month, families are honored and recognized for their commitment and contributions in support of our military and nation.

Veterans Day in the United States

Veterans Day is intended to honor and thank all military personnel who served the United States in all wars, particularly living veterans. It is marked by parades and church services and in many places the American flag is hung at half mast. A period of silence lasting two minutes may be held at 11am. Some schools are closed on Veterans Day, while others do not close, but choose to mark the occasion with special assemblies or other activities.

On the 11th hour of the 11th day of the 11th month of 1918 an armistice between Germany and the Allied nations came into effect. On November 11, 1919, Armistice Day was commemorated for the first time. In 1919, President Wilson proclaimed the day should be "filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory". There were plans for parades, public meetings and a brief suspension of business activities at 11am.

November 11 became a day to honor all American veterans, where ever and whenever they had served.



November Is National Family Caregivers Month

November is National Family Caregivers Month. It is a time to recognize and honor family caregivers across the country. This year's theme is "Caregiving Around the Clock."

This special observance enables us to do the following:

- raise awareness of family caregiver issues,
- celebrate the efforts of family caregivers,
- educate family caregivers about self-identification, and
- increase support for family caregivers.



"Caregiving can be a 24-hours-a-day, seven-days-a-week job," states the Caregiver Action Network, which spearheads National Family Caregivers Month. "Providing care around the clock can crowd out other important areas of life."

What challenges do family caregivers face, and how do they manage them day and night?

- **Morning:** The average family caregiver is a working mother of school-aged children. Mornings become a tricky balancing act of getting the kids ready for school, making sure your loved one has what they need for the day, and then getting yourself out the door for work.
- **Throughout the Day:** Up to 70 percent of the time, the family caregiver manages the medications. The more serious the condition, the more likely it is that the family caregiver manages the medications for the patient. This means ensuring their loved one is taking medication correctly and maintaining an up-to-date medication list.
- **During the Workday:** Six out of 10 family caregivers work full or part time in addition to juggling their caregiving responsibilities at home. Most say they have to cut back on working hours, take a leave of absence, or quit their job entirely.
- **Evening:** Evenings are for family time and mealtime. Nutrition is as important for caregivers as it is for their loved ones. Proper nutrition helps maintain strength, energy, stamina and a positive attitude.
- **Late at Night:** This might be the only time that family caregivers get a few minutes for themselves to rest and recharge. The chance to take a breather and re-energize is vital so they can be as good a caregiver tomorrow as they were today.
- **Middle of the Night:** If loved ones may need to go to the emergency room in the middle of the night on occasion, family caregivers should be prepared ahead of time with what they need to know and what they need to have with them.

The Caregiver Action Network (CAN) is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. CAN serves a broad spectrum of family caregivers, from the parents of children with special needs and the families of wounded soldiers to a young couple dealing with a diagnosis of MS and adult children caring for parents with Alzheimer's disease. The nonprofit organization provides education, peer support and resources to family caregivers across the country free of charge.





Tips for Enjoying a Healthy Holiday With Diabetes



Holidays like Thanksgiving, that are centered around sharing an abundance of food with family and friends, aren't always easy for someone who has diabetes. Much of the traditional food on the table, such as mashed potatoes, stuffing, and cranberry sauce, is rich, and laden with calories and carbohydrates. This can become increasingly difficult when the entire day becomes one long smorgasbord of eating.

The good news is that you still enjoy Thanksgiving while watching what you eat—all you need is a small amount of preparation and some creative thinking. Here are some ideas to get you through.

Make a Game Plan

A wide variety of foods make up the typical Thanksgiving dinner. Several kinds of side dishes, lots of old family favorites and many kinds of desserts, are often on the table, beckoning you to try each and every one of them.

But, do you have to eat them all? Not if you plan in advance what you're going to eat. Strategic planning can help you make good choices and keep your carbohydrate intake from shooting through the roof. If you are not hosting you can offer to bring a low-calorie, lower carbohydrate dish or two. Consider a green bean dish, cauliflower mashed potatoes, or roasted Brussel sprouts, to name a few.

If Thanksgiving is at your house, you have control over what goes into, or stays out of the food. If your family loves some higher calorie traditions you can always search for ways to make them more nutritious—by adding vegetables, reducing the amount of fat, and making baking substitutions.

Help Yourself to Some Turkey

When it comes time to build your plate, don't forget about the turkey. We often over stuff ourselves on appetizers that we miss out on the main course. Aim to reduce your intake of pre meal snacks (chips, cheese, dips, etc) and appetizers so that you have an appetite for some of the healthier choices, like turkey. Turkey is a good source of protein, high in niacin, phosphorous, selenium, vitamin B6 and zinc. It is also all protein and has zero grams of carbohydrates (which means it won't spike your blood sugar). A 3-ounce serving of white meat turkey breast meat contains roughly 87 calories, 15 grams of protein and 3 grams of carbohydrate. The key to eating turkey is to aim to avoid drowning it in gravy—a tablespoon or two is fine, but it's best to avoid more than that.

Don't Stuff Yourself on Stuffing

Stuffing can pack a calorie, fat, and carbohydrate wallop. The main ingredients in stuffing are bread and butter, and most of the time, recipes call for added calorie-dense ingredients, such as sausage. Understandably, if it's your favorite side dish and you look forward to it all year, by all means, take some, but try to keep your portion in check (about 1/2 cup).

If you have control over how the stuffing is made, substituting fat-free chicken broth for some or most of the butter goes a long way towards cutting the fat grams and calories. Adding a generous portion of chopped vegetables (celery, carrots, onion, etc). to the recipe can also help by adding filling fiber.

Start a New Tradition

It's easy to pack in the calories when you are sitting at the table all day long surrounded by food. Try to take some of the spotlight off the food by engaging in some sort of physical activity that day. Consider doing a turkey trot before heading to your destination or suggest an after-dinner walk around the neighborhood. Once dinner is complete or between courses get the group involved in a game of charades or other group activities, to get your blood moving. Engaging in another activity will help to keep you occupied so you don't pick at leftovers, or succumb to that second piece of pie.

A Word From Verywell

If you have diabetes that doesn't mean your holiday is going to be doomed no matter what. You can enjoy the food and the company while sticking to your health goals. All you need is a plan of action—limit the picking, help yourself to some vegetables and turkey, enjoy a small amount of your favorite dishes, and move a bit. You will feel satisfied and content with your choices, all while maintaining good energy and blood sugar.

November Is Bladder Health Month

November is Bladder Health Month! While many of us are not always thinking about our bladder health, this month serves as a reminder to get the facts about common bladder health problems and to take an active role in taking care of our health.

Two common health problems affecting the bladder are **urinary incontinence** and **overactive bladder (OAB)**.

Urinary Incontinence

Urinary incontinence touches more than 25 million people in the U.S. The severity of urinary incontinence ranges from leaking urine when you cough or sneeze to having that strong "gotta go" urge or feeling. For most, simple lifestyle changes or health care treatments can ease your symptoms or stop urinary incontinence.

Overactive Bladder

Our bladder serves two roles - 1)store urine and 2)empty urine. With OAB, these functions are not as effective and can cause strong, sudden urges to go to the bathroom and, for some patients, result in urinary incontinence or leakage. OAB isn't a disease - it's the name given to a group of troubling urinary symptoms. With more than 33 million adults in the U.S. with OAB symptoms, it's very common.

Bladder Health Tips

While bladder health is not often top of mind, there are ways to keep your bladder healthier year-round. Below are a number of tips to help keep your bladder in good shape.

Drink plenty of water

- Strive to drink 6 to 8 cups of water each day
 - Cut down on the amount of caffeine and alcohol you drink - these may upset your bladder
- Limit your intake of coffee, tea or cola as these can heighten bladder activity and lead to leakage

Use good bathroom habits

- It is normal to go to the bathroom 4 to 8 times a day and no more than twice a night
- Women should sit to go to the toilet - they should not hover over the toilet seat
- Take your time when on the toilet so that your bladder can empty - if you rush, and do not empty your bladder fully, over time, you could get a bladder infection

Stay away from foods that bother the bladder

Some foods can worsen incontinence. Skip foods like chocolate (also a source of caffeine), as well as spicy or acidic foods like tomatoes and citrus fruits

Look after your pelvic floor muscles

- Keep your pelvic floor muscles strong with pelvic floor muscle training

Stop smoking

- It is of great value to stop smoking for your bladder health - using tobacco is a major cause of bladder cancer
- Cigarette smokers are two to three times more likely to be told they have bladder cancer, than nonsmokers

Speak freely

Tell your healthcare provider about your symptoms. You may feel embarrassed; but keep in mind, your healthcare provider is used to hearing about all kinds of problems. They are very common and there are a number of treatments available. Many bladder conditions can be handled through simple lifestyle changes, behavior modifications, medication, bladder retraining or surgery. If you feel you may have symptoms of OAB or urinary incontinence, be sure to talk to your doctor about which treatment is right for you.



resources this issue

Resources <https://www.military.com/military-family-appreciation-month>
<https://www.npaonline.org/november-national-family-caregivers-month>
<https://www.timeanddate.com/holidays/us/veterans-day>
<https://www.verywellhealth.com/healthy-thanksgiving-dinner-with-diabetes-1087477>
<https://www.urologyhealth.org/careblog/november-is-bladder-health-month>