

November/December is:

- American Diabetes Month, Diabetes Education Week
- Lung Cancer Awareness Month
- National Alzheimer's Disease Awareness Month
- National Family Caregivers Month
- National Pancreatic Cancer Awareness Month
- World Kindness Week,
- The Great American Smoke-Out
- Tips for Coping with Holiday Stress & Depression
- THANKSGIVING DAY
- National Family Health History Day
- World Giving Tuesday
- World AIDS Day
- Holiday / Winter Safety
- International Day of Persons w/ Disabilities
- National Handwashing Awareness Week
- National Influenza Vaccination Week
- Safe Toys & Gifts Month
- CHRISTMAS DAY

In His Service,



"For you have been bought with a price:
therefore glorify God in your body."
1 Corinthians 6:20



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This Thanksgiving
is a good time to start collecting your family's health history using some of these questions and to try the Surgeon General's free online tool at familyhistory.hhs.gov

Heart Disease, Allergies, Sickle Cell Anemia, High Cholesterol, Huntington's, Parkinson's, Diabetes, Cancer, Depression, Cystic Fibrosis

Do any diseases run in your family?
How old were they when they developed these diseases?
What are your family's lifestyle habits such as exercise or smoking?
Have any family members had surgeries or been hospitalized?
Does anyone in your family take medications regularly?
What diseases did your deceased relatives have?
Do any family members have serious or chronic diseases?
What was the cause of their death, and how old were they?

By openly discussing your family's health history, you and your health care provider will be able to better predict your risk for illness, identify early screening options and keep you and your family healthy.

Happy Thanksgiving!

UAB Medicine News

Alabama has the second worst rate of diabetes in the nation; someone is diagnosed with the chronic disease about every 15 seconds in our state. And rates are rapidly rising. In fact, current statistics suggest that among children born in the past 17 years, 1 in 3 will develop diabetes during their lifetime, and the projected rate for minorities is 1 in 2.

The Staggering Costs of Diabetes

GROWING EPIDEMIC

Diabetes affects **30 million** children and adults in the U.S.



That's **1 in 11** Americans.



84 million Americans have prediabetes and are at risk for developing type 2 diabetes.

90% of them don't know they have it.



Every **21 seconds** someone in the U.S. is diagnosed with diabetes.

HUMAN COSTS

African Americans and Hispanics are over **50%** more likely to have diabetes than non-Hispanic whites.

People with diabetes are at higher risk of serious health complications:



STROKE



BLINDNESS



KIDNEY DISEASE



HEART DISEASE



LOSS OF TOES, FEET, OR LEGS

ECONOMIC COSTS



The total cost of diabetes and prediabetes in the U.S. is **\$322 billion.**



The average price of insulin increased nearly **3x** between 2002 and 2013.



People with diabetes have health care costs **2.3x greater** than those without diabetes.

The Diabetes and Nutrition Education Clinic at The Kirklin Clinic of UAB Hospital is here to help prevent complications from uncontrolled diabetes by providing information, support, and skills training to help people with diabetes self-manage their condition.

Common Myths

Education is a critical part of both diabetes prevention and treatment, as there are many misconceptions about the disease. Below, the American Diabetes

Learn more at diabetes.org



Association dispels some common myths to help you and your loved ones stay knowledgeable about diabetes.

Myth: Diabetes is not that serious of a disease.

Fact: Diabetes causes more deaths each year than breast cancer and AIDS combined. Having diabetes nearly doubles your chance of having a heart attack. The good news is that proper diabetes control can reduce your risk for diabetes complications.

Myth: Eating too much sugar causes diabetes.

Fact: The answer is not so simple. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease. Type 2 diabetes is caused by genetics and lifestyle factors. Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories from any source contributes to weight gain. Research has shown that drinking sugary drinks is linked to type 2 diabetes.

The American Diabetes Association recommends avoiding sugar-sweetened beverages to help prevent diabetes. These include:

Regular sodas	Fruit punch	Fruit drinks	Energy drinks	Sports drinks
Sweet tea	Other sugary drinks			

These drinks raise blood glucose and can add several hundred calories to your diet in just one serving!

Myth: If you are overweight or obese, you eventually will develop type 2 diabetes.

Fact: Being overweight is a risk factor for developing this disease, but other factors such as family history, ethnicity, and age also play a role. Unfortunately, too many people disregard the other risk factors and mistakenly believe that weight is the only risk factor. Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are within their normal weight or only moderately overweight.

Myth: You can catch diabetes from someone else.

Fact: Although we don't know exactly why some people develop diabetes, we know diabetes is not contagious. It can't be contracted like a cold or flu. There seems to be some genetic link in diabetes, particularly with type 2 diabetes. Lifestyle factors also play a part.

Myth: People with diabetes should eat special diabetic foods.

Fact: A healthy meal plan for people with diabetes is generally the same as healthy eating for anyone. It should be low in saturated and trans fats, moderate in salt and sugar, and based on lean protein, non-starchy vegetables, whole grains, healthy fats, and fruit. "Diabetic" foods generally offer no special benefit; most still raise blood glucose levels, cost more, and can have a laxative effect if they contain sugar alcohols.

Myth: People with diabetes can't eat sweets or chocolate.

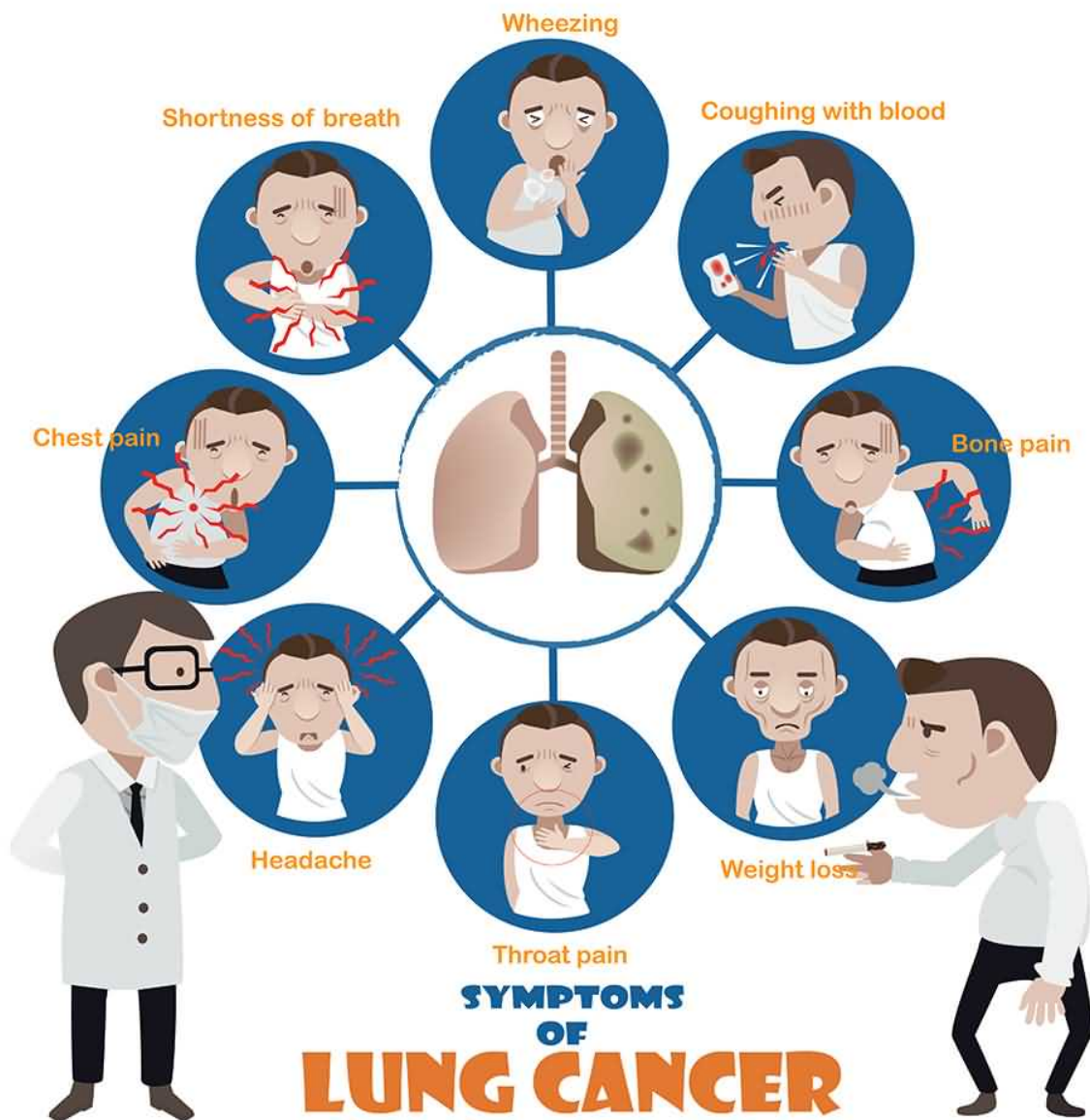
Fact: If eaten as part of a healthy meal plan or combined with exercise, sweets and desserts can be eaten by people with diabetes. They are no more "off limits" to people with diabetes than they are to people without diabetes. The key to sweets is to eat a small portion and save them for special occasions, in order to focus on healthier foods.

Myth: If you have type 2 diabetes and your doctor says you need to start using insulin, it means you're failing to take care of your diabetes properly.

Fact: For most people, type 2 diabetes is a progressive disease. When first diagnosed, many people can keep their blood glucose at a healthy level with oral medications. But over time, the body gradually produces less and less of its own insulin, and oral medications eventually may not be enough to keep blood glucose levels normal. Using insulin to get blood glucose levels to a healthy level is a good thing, not a bad one.

Symptoms of Lung Cancer: Diagnosis & Treatment

Lung cancer is the second most common cancer in men and women behind prostate cancer and breast cancer respectively. Lung cancer is the leading cause of death from cancer worldwide. Every year, more people die from lung cancer than from cancers of the colon, breast, and prostate combined.



What Is Alzheimer's Disease?

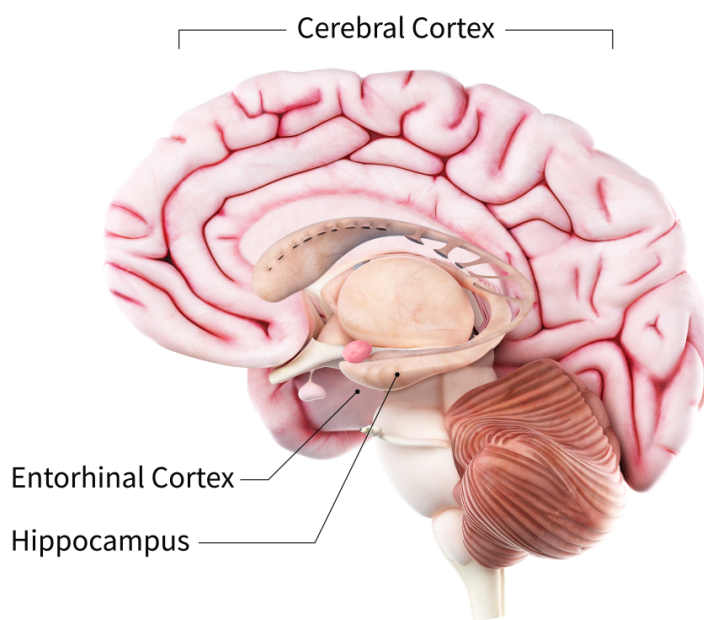
Alzheimer's disease is a brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks. In most people with the disease — those with the late-onset type symptoms first appear in their mid-60s. Early-onset Alzheimer's occurs between a person's 30s and mid-60s and is very rare. Alzheimer's disease is the most common cause of dementia among older adults.

The disease is named after Dr. Alois Alzheimer. In 1906, Dr. Alzheimer noticed changes in the brain tissue of a woman who had died of an unusual mental illness.

Her symptoms included memory loss, language problems, and unpredictable behavior. After she died, he examined her brain and found many abnormal clumps (now called amyloid plaques) and tangled bundles of fibers (now called neurofibrillary, or tau, tangles).

These plaques and tangles in the brain are still considered some of the main features of Alzheimer's disease. Another feature is the loss of connections between nerve cells (neurons) in the brain. Neurons transmit messages between different parts of the brain, and from the brain to muscles and organs in the body. Many other complex brain changes are thought to play a role in Alzheimer's, too.

This damage initially takes place in parts of the brain involved in memory, including the entorhinal cortex and hippocampus. It later affects areas in the cerebral cortex, such as those responsible for language, reasoning, and social behavior. Eventually, many other areas of the brain are damaged.



How many Americans have Alzheimer's disease?

Estimates vary, but experts suggest that more than 6 million Americans age 65 and older may have Alzheimer's. Many more under age 65 also have the disease. Unless Alzheimer's can be effectively treated or prevented, the number of people with it will increase significantly if current population trends continue. This is because increasing age is the most important known risk factor for Alzheimer's disease.

Understanding Different Types of Dementia

As we age, it's normal to lose some neurons in the brain. People living with dementia, however, experience far greater loss. Many neurons stop working, lose connections with other brain cells, and eventually die. At first, symptoms can be mild, but they get worse over time. Read on to learn more about four different types of dementia.



TYPES OF DEMENTIA

Alzheimer's Disease	Frontotemporal Dementia	Lewy Body Dementia	Vascular Dementia
What Is Happening in the Brain?*			
<p>Abnormal deposits of proteins form amyloid plaques and tau tangles throughout the brain.</p> <p>Amyloid plaques Tau tangles</p>	<p>Abnormal amounts or forms of tau and TDP-43 proteins accumulate inside neurons in the frontal and temporal lobes.</p> <p>Frontal lobe Tau TDP-43 Temporal lobe</p>	<p>Abnormal deposits of the alpha-synuclein protein, called "Lewy bodies," affect the brain's chemical messengers.</p> <p>Lewy body</p>	<p>Conditions, such as blood clots, disrupt blood flow in the brain.</p> <p>Blood clot</p>

**These changes are just one piece of a complex puzzle that scientists are studying to understand the underlying causes of these forms of dementia and others.*

Symptoms

<p>Mild</p> <ul style="list-style-type: none"> Wandering and getting lost Repeating questions <p>Moderate</p> <ul style="list-style-type: none"> Problems recognizing friends and family Impulsive behavior <p>Severe</p> <ul style="list-style-type: none"> Cannot communicate 	<p>Behavioral and Emotional</p> <ul style="list-style-type: none"> Difficulty planning and organizing Impulsive behaviors Emotional flatness or excessive emotions <p>Movement Problems</p> <ul style="list-style-type: none"> Shaky hands Problems with balance and walking <p>Language Problems</p> <ul style="list-style-type: none"> Difficulty making or understanding speech <p><i>There are several types of frontotemporal disorders, and symptoms can vary by type.</i></p>	<p>Cognitive Decline</p> <ul style="list-style-type: none"> Inability to concentrate, pay attention, or stay alert Disorganized or illogical ideas <p>Movement Problems</p> <ul style="list-style-type: none"> Muscle rigidity Loss of coordination Reduced facial expression <p>Sleep Disorders</p> <ul style="list-style-type: none"> Insomnia Excessive daytime sleepiness <p>Visual Hallucinations</p>	<ul style="list-style-type: none"> Forgetting current or past events Misplacing items Trouble following instructions or learning new information Hallucinations or delusions Poor judgment
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Typical Age of Diagnosis

Mid 60s and above, with some cases in mid-30s to 60s	Between 45 and 64	50 or older	Over 65
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Diagnosis

Symptoms can be similar among different types of dementia, and some people have more than one form of dementia, which can make an accurate diagnosis difficult. Symptoms can also vary from person to person. Doctors may ask for a medical history, complete a physical exam, and order neurological and laboratory tests to help diagnose dementia.

Treatment

There is currently no cure for these types of dementia, but some treatments are available. Speak with your doctor to find out what might work best for you.

Living with dementia can be challenging, but there are ways to manage it. To learn more about these types of dementia and other conditions that can cause dementia, visit www.nia.nih.gov/health/what-is-dementia.



What does Alzheimer's disease look like?

Memory problems are typically one of the first signs of Alzheimer's, though initial symptoms may vary from person to person. A decline in other aspects of thinking, such as finding the right words, vision/spatial issues, and impaired reasoning or judgment, may also signal the very early stages of Alzheimer's disease. Mild cognitive impairment (MCI) is a condition that can be an early sign of Alzheimer's, but not everyone with MCI will develop the disease.

People with Alzheimer's have trouble doing everyday things like driving a car, cooking a meal, or paying bills. They may ask the same questions over and over, get lost easily, lose things or put them in odd places, and find even simple things confusing. As the disease progresses, some people become worried, angry, or violent.

How long can a person live with Alzheimer's disease?

The time from diagnosis to death varies — as little as three or four years if the person is older than 80 when diagnosed, to as long as 10 or more years if the person is younger.

Alzheimer's disease is currently ranked as the sixth leading cause of death in the United States, but recent estimates indicate that the disorder may rank third, just behind heart disease and cancer, as a cause of death for older people.

Currently, there is no cure for Alzheimer's disease, though there has been significant progress in recent years in developing and testing new treatments. Several medicines have been approved by the U.S. Food and Drug Administration to treat people with Alzheimer's.

National Family Caregivers Month

Caregiving is a tough job. This November, we remember the people who lovingly give baths, clean houses, shop for, and comfort the millions of elderly and ill people who are friends and loved ones. November is National Family Caregivers Month and this year's theme is "Caregiving Around the Clock." Check out the latest helpful hints and community resources because if you don't take care of yourself, you can't take care of anyone else.

FIVE REASONS CAREGIVING IS SO TOUGH

1. **Where's the other half?** - Over half of family caregivers are women.
2. **Relationships may suffer** - One out of every four caregivers reports diminished family relationships because of caregiving a loved one.
3. **No wonder you're tired** - Most caregivers work outside the home either part- or full-time in addition to their caregiving responsibilities.
4. **Children do it too** - Over a million American young people, aged eight to 18, care for an adult relative on a daily basis.

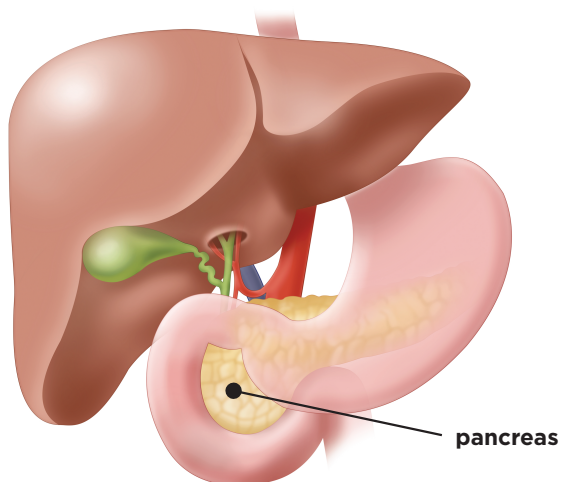
5. **It's hard to do self-care** - Nearly 70 percent of caregivers report they don't see their doctor regularly because of their responsibilities.

WHY NATIONAL FAMILY CAREGIVERS MONTH IS IMPORTANT

1. **Caregivers need love, too** - Caregiving while still holding down an outside job is exhausting. Much of caregiving is unpaid. National Family Caregivers Month in November provides resources for self-care, advocacy, and de-stressing for our caregivers. The month is dedicated to supporting caregivers as they care for others. This year's theme is "Caregiving Around the Clock."
2. **Learn how to cope** - National Family Caregivers Month features lots of vital information to help caregivers cope with a tough, and sometimes thankless job. There are tips for caregivers such as taking care of your own health, accepting offers of help from others, learning the skills to speak effectively with doctors, and being open to new, assistive technologies that can lighten your load. If you don't take care of yourself, who will?
3. **Check yourself for depression** - Watching a parent age or seeing someone change drastically due to illness can be devastating. Take some time to monitor your own wellbeing. If you are not sleeping well, exercising, or feel yourself becoming reclusive, speak to a professional about depression. It can hit anyone at any time. There's no shame in feeling overwhelmed.



What is the pancreas?



- It's an organ about 6 inches long, deep in the abdomen between the stomach and the spine
- It has both endocrine and exocrine functions - meaning it secretes proteins into the bloodstream and into other tissues
- It releases digestive juices, also known as digestive or pancreatic enzymes into the small intestine through its exocrine function
- The endocrine function consists of islet cells that produce the blood sugar-regulating hormones insulin (to lower blood sugar) and glucagon (to raise blood sugar) that are secreted into the bloodstream

Pancreatic Cancer Facts:

- More than 90% of pancreatic cancer cases are pancreatic adenocarcinoma (PDAC). These tumors develop in the exocrine tissue of the pancreas, which makes digestive enzymes.
- The less common pancreatic neuroendocrine tumors (NETs), develop in hormone-producing endocrine cells, or islet cells. Neuroendocrine tumors often have a better prognosis and younger median age of diagnosis.
- Pancreatic cancer has the highest mortality rate of all major cancers. It is currently the 3rd leading cause of cancer-related death in the United States after lung and colon.
- In 2022 an estimated 62,210 Americans will be diagnosed with pancreatic cancer in the U.S., and more than 49,830 will die from the disease.
- For all stages combined, the 5-year relative survival rate is 11%.

Sources:

American Cancer Society: Cancer Facts & Figures 2022
Additional pancreas information from Columbia University

Hirshberg Foundation for Pancreatic Cancer Foundation
2990 S. Sepulveda Blvd. Suite 300C
Los Angeles, CA 90064 — [Pancreatic.org](https://www.pancreatic.org)

World Kindness Week – November 7-13

World Kindness Week came into being when several humanitarian groups came together on November 13, 1997, and made a Declaration of Kindness. What started as World Kindness Day turned into World Kindness Week, where everyone is encouraged to make a similar declaration of kindness and charity. The week is celebrated by donating books, food, or clothes to local communities and pledging to empathize with other people. Even the smallest act of kindness can go a long way, and you should never pass up an opportunity to help someone in need. World Kindness Week aims to create a society where everyone can live a dignified life.

5 FACTS ABOUT KINDNESS THAT WILL BLOW YOUR MIND

1. **Kindness is teachable** - We are psychologically wired to help someone in need.
2. **It's contagious** - Witnessing an act of kindness improves our mood, making us more likely to pay it forward.
3. **Kindness makes you live longer** - There's 44% less chance of dying early if you are kind.

4. **Serotonin source** - Like most medical antidepressants, kindness stimulates the production of serotonin.
5. **Kindness has anti-aging effects** - Perpetually kind people have 23% less stress hormone and age slower than the average population.

WHY WE LOVE WORLD KINDNESS WEEK

1. **Teaches us to be kind** - We get caught up in our lives and forget to take a moment to think about others in need. Doing something good for others can be good for us too.
2. **Reminds us that we are not alone** - World Kindness Week reminds us that we aren't alone and that others are kind and care for us. The week also highlights the goodness that takes place every day.
3. **Time to get creative** - World Kindness Week is the time to get creative with your ideas. Find unique ways to show kindness and express empathy.



The Great American Smokeout is an annual event sponsored by the American Cancer Society (ACS). It is held on the third Thursday of November. This social engineering event focuses on encouraging Americans to quit tobacco smoking. People are challenged to stop smoking for at least 24 hours assuming that their decision not to smoke will last longer, hopefully forever.

Today, more than 43 million people in the United States smoke cigarettes, that is about 1 in 5 adults. The Great American Smokeout evolved from a number of smaller-scale events that took place in the 1970s. The first Great American Smokeout occurred in California on November 18, 1976. According to the California division of the ACS, nearly 1 million people stopped smoking cigarettes that day. In 1977, the event was taken nationwide. Different people quit smoking in different ways. There are those who quit abruptly and completely and those who cut back gradually. Some people need substitutions and distractions to suppress cravings and others need special medicines. No matter which approach you choose, the Great American Smokeout is the perfect occasion to make the first step. Of course, if you have already decided to quite smoking, you don't have to wait till November.

Stress, depression and the holidays: Tips for coping

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few. And if coronavirus disease 2019 (COVID-19) is spreading in your community, you may be feeling additional stress, or you may be worrying about your and your loved ones' health. You may also feel stressed, sad or anxious because your holiday plans may look different during the COVID-19 pandemic.

But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones for other reasons, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events or communities. Many may have websites, online support groups, social media sites or virtual events. They can offer support and companionship.

If you're feeling stress during the holidays, it also may help to talk to a friend or family member about your concerns. Try reaching out with a text, a call or a video chat.

Volunteering your time or doing something to help others also is a good way to lift your spirits and broaden your friendships. For example, consider dropping off a meal and dessert at a friend's home during the holidays.

3. **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children or other relatives can't come to your home, find new ways to celebrate together, such as sharing pictures, emails or videos. Or meet virtually on a video call. Even though your holiday plans may look different this year, you can find ways to celebrate.
4. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate

time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.

5. **Stick to a budget.** Before you do your gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.
- Start a family gift exchange.

6. **Plan ahead.** Set aside specific days for shopping, baking, connecting with friends and other activities. Consider whether you can shop online for any of your items. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for meal prep and cleanup.
7. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.
8. **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.

Try these suggestions:

- Have a healthy snack before holiday meals so that you don't go overboard on sweets, cheese or drinks.
- Eat healthy meals.
- Get plenty of sleep.
- Include regular physical activity in your daily routine.
- Try deep-breathing exercises, meditation or yoga.
- Avoid excessive tobacco, alcohol and drug use.
- Be aware of how the information culture can produce undue stress, and adjust the time you spend reading news and social media as you see fit.

9. **Take a breather.** Make some time for yourself. Find an activity you enjoy. Take a break by yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Some options may include:

- Taking a walk at night and stargazing
- Listening to soothing music
- Reading a book

10. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Take control of the holidays

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.

National Family Health History Day

Thanksgiving Day is not only a time to gather with friends and family to eat a sumptuous meal and count blessings. It's also National Family Health History Day on November 24. The idea is to take a day when everyone in your family is assembled and discuss the family health history, specifically any occurrence of colorectal cancer. Healthcare providers encourage you to use this day to share and care about this and other serious diseases.

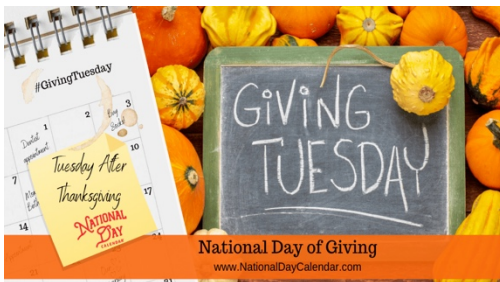
HOW TO OBSERVE NATIONAL FAMILY HEALTH HISTORY DAY

1. **Draw a genealogy tree** - Grab some colored pens and have poster board ready. This is a great day to put together a genealogy tree that adds information about the family's health history. Get the elders to provide as much knowledge as they can.
2. **Put together a binder of family health history** - Do it "old school" and put everything in a binder. Make colorful copies and distribute to everyone so all the information is accessible and easy to read for family members as well as health care providers.
3. **Assign everyone to write down any health concerns to share** - Before Thanksgiving, ask every family member (even the little ones) to write down whatever questions or concerns they have about the family's health history. You would be surprised at how curious children are about family history. On National Family Health History Day, take the questions out and start discussing.

4 REASONS WHY FAMILIES NEED TO KNOW THEIR HEALTH HISTORY

1. **Some family members may have died young** - If you have chronic conditions that run in your family, it's important to discuss the family's health history, especially if there were family members who died before the conditions became evident.

2. **Many families tend to get these diseases** - The most common conditions that run in families are heart disease, diabetes, and cancer (including colon, stomach, endometrium, lung, bladder, breast, and skin) as well as high blood pressure.
3. European royal families were cursed with hemophilia - Many European royal families either had hemophilia, a blood clotting disorder known as the “Royal” disease, or carried the gene — including Queen Victoria and many of her descendants — as well as the son of Czar Nicholas II of Russia.
4. **Life span can be hereditary** - Research shows that someone's life span is mainly determined by a combination of genetics and environmental factors.



NATIONAL DAY OF GIVING – #GIVINGTUESDAY

National Day of Giving encourages giving back. It takes place the Tuesday after Thanksgiving.

We've just spent the weekend shopping and searching for the best possible deals. National Day Of Giving reminds us to give to those in need. Whether we look to our favorite causes or charities, it is a great reminder to lift others up during a generous time of year. On the Tuesday after Thanksgiving charities, families, businesses, community centers, and students around the world will come together for one common purpose: to celebrate generosity and to give.

HOW TO OBSERVE #GivingTuesday

Quite simply, take advantage of all the holiday deals to add to your charitable giving. Combined with your family, friends, local and national organizations, and through the power of social media, Day of Giving can become a tradition worth passing on.

Try these ways to give:

- Set up a collection for non-perishable food at work. Deliver the collection to a local food pantry.
- Donate gift cards to a shelter.
- Collect new toys and donate them to children spending the holidays in the hospital.
- Make blankets for those receiving cancer treatment.

Also on this #GivingTuesday, Nashville's Rick Monroe shares the single “God's Ear” as a special message.



World AIDS Day #WorldAIDSDay

“Putting Ourselves to the Test: Achieving Equity to End HIV”

This year's theme for World AIDS Day is “Putting Ourselves to the Test: Achieving Equity to End HIV.” It encourages people to unite globally to eliminate the disparities and inequities that create barriers to HIV testing, prevention, and access to HIV care. First observed in 1988, World AIDS Day is a day to unite to help end HIV and remember those lost to AIDS-related illnesses.

Winter holiday travel tips: 8 good ideas for your trip



(CNN) — It can be especially stressful and arduous to travel during the winter holidays: Airports and flights are crowded. Roadways are jammed with vehicles. Snow and ice storms can delay your journey.

You can't make other people or bad weather just go away as you try to reach your destination, but you do have ways to smooth things along.

Here are eight tips to avoid a sticky travel situation altogether or at least more easily get yourself out of one:

1. Check your flight, no matter where you're going

Think you don't have to worry about bad weather because you're flying from sunny California to sunny Florida? Not so fast. That airplane you're picking up in San Diego may have been coming from Minneapolis or Chicago.

If your aircraft is coming from a city hit by foul weather, it can hold up your warm weather travel. Check your aircraft's journey on your airline website. Aviation Queen travel blogger Benet J. Wilson recommends the Flightview app to track your aircraft's path. (And don't rub it in to the snow-bound folks that you're heading to the beach!)

2. Don't drive into a storm



Monitor your local and regional forecasts. If the weather report in your departure or arrival city advises staying put for safety reasons, consider not hitting the road.

If there's a possibility that bad weather could hit while you're on the road, make sure to have cold weather clothing and shoes, extra water and snacks, charged up devices, diapers for the little ones, a full tank of gas and flares in case you get stopped by weather.

3. Rebook your flight for free

Many airlines have teams devoted to tracking the weather and rearranging flight schedules to avoid bad winter weather. If the weather proves too dangerous for flight, airlines often offer customers the opportunity to rebook their flights to leave earlier or later free of charge, before you leave for the airport.

Sometimes, the airlines will even waive fees to rebook customers who see the writing on the wall and call before the bad weather hits. No guarantees, but it's worth a try, says Airfarewatchdog President George Hobica.

4. Follow your airline and airport on social media

Follow your airlines and airports via Twitter and Facebook. Many airlines and airports post the speediest updates to their Twitter feeds, so start following them now. Sign up for your airline alerts to get flight updates e-mailed to your smartphone.

5. Charge your devices

Expect crowds surrounding the electrical outlets at your departure airport to increase if your flight is delayed. And don't expect rest stops to share their outlets with you. Have a car charger and stash a power pack or a few battery chargers for your portable electronic devices (useful for driving or flying).



6. Stock up on snacks

Stock up on nonperishable snacks and drinks for the car. If you're flying, avoid the drinks, but carry an empty water bottle to refill after you clear airport security.

Granola bars, beef jerky, dried nuts and fruit and other protein-rich snacks can keep you and the children going without spending a fortune at rest stops or the airport.

7. Are you already stuck at the airport?

If you're stranded, multitask. Don't only go to the ticket counter. Use an app such as NextFlight and type in your city pair to get the next flights for the major airlines, travel blogger Wilson suggested. Then, call the airline on your phone and give them your preferred options.

You might get booked on another flight before you reach the front of the line. Also consider nearby cities where you can rent a car and drive to your final destination.

8. Consider taking a train



If you live in a part of the world where train service is common (say the Northeast US, Japan, England or many other parts of Europe., for example), consider taking the train for your winter holiday travel.

US train service Amtrak points out you can carry two 50-pound bags with you for free, making it easier to transport gifts. You can also bypass clogged highways and airports while relaxing in more spacious seating.

International Day of Persons with Disabilities

International Day of Persons with Disabilities on December 3 is a day to help everyone become more compassionate and understanding of the challenges faced by people with disabilities. The day doesn't discriminate between mental and physical disabilities, and the spirit of the day is to ensure that all people in the world have equal opportunities for work, play, health, and success. People with disabilities can be and very often are contributing and valued members of society, and today is all about appreciating them.

HOW TO OBSERVE INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

1. **Become an advocate for people with disabilities** - Look around your community and the places you frequent. If accommodations for people with disabilities are not in place, ask the shop owner, mall manager and/or your elected officials to install them. It's the law.
2. **Lend a helping hand** - Inquire at your local senior center or residence, or of the nurses at an outpatient clinic, if they know of someone who needs assistance. Offer to help. Sometimes just delivering a medication, dropping off the mail, or picking up a few things at the grocery—simple tasks for you—would make the world of difference to someone with a disability.
3. **Show some compassion** - When you're tired, harried and in a rush, you know you can sometimes be irritable. Don't snap at someone who's slowing you down, or take your frustrations out on them. They could be a person with a disability. If so, their lives are always like that, while your problems are probably fleeting. Likewise, don't let any bad humor they exhibit ruin your day. This is when a smile can smooth everything over.

WHY INTERNATIONAL DAY OF PERSONS WITH DISABILITIES IS IMPORTANT

1. **It builds awareness of people with disabilities** - People with disabilities sometimes feel invisible in our society. People rush around them in their daily routines, barely noticing them. Today, try to make eye contact and smile and be available to help should they seem to be having difficulties.
2. **We better understand the difficulties people with disabilities have** - The treasured parking space right in front of the pharmacy, the sloped curbs at intersections with the textured mats in place so the vision impaired folks can feel the curb end, the buttons to open doors automatically, even elevators on the Subway —are all in place to make a difficult life a little easier for a person with disabilities. Notice these accommodations today, and then notice how few of them there are.
3. **It's more than a day —it's the law** - The Americans with Disabilities Act was created to define the rights of people with disabilities and the design standards which businesses and municipalities must incorporate to comply with the law. Called the ADA, it is quite explicit in the standards required, and a familiarity with it could be most helpful to anyone in.



National Handwashing Awareness Week – December 5-11, 2022

Personal hygiene begins and ends with our hands. And though we're taught as youngsters to wash our hands before dinner, it's important to remember that germs don't care what time of day it is. Clean hands prevent sickness. So it's especially important to learn the basics about hand hygiene so that you, too, can become a champion hand washer! Let's examine some handy (see what we did there?) tips and info in honor of National Handwashing Awareness Week, which takes place each year during the first full week of December.

NATIONAL HANDWASHING AWARENESS WEEK ACTIVITIES

1. **Do it right** - Experts recommend washing your hands with soap and clean water for at least 20 seconds. Be sure to get a good lather going and clean the back of the hands, between the fingers and under the nails. Dry them using a clean towel. There is a lot of science behind these recommendations, so be sure to follow them each time you wash your hands.

2. **Memorize the five steps** - The Centers for Disease Control and Prevention calls hand washing "a do-it-yourself vaccine" and suggests remembering five easy steps: Wet, lather, scrub, rinse, dry.
3. **Learn the Four Principles of Hand Awareness** - Endorsed by the American Medical Association and American Academy of Family Physicians, the four principles are: 1) Wash your hands when they are dirty and before eating; 2) Do not cough into hands; 3) Do not sneeze into hands; and 4) Don't put your fingers in your eyes, nose or mouth.

5 SUPER CLEAN FACTS ABOUT HAND HYGIENE

1. **Handwashing equals happiness** - According to the Centers for Disease Control and Prevention, handwashing can prevent 1 in 3 diarrhea-related illnesses and 1 in 5 infections, including the flu.
2. **Beware the twin killers for kids** - About 1.4 million children under age 5 die from diarrheal diseases and pneumonia — the two most deadly afflictions for children worldwide.
3. **The dirty secret of public restrooms** - The CDC also reports that only 31 percent of men and 65 percent of women washed their hands after using a public restroom.
4. **Handwash your way to health** - Using antibiotics creates antibiotic resistance. Handwashing prevents many sicknesses, so people need less antibiotics. Therefore, less antibiotic resistance.
5. **Sneezes are mini hurricanes** - A typical human sneeze exits the body at about 200 miles per hour and emits around 40,000 droplets into the air.

National Influenza Vaccination Week is Dec. 5-11

National Influenza Vaccination Week is recognized Dec. 5-11 to highlight the importance of the influenza vaccination.



The holidays are here, and while that means more opportunities for spreading cheer, there is also more opportunity for spreading flu and other respiratory viruses as people resume travel and gather with family and friends.

Public health officials with the Harnett County Health Department encourages everyone to get their flu vaccine this National Influenza Vaccination Week. No one should go through the holiday season without a flu vaccine, officials reported in a press release.

Flu activity during the 2020-2021 season was low, likely because of COVID-19 prevention measures and it's important to know that immune protection against flu decreases over time, officials reported. While it is ideal to get a flu vaccine before flu starts spreading in your community, getting vaccinated later is still beneficial during most seasons.

Flu most commonly peaks in February and significant activity can continue into May, so there is still time to get vaccinated if you haven't already. Getting an annual flu vaccine is recommended for everyone 6 months and older and is the best way to help protect against flu, officials say.



10 Tips For Safe Toys and Gifts

You of course want to choose a toy that's fun and exciting. Seeing your child's face light up as they open a gift may bring you just as much joy as it brings them. However, you shouldn't sacrifice safety just because a toy looks cute or cool. It's important to consider safety when looking for toys and gifts.

Here are a few tips for choosing safe toys and gifts!

Plush over pointy

Look at the design and the materials used to make toys. Toys made from hard materials with sharp edges, points, or spikes aren't as safe as toys with rounded edges, or toys made from foam, plush, or fabric.

Small toys may present a choking hazard.

Pull toys with long strings, or other toys with long cables, ropes, or cords can be dangerous.

Be especially mindful with gifts for young children

It's especially important to choose safe toys for young children. Younger children are more likely to put toys in their mouths and they may not know or recognize what is and what is not safe. Younger children are also less coordinated, which can cause toy-related injuries.

Be careful with antique toys

You can find all kinds of neat things at garage sales, antique malls, and flea markets, but be careful with old or antique toys. Some older toys may contain lead or toxic paints, or may not be approved by modern toy safety standards.

Remove wrappers and packaging

Remove extra tags, bags, ribbons, or any other packaging that may present a choking hazard for small children. Discard all unnecessary wrappers and packaging after opening gifts and toys.

Follow age recommendations

The age recommendations for toys aren't always the same for every manufacturer. While the specific factors of these recommendations may vary, they do provide a good guideline for the ages that can use the toys safely and enjoyably.

Look for toys that are well made

A broken toy can expose screws, splinters, or jagged edges. Broken toys may also create small pieces that can present a choking hazard. Examine toys and gifts to make sure that they are made well and will not break easily.

Look for ASTM approved toys

The toys you purchase in a big box store – and even in most independent toy stores – should generally meet the toy safety standard. Of course, if you do your shopping with online vendors you may have to be extra diligent to ensure that toys and gifts meet ASTM standards.

Batteries should be hard to get to

It may be a pain for you whenever it's time to change out batteries, but you'll be thankful that it's not easy for your child to get to the batteries, either. A swallowed battery can be a deadly. If your child swallows a battery, treat it as a medical emergency.

Safety gear makes a great gift, too

Gifts such as roller skates, skateboards, bicycles, scooters, and other riding toys are a lot of fun, but they're not entirely safe. Riding toys are the leading cause of toy-related injury for children. Helmets, wrist guards, knee pads, and elbow pads, can help make sure that your child stays safe while having fun on riding toys.

Familiarize and supervise

Learn how toys and gifts work before buying them, or before giving them to your child.

Inspect toys to make sure that they aren't broken, and that they won't harm your child.

Show children how to safely play with toys, and keep a watchful eye over children while playing.



Resources:

<https://www.uabmedicine.org/-/november-is-national-diabetes-awareness-month>

<https://www.nia.nih.gov/health/what-alzheimers-disease>

<https://nationaltoday.com/national-family-caregivers-month/>

https://pancreatic.org/wp-content/uploads/2022/02/2022-Pancreatic-Cancer-Facts_PPL.pdf

<https://nationaltoday.com/world-kindness-week/>

<https://www.awarenessdays.com/awareness-days-calendar/the-great-american-smokeout-2022/>

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>

<https://nationaltoday.com/national-family-health-history-day/>

<https://nationaldaycalendar.com/national-day-of-giving-givingtuesday-usually-follows-cyber-monday/>

<https://www.hiv.gov/events/awareness-days/world-aids-day>

<https://www.cnn.com/travel/article/winter-holiday-travel-tips/index.html>

<https://nationaltoday.com/international-day-of-persons-with-disabilities/>

https://www.mydailyrecord.com/news/national-influenza-vaccination-week-is-dec-5-11/article_5a57c326-f89a-5ae6-bdbf-7ab2acc75799.html

<https://www.mana.md/10-tips-for-safe-toys-and-gifts/>