



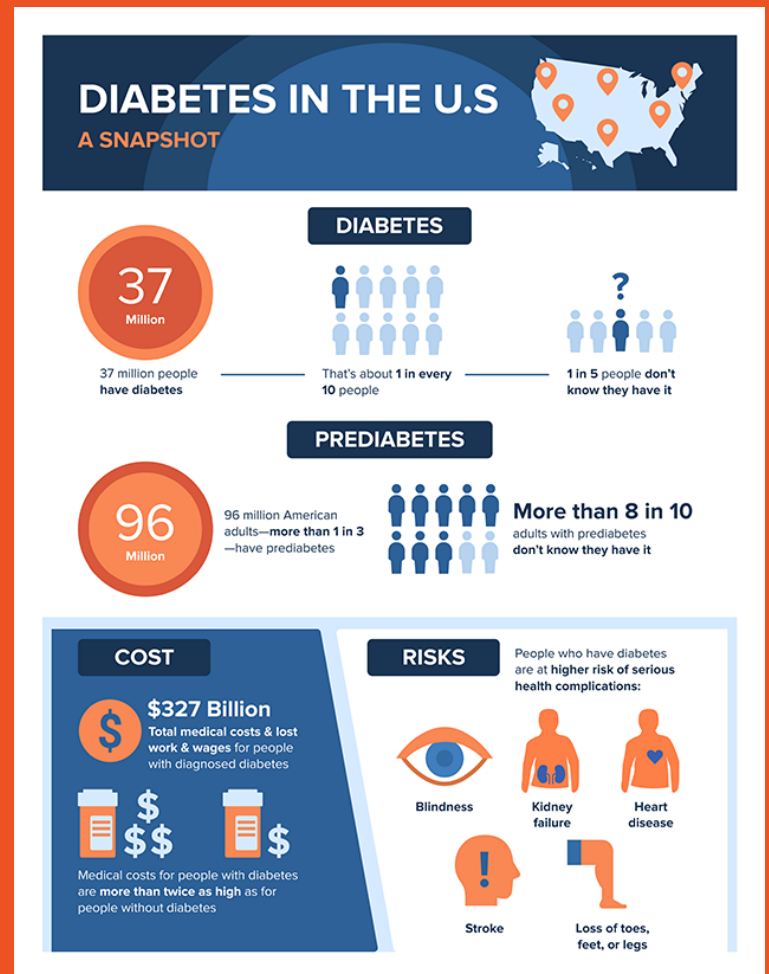
Hello Readers,

November is here, and now it's officially holiday season. This month we remember our Veterans, those who have sacrificed their time and lives. We also have a month that shines light on so many health awarenesses.

According to the CDC, there are 37.3 million people who are diabetic. This number does not include those who are prediabetic, which is 96 million people! With the many festivities coming up, it is easy to forgo those beginning of the year resolutions of healthier habits, to indulge in ones that are not. This month is also National Family Caregiver Month and Men's Health Awareness Month.

This time of the year can be incredibly stressful, as well as a time that can be filled with a lot of loneliness for some. Whether you are going to a potluck or busy making errands for Thanksgiving (or perhaps even Christmas/Hanukah/Kwanza), we have your back with some healthy tricks and tips.

-Libby Pham



Source: A Snapshot: Diabetes In The United States | CDC

Healthy Tips

FOR A ZEN HOLIDAY EXPERIENCE!

One mindful way of improving diabetes...

Check out this article from the Diabetes Action Research and Education Foundation, which dives into the correlation between thankfulness and how it improves diabetes!

Source:

<https://diabetesaction.org/article-gratitude>

Tired of green bean cassorole? Try this recipe !



Sautéed Brussels Sprouts with Bacon & Onions

This easy Brussels sprouts recipe is flavored with fresh herbs, onion and sautéed bacon for a healthy

Feeling a bit stressed? Try this box breathing method.

1. Sit straight in a chair with your feet planted on the floor.
2. Breathe in for 4 seconds.
3. Hold for 4 seconds.
4. Exhale for 4 seconds.
5. Hold for 4 seconds.
6. Repeat for steps 2-5 for 3 times.



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Helping out the community!



Our client received a shower chair through a generous anonymous donation.

Thank you, Medical Bridges for your generous donation to one of our clients!

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At Care Connection Aging and Disability Resource Center, we strive to help older adults and individuals with disabilities of all ages and caregivers.

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