

COMFORT CARE CHATTER

November 2017

Also available online at
www.comfortcareia.com

November Birthdays

Happy Birthday to YOU!

Lisa D.	HCA	CR	11.18
Carol F.	HCA	CR	11.5
Susan S.	Activities	CR	11.23
Cindie F.	HCA	CF	11.24
Angel H.	HCA	CF	11.7
Ruth W.	HCA	CF	11.16
Jana H.	HCA	CO	11.23
Brock D.	Marketing	DV	11.5
Kathy H.	HCA	DV	11.25

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Health Observance

Page 2 & 3: Diabetes Infographic

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DID YOU KNOW it's American Diabetes Month?!?

Check out the infographic below to find out why
we need to raise awareness about Diabetes!

REMINDER

CLIENTS &
COMFORT CARE
STAFF, PLEASE
REMEMBER TO
CALL THE OFFICE
WHENEVER YOU
HAVE A
SCHEDULE
CHANGE!

DIABETES

29.1
MILLION

29.1 million
people have
diabetes



That's about 1 out of every 11 people



1
OUT
OF 4

do not know they
have diabetes

PREDIABETES

86
MILLION



86 million people —
more than 1 out of 3 adults
— have prediabetes



9
OUT
OF 10

do not know they
have prediabetes



Without weight
loss and moderate
physical activity

15–30% of people with
prediabetes will develop
type 2 diabetes within 5 years



COST



\$245
BILLION

Total medical costs and lost
work and wages for people
with diagnosed diabetes

Risk of death
for adults with
diabetes is



50%
HIGHER



than for
adults without
diabetes



Medical costs for
people with diabetes
are **twice as high**
as for people
without diabetes

People who have diabetes are at higher risk of serious health complications:



BLINDNESS



KIDNEY
FAILURE



HEART
DISEASE



STROKE



LOSS OF TOES,
FEET, OR LEGS

TYPES OF DIABETES

TYPE 1



**BODY DOES NOT
MAKE ENOUGH INSULIN**

- Can develop at any age
- No known way to prevent it

**More than 18,000 youth
diagnosed** each year in
2008 and 2009



In adults, type 1
diabetes accounts
for approximately

5%

**of all diagnosed
cases of diabetes**

TYPE 2



**BODY CANNOT USE
INSULIN PROPERLY**

- Can develop at any age
- Most cases can be prevented



**Currently, at least 1 out of 3
people will develop the disease
in their lifetime**

**More than 5,000 youth
diagnosed** each year in
2008 and 2009



**1.7
MILLION**

**People 20 years and
older diagnosed in 2012**



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postings and more!

Brain Teasers

Last Month's Answers

Amy Smith, ghost, bobbing for apples, movie tickets
Robert Brown, Frankenstein, scariest costume, \$50 gift certificate
Belinda Martinez, bat, ring toss, \$20 gift certificate
John Beals, Dracula, scavenger hunt, theater tickets
Mary Black, skeleton, pumpkin carving, amusement park passes

This Month's Teaser

Three boys (Jake, Anthony and Carlos) and two girls (Abigail and Paige) went on a trip to the zoo. All five kids have five different favorite animals that they want to see: monkeys, alligators, bears, lions, and giraffes. Each of the five children ate one of the five different things as a snack: popcorn, chips, pretzel, nachos with chips and cheese, or crackers. Each child bought one souvenir: a stuffed rabbit, a lion t-shirt, a key chain, a plastic snake, or a stuffed monkey. **Figure out from the clues below which child likes which animal, who ate what for snack, and who bought what for a souvenir.**

One of the kids got so excited to see their favorite animal, the alligators, that they spilt their popcorn all over the place.

Paige really didn't want to see the alligator exhibit because she doesn't like reptiles or anything that has scales.

The stuffed monkey got a little bit of nacho cheese on its face from its owner's kisses.

All day after visiting the zoo, Jake kept making lion noises, even in his sleep!

Abigail and Carlos both got a snack that involved chips.

The kid who bought the t-shirt loved it so much that he slept in it despite pretzel crumbs getting into his bed.

The nacho lovers' favorite animal is the monkey, which is why they wanted to go that exhibit.

None of the boys bought a stuffed animal.

The kid who got the keychain picked the one with their favorite animal, the alligator, on it.

One of the girls just loved the new bear exhibit. It was her favorite part of the day.

Do you have a big announcement? A thank you? A great photo? Send your input for the Chatter to Taylor and she will add it to next month's newsletter!

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