

November

American Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 11 Americans have diabetes — that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight.

How can American Diabetes Month make a difference?

We can use this month to raise awareness about diabetes risk factors and encourage people to make healthy changes.

Here are just a few ideas:

- ✓ Encourage people to make small changes, like taking the stairs instead of the elevator.
- ✓ Talk to people in your community about getting regular checkups. They can get their blood pressure and cholesterol checked, and ask the doctor about their diabetes risk.
- ✓ Ask doctors and nurses to be leaders in their communities by speaking about the importance of healthy eating and physical activity.

How can you help spread the word?

This toolkit is full of ideas to help you take action today.

American Diabetes Association Toolkit:

<http://www.diabetes.org/?referrer=http://healthfinder.gov/NHO/NovemberToolkit.aspx>

Baptist General Convention of Virginia
Health & Wellness Ministry
Rev. Dr. J. Elisha Burke, Director
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National Family Caregivers Month Theme

“Caregiving Around the Clock”

The theme for National Family Caregivers Month

November 2017 is

“Caregiving Around the Clock”

Caregiving can be a 24-hours a day/7-days a week job. Caring for a senior with Alzheimer’s or a child with special needs can be non-stop. Providing care around the clock can crowd out other important areas of life. And you never know when you will need to rush to the hospital or leave work at the drop of a hat. What challenges do family caregivers face, and how do they manage them day and night?

Morning: Getting off to work. 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 before getting yourself out the door for work.

All Day Long: Managing medications. Up to 70% of the time, the family caregiver – not the patient – 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 your loved one is taking their medication correctly and maintaining an up-to-date **medication list**.

During the Workday: Juggling caregiving and work. Six out of 10 family caregivers work full- or part-time in addition to juggling their caregiving responsibilities at home. And most of them say they have to cut back on working hours, take a leave of absence, or quit their job entirely.

Evening: Family time and meal time. Ensuring that you get proper **nutrition** will help you maintain strength, energy, stamina, and a positive attitude. **Nutrition** is as important for you as the caregiver as it for your loved one. Caregiving affects **the whole family**.

Late at Night: Taking time for yourself. Late at night might be the only time you get a few minutes for yourself. Make sure you take time to **rest and recharge**. The chance to take a breather and re-energize is vital in order for you to be as good a caregiver tomorrow as you were today.

The Middle of the Night: Emergency room visits. Have you ever had to take your loved one to the emergency room in the middle of the night? **Be prepared** ahead of time with what you need to know and what you need to have with you.

During National Family Caregivers Month,
we recognize the challenges family caregivers face when their loved ones need
Caregiving Around the Clock!

Caregiver Action Network: <http://caregiveraction.org/national-family-caregivers-month-theme>

November is National Alzheimer's Disease Awareness Month



Go purple in November

Alzheimer's can't wait!
Show your commitment to a World Without Alzheimer's.

This November, join us during National Alzheimer's Disease Awareness Month 2012 by showing the power of purple.

There are many ways you can get involved:

- Educate your colleagues about Alzheimer's
- Encourage friends to wear Purple
- Host a Purple with a Purpose Event
- Decorate your office or home door Purple
- Light your building Purple
- Send communications in Purple
- Turn your Facebook icon Purple
- Hang Purple ribbons or a banner on your building or home

HELPLINE: 800-272-3900

THE END OF
ALZHEIMER'S
STARTS
WITH ME

Alz.org/co

Go Purple with a Purpose

Home for the holidays and have concerns about a loved one?

- Know the 10 Warning Signs
- Chat on the new social networking site ALZConnected.org
- Create an individualized action plan, go to AlzheimersNavigator.org

