

PENNINGTON & RED LAKE COUNTY WELLNESS NEWSLETTER November 2022



National Diabetes Month



Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It can lead to health problems related to your eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

Working with health care professionals can help you get the diabetes care you need to improve your health. But while it takes a team to manage diabetes, remember that **you are the most important participant in your diabetes care.**

Here are some tips to help you manage diabetes and build your diabetes health care team:

MANAGE YOUR A1C, BLOOD PRESSURE, & CHOLESTEROL LEVELS

Ask your health care team what your goals should be and how you can reach them.

PREPARE FOR VISITS WITH YOUR TEAM

Before your appointment, write down a list of questions, review your diabetes self-care plan, and record your blood glucose results.

SEEK ADDITIONAL SUPPORT FOR SPECIFIC NEEDS

A team of health care professionals—such as an eye doctor or pharmacist—can help tailor your diabetes self-care routine.

MAKE PHYSICAL ACTIVITY PART OF YOUR ROUTINE

Set a fitness goal and encourage your family members to exercise with you.

FOLLOW A DIABETES MEAL PLAN

Choose fruits and vegetables, whole grains, lean meats, beans, nuts or seeds, and non-fat or low-fat milk and cheese.

STAY ON TOP OF YOUR VACCINATIONS

Ask your health care team about the vaccines you should get to reduce your risk of getting sick.

<file:///C:/Users/Connieh/Downloads/NDM22-English-Flyer.pdf>

Alzheimer's Awareness Month

Alzheimer's is a progressive brain disorder, **NOT** a normal part of aging

MORE THAN 6 MILLION AMERICANS are living with Alzheimer's

The number of Americans with Alzheimer's is projected to surpass **14 MILLION** by 2060

AFA
ALZHEIMER'S FOUNDATION OF AMERICA

10 Steps for HEALTHY AGING

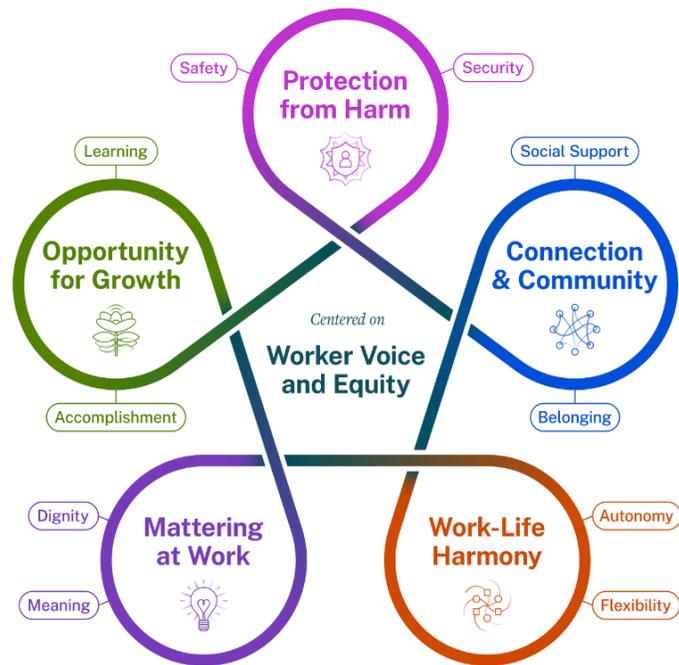
Living a healthy lifestyle becomes even more important for better aging. The things we do to keep body and heart healthy—nutritious diet, physical activity, and social connections—also can help promote brain health and wellness.

- Eat well.**
- Stay active.**
- Learn new things.**
- Get enough sleep.**
- Mind your meds.**
- Stop smoking & limit alcohol.**
- Stay connected.**
- Know your blood pressure.**
- See your doctor.**
- Get a memory screening.**

Learn More: alzfdn.org/10-steps-for-healthy-aging

<https://alzfdn.org/alzawarenessmonth/>

Surgeon General’s Framework for Workplace Mental Health and Well-Being, - released in October Work affects both our physical and mental well-being—in good ways and bad.



Overviews of the Five Essentials for Workplace Mental Health & Well-Being

Protection from Harm is the first Essential of this Framework. Creating the conditions for physical and psychological safety is a critical foundation for ensuring workplace mental health and well-being. This Essential rests on two human needs:

- **Safety** and **Security**

Connection & Community is the second Essential. Fostering positive social interactions and relationships in the workplace supports worker well-being. This Essential rests on two human needs:

- **Social Support** and **Belonging**

Work-Life Harmony is the third Essential. The ability to integrate work and non-work demands rests on the human needs of:

- **Autonomy** and **Flexibility**

Mattering at Work is the fourth Essential. People want to know that they matter to those around them and that their work matters. This Essential rests on the human needs of:

- **Dignity** and **Meaning**

Opportunity for Growth is the final Essential. When organizations create more opportunities for workers to accomplish goals based on their skills and growth, workers become more optimistic about their abilities and more enthusiastic about contributing to

the organization. This rests on the human needs of:

- **Learning** and **Accomplishment**

<https://www.hhs.gov/surgeongeneral/priorities/workplace-well-being/index.html>

**Parenting Tips
Parenting**

Parenting, what does that word mean? The definition is “the activity of bringing up a child as a parent.” Most parents think more along the lines of raising children, protecting and providing for them. Love them, nurture them and hurt when they hurt. There are different stages of parenting. The infancy and toddler stages are physically hard while the school age years are generally more fun and exciting. The preteen and teenage years can be a mentally challenging time, both mentally and physically exhausting. All the mental and physical changes your child is going through are challenges. It’s one of the hardest times of your child’s life. They are not capable of understanding a lot of it and they don’t want to ask or listen to you. Best advice: love unconditionally, listen, pick and choose your battles. What may be a big deal to you might not be to them, but hold them accountable.

The 3 L’s- Listen, Love, Learn

**LISTEN
LOVE
LEARN**



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