

# STONEGATE



## SIMPLE WAYS GRATITUDE CAN LIGHTEN HOLIDAY STRESS

November is a month full of meaning. It is **Gratitude Month**, and it also includes **Stress Awareness Day** on November 5. Both remind us that while stress is a natural part of life, gratitude can help us feel calmer, healthier, and more connected.

Gratitude does not need to be complicated. Sometimes it is the little things that matter most. A warm meal shared with family, a kind word from a friend, or a neighbor lending a helping hand can ease stress and brighten your day.

Here are a few uplifting ways to practice gratitude this season:

**Unplug and Notice:** Step away from the news or your devices for a while. Enjoy the crisp air and colors of fall with a walk outside, or spend a cozy afternoon with family or friends over a cup of coffee or tea.

**Share Your Thanks:** Let family, friends, or neighbors know you appreciate them. A smile, a short note, or a thoughtful word can mean more than you realize.

**Create Moments Together:** Gratitude grows in connection. Enjoy a meal around the table, play a game with grandchildren, or simply sit and talk with someone you love.

**Simply Pause:** Take a few deep breaths and think of one thing you are grateful for today. It could be the

comfort of your surroundings, the laughter of friends, or the support of family.

**Celebrate the Everyday:** Holidays are special, but gratitude also lives in daily joys. Cherish the simple moments that brighten life, like the vibrancy of fall leaves, a phone call from a neighbor, or a hug from a loved one.

As families, friends, and communities gather this November, remember that gratitude is more than a holiday tradition. It is a way to ease stress, strengthen our connections, and celebrate the joy of reaching out and appreciating one another. Wishing you a season filled with thankfulness, togetherness, and a very **Happy Thanksgiving.**



# World Kindness Day

Here are some simple acts of kindness you can do to brighten someone's day on Kindness Day, November 13:

## **Compliments go a long way:**

A genuine compliment can make someone's day.

**Pay It Forward:** Pay for the coffee or meal of the person behind you in line.



## **Help Someone Carry Something:**

Offer to help someone struggling with heavy bags or items.

**Send a Message:** Text or call a friend or family member to let them know you're thinking of them.

**Donate Items:** Gather unused items and donate them to a local charity or animal shelter.

**Hold the Door Open:** Hold the door open for someone entering or exiting a building.

## **Write a Thank-You Note:**

Tell someone (a nurse, loved one, teacher, mentor or friend) how much you appreciate them. If you're able to, tell them in person.

**Smile:** Simply smiling at others can spread positivity and warmth.

These small gestures can create a ripple effect of kindness and improve someone's day!

# DIABETES AWARENESS MONTH: *How Diabetes Can Affect Your Feet*

Diabetes can reduce blood flow and damage nerves, making wounds more likely to get infected and harder to heal, which can increase the risk of amputation.

**Anyone with diabetes can develop nerve damage, but these factors increase your risk:**

- Blood sugar levels that are hard to manage
- Having diabetes for a long time, especially if your blood sugar is often higher than your target levels
- Having overweight
- Being older than 40 years
- Having high blood pressure
- Having high cholesterol

**Good diabetes management habits may include:**

- Check your feet every day. Use a mirror if you can't see the bottom of your feet or ask a family member to help.
- Keeping your blood sugar in your target range as much as possible
- Don't smoke. Smoking reduces blood flow to the feet.
- Follow a healthy eating plan.
- Get physically active—10 to 20 minutes a day is better than an hour once a week. And both are better than none!
- Take medicines as prescribed by your doctor.

**If you have any of these symptoms, don't wait for your next appointment. See your physician or foot doctor right away:**

- Pain in your legs or cramping in your buttocks, thighs, or calves during physical activity.
- Tingling, burning, or pain in your feet.
- Loss of sense of touch or ability to feel heat or cold very well.
- A change in the shape of your feet over time.
- Loss of hair on your toes, feet, and lower legs.
- Dry, cracked skin on your feet.
- A change in the color and temperature of your feet.
- Thickened, yellow toenails.
- Fungus infections such as athlete's foot between your toes.
- A blister, sore, ulcer, infected corn, or ingrown toenail.

Source: [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)





## CRAFTING THANKSGIVING FUN TOGETHER

Gathering together for Thanksgiving is a cherished tradition that strengthens family bonds and creates lasting memories. Engaging in seasonal hands-on crafts offers a wonderful opportunity for everyone to connect, share stories, and express their creativity.

Here are some easy Thanksgiving crafts and projects that families can enjoy together over the holidays:

**Handprint Turkeys:** Have grandchildren place their hands in non-toxic paint and press them onto paper, then add details like googly eyes, legs and feathers using paint, markers or crayons.

**Gratitude Jars:** Decorate small jars with paint, markers, or stickers. Each person can write down things they are thankful for on slips of paper

and place them in the jar. These can be read together after Thanksgiving dinner.

**Thankful Tree:** Cut out a tree trunk and branches from brown construction paper and tape it to a wall. Have family members cut out colorful leaves and write what they're thankful for on each leaf. Attach the leaves to the tree with tape.

**Fall Leaf Art:** Collect colorful autumn leaves and use them to create collages or rubbings. Place a leaf under a piece of paper and rub a crayon over it to create an impression.

**Thanksgiving Wreaths:** Use paper plates as a base for a wreath. Cut out the center and decorate the outer edge with glued on fall-themed items like leaves, acorns, and dried corn. Or simply cut out leaves and berry shapes from colorful paper and tape or glue them on.

## ALZHEIMER'S DISEASE AWARENESS MONTH: IS IT AGING OR ALZHEIMER'S?

It can be challenging to determine whether forgetfulness is due to normal aging or early signs of Alzheimer's. If you or a loved one notice any of the following signs, it's essential to schedule an appointment with a memory care specialist or a primary care physician:

- Frequent memory loss of new information
- Trouble with communication, using odd descriptions for simple words
- Difficulty completing everyday tasks
- Ignoring activities of daily living
- Misplacing items in strange places (i.e., ice cream in the oven)
- Getting lost in familiar areas
- Impaired judgment (i.e., wearing inappropriate clothing for the weather)
- Unexplained mood swings or personality changes
- Loss of initiative or disengagement from activities





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## November is Family Caregivers Month

This November, we celebrate the dedication of family caregivers. Caring for a loved one is rewarding but can also be exhausting, which is why self-care matters.

Taking breaks, planning a vacation, or enjoying small moments for yourself helps reduce stress and recharge your mind and body. Caregivers often hesitate to ask for help, but support is available. Local groups and respite programs can provide care for your loved one while you take time to rest.

Let's honor caregivers not only for all they do, but also by remembering that taking care of yourself is an essential part of caring for others.



**WORD SEARCH** Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

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### WORD LIST

APPRECIATE  
COLD  
DIABETES  
FAMILY  
FEET  
FOOD  
GRATITUDE  
HONOR  
KINDNESS  
MEMORY  
SERVICE  
STRESS  
THANKFUL  
TOGETHER  
VETERANS