



NOVEMBER 2010

I'M SO THANKFUL!!!

Alzheimer's Disease

- Is a progressive brain disease.
- Is the most common form of dementia.
- Does not have a cure.



Just like the rest of our bodies, our brains change as we age. Most of us notice some slowed thinking and occasional problems with remembering certain things. However, serious memory loss, confusion and other major changes in the way our minds work are not a normal part of aging. They may be a sign that brain cells are failing.

Please visit: www.alz.org and discover ways to participate in the awareness for this month.

November is Diabetes Awareness Month



African Americans are twice as likely to be diagnosed with diabetes as non-Hispanic whites. In addition, they are more likely to suffer complications from diabetes, such as end-stage renal disease and lower extremity amputations. Although African Americans have the same or lower rate of high cholesterol as their non-Hispanic white counterparts, they are more likely to have high blood pressure. (The Office of Minority Health)

To learn more about your risks and how to enforce prevention please visit: minorityhealth.hhs.gov

Great American Smokeout

Attempting to quit smoking can be a road full of emotional and physical challenges. Are you or is someone you know in need of support? Well this month is dedicated to the "Great American Smokeout"! Learn tips along the way to help you or your loved ones quit smoking and participate in this national observance to toss this habit. Learn tips to help you along they way to help you quit at www.ucanquit2.org.



This Month:	
World Kindness Day	11/13
World Diabetes Day	11/14
America Recycles Day	11/15
Great American Smokeout	11/18
National Family Volunteer	11/20