

November 2025

Wellness NEWSLETTER

HEALTH OBSERVANCE

National Diabetes Month

Wellworks For You

Taking care of your health starts with knowing where you stand. Your blood pressure, cholesterol, blood sugar, and other routine screening results offer a valuable snapshot of your overall health. These numbers help you and your doctor catch small concerns before they become bigger problems. There is power in information. The more you know, the more control you have to make choices that support your long-term wellbeing.

WHY IT MATTERS DURING NATIONAL DIABETES MONTH

November is National Diabetes Month, a time to raise awareness about a condition that often goes undetected. Type 2 diabetes develops when blood sugar levels become consistently too high, and many adults are at risk without realizing it. The earlier you catch the warning signs, the more you can do to prevent or delay the disease. Below are the key numbers to keep an eye on.

KEY NUMBERS TO KNOW

- **Fasting Blood Sugar:** Should typically be under 100 mg/dl
- **A1C:** A Measure of average blood sugar over the past three months. Aim for under 5.7 percent.
- **Blood Pressure:** Under 120/80 is considered normal.
- **Waist Circumference:** Excess abdominal fat is a risk factor for diabetes

Tracking these numbers can help you identify risks early and give you the chance to make meaningful changes to your daily routine.

WHAT YOU CAN DO

- **Get screened:** Ask your healthcare provider to test your blood sugar at your next checkup, especially if you are over 45 or have other risk factors such as family history or being overweight.
- **Track your trends:** Keep a record of your results over time so you can notice patterns and monitor improvements.
- **Take small steps:** Simple changes such as moving more throughout the day, eating balanced meals, getting enough sleep, and reducing stress can all help manage blood sugar levels.

Even if you feel healthy, staying informed about your numbers can help you maintain that health. And if you are at risk, this is a great time to take steps toward a healthier future. You have the power to make a difference, one number at a time.

Source: <https://diabetes.org/about-diabetes>



2 SOCIAL WELLNESS THROUGH VOLUNTEERISM

Community Connection

Volunteering during the holiday season is more than giving—it's connecting.



3 EVERY BABY DESERVES A STRONG START

Prematurity Awareness Month

This month, support initiatives for better care, share resources with affected families, and advocate for advancements in neonatal health.



4 Featured Recipe

CONNECTEDNESS
HEALTH TIP CORNER



Community Connection: Building Social Wellness Through Volunteerism

Caitlyn Keenan - Wellworks For You

Give back. Make a difference. Help those less fortunate. We hear these phrases frequently as the holidays approach, but most of us are so frantic buying the perfect gift or making sure family gatherings go off without a hitch that we do not take time to volunteer. When speaking about volunteering, we often focus on the impact it can have on the community and how it improves the lives of others. While this is true, volunteering can positively influence your life as well.

What can you gain from volunteering? It can improve your social, mental, and physical health.

Social Health Benefits:

- Volunteering offers the opportunity to meet new people. Establishing new relationships and becoming part of a community helps diminish any feeling of loneliness.
- While volunteering together, people share life events and create a common goal to work towards creating a place of belonging.
- Regularly meeting new people builds social skills.

Mental Health Benefits:

- Volunteering has been shown to lessen depression and anxiety symptoms, improving self-esteem.
- Helping others can relieve stress and increase overall happiness.
- The sense of purpose and belonging that comes from volunteering promotes a more positive outlook for the future.

Physical Health Benefits:

- Volunteering regularly has been shown to lower one's risk of mortality.
- Volunteering for stress relief can lower blood pressure, improve cholesterol levels, and decrease the risk of cardiovascular disease.
- Regardless of the type of activity, volunteering gets the body up and moving.

Though it is meant to be for the greater good, you can gain a lot by volunteering and giving back. Meeting new people, relieving stress, and being active can all improve your overall well-being. No matter what your reason, set aside time to volunteer in your community. Don't just volunteer for others. Volunteer for YOU!

Source: <https://www.wcsu.edu/community-engagement/benefits-of-volunteering/>

Prematurity Awareness Month

Every Baby Deserves a Strong Start

Katherine Kline – Wellworks For You

Chances are, someone you work with has experienced or is currently facing the challenges of a high-risk pregnancy or a premature birth. They may be navigating doctor's appointments, early maternity leave, unexpected time off, or the emotional weight of a NICU stay, all while trying to keep up with work.

Being aware of what prematurity is and how it affects families is one simple way to show support. Even if you're not a parent yourself, understanding the realities of pregnancy and early parenthood can help you be a more informed, empathetic coworker.

What You Might Not Know About Prematurity

Premature birth is one of the leading causes of infant death and long-term health challenges. Babies born early may face issues with breathing, feeding, temperature regulation, vision, and brain development. The earlier a baby is born, the higher the risk of complications.

While prematurity can bring serious challenges, it's important to remember that many premature babies go on to thrive. Advances in neonatal care have made it possible for even very early preemies to grow up strong, healthy, and full of life. Parents of premature babies often describe them as fighters, tiny but incredibly resilient. Still, the journey can be emotionally and physically exhausting. Weeks or months in the NICU, unanswered questions, and the constant uncertainty can take a heavy toll.

While there are some known risk factors, such as carrying multiples, having a history of preterm birth, or managing conditions like high blood pressure or diabetes, premature birth does not always come with a clear explanation. Sometimes, it happens unexpectedly and without a medical cause that can be easily identified. That unpredictability can leave families feeling overwhelmed and unprepared, even when everything seemed to be progressing normally. This is part of what makes awareness and understanding so important—so that anyone affected by prematurity feels supported, not isolated.

Prematurity Awareness Month is a reminder that every baby deserves the best possible start—and that starts with understanding, care, and community.

Source: <https://www.mayoclinic.org/diseases-conditions/premature-birth/symptoms-causes/syc-20376730>

FEATURED RECIPE

Diabetic Friendly Pumpkin Pie

 16 SERVINGS |  1 HOUR 10 MINUTES

INGREDIENTS

- 4 large eggs
- 1 28-ounce can of pumpkin puree
- 1/2 cup granulated Stevia
- 1/4 cup Splenda brown sugar mix
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon sea salt
- 1 cup whole milk
- pecan halves, for garnish
- 2 refrigerated pie crusts

NUTRITION

Serving Size: 1 Piece of Pie

Per Serving:

Calories: 154
Carbohydrates: 26g
Saturated Fat: 3g
Total Sugars: 6g

Per Serving:

Protein: 4g
Fiber: 2g
Cholesterol: 48mg
Sodium: 151mg

Source: <https://www.amusingfoodie.com/diabetic-friendly-pumpkin-pie/#mv-creation-131-jtr>

DIRECTIONS

1. Preheat the oven to 400°F and line two 10" pie plates with the pie crusts.
2. Crimp the edges.
3. Whisk the eggs and the sugars together with a mixer for 1 minute, until they're light and frothy.
4. Add the pumpkin, cinnamon, cardamom, nutmeg, and salt, and continue mixing for one more minute.
5. Add the milk and mix it until it's just incorporated, about 30 seconds. Pour the mixture equally into each of the prepared pie plates.
6. Bake the pies for 10 minutes at 400°F, then reduce the heat to 325°F and continue baking them for 1 hour (or until the middles are set and just a tiny bit jiggy).
7. Remove the pies from the oven and garnish the outsides with pecan halves.