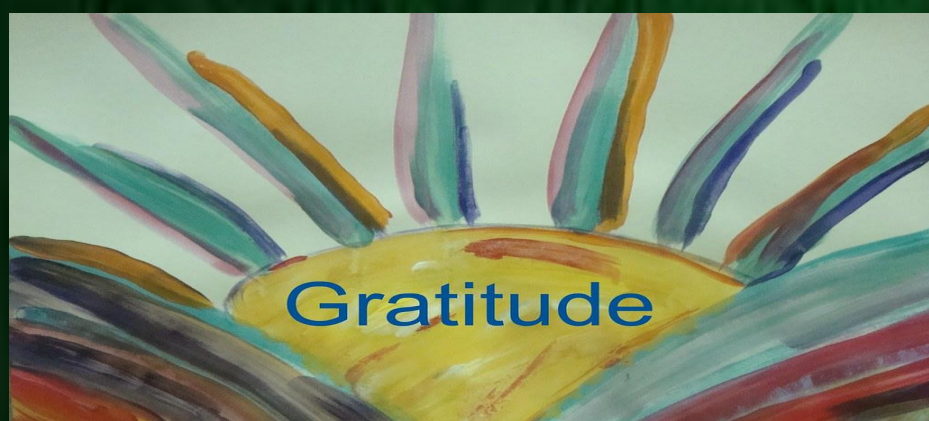


# Health and Wellness Newsletter

## November 2023

Happy Thanksgiving!

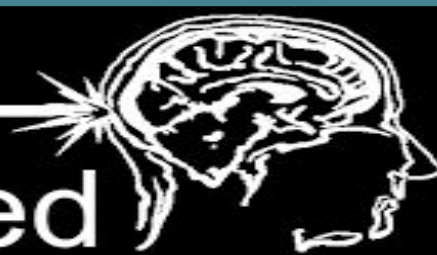


Those of us who live or work in Newtown have a lot to be thankful for. We live in a beautiful town with tree lined streets, lots of open space, hiking trails, lakes, streams, walking paths, swimming pools, pickleball courts, great restaurants and most of all great people! All that in addition to all of the daily gifts that we tend to take for granted - family, neighbors, coworkers.

There is now lots of research that shows that beyond spreading joy, sharing kindness can make you healthier and happier. Mayo Clinic says it this way: *“Expressing gratitude is associated with a host of mental and physical benefits. Studies have shown that feeling thankful can improve sleep, mood and immunity. Gratitude can decrease depression, anxiety, difficulties with chronic pain and risk of disease. If a pill could do this, everyone would be taking it. Your brain is designed to problem-solve rather than appreciate. You often must override this design in order to reap the benefits of gratitude.”*

Let's make this season of giving thanks a year round habit!

## Get Edutained



On November 13, **Robert Hackenson**, will be in Newtown to present “Seeing Through the Vapor” to Newtown’s 7th - 12th graders.

Parents are invited that evening to see **two presentations beginning at 6 pm at Newtown Middle School. Rob will speak to parents on Vaping, Tobacco & Marijuana and also on Social Media Safety.**

**PLEASE PLAN TO COME! PARENTS ARE A KEY PART OF THIS CONVERSATION!**

## Get Edutained! Don't Get Lectured.

Join Us for  
Two Educational and Entertaining Workshops  
for Parents

### Seeing Through the Vapor



This vaping awareness presentation for parents will provide you with the insight behind the industry, how and why they target teens, and the potential negative health effects of vaping. You will also learn the common reasons why teens try vaping, tips on helping your kids make smart decisions, what to look for if you suspect your child is vaping, and resources available to help them quit.

JOIN US AT  
**NEWTOWN MIDDLE SCHOOL**  
Nov. 13 - 6pm

The Vaping presentation will be followed by a social media presentation, that will appeal the parent who is technology-illiterate, and everyone in between. Parents will start by hearing the important messages their child received during the school assembly. This not only shows them some of the issues, but also provides talking points to start a conversation with their teen later.



**DYNAMIC INFLUENCE**  
Since 2004 Robert Hackenson Jr. has been traveling across the United States and Canada and around the world speaking and keynoting for schools and colleges, organizations, and companies including: Frito Lay, The Boston Beer Company (Sam Adams), and New York Life. He truly has an exceptional knack for presenting material in a highly interactive and engaging way that delivers important messages to audiences in a brilliant and memorable fashion.



Newtown PTA

**Saturday, November 18th**  
**Community Flu Clinic**  
**at Newtown Middle School**  
**from 9 am - noon**

**QPR Suicide Prevention Training on December 6th**

## HOPE IN ACTION



QPR SUICIDE PREVENTION TRAINING  
*Uniting Research & Compassion to Save Lives*

Join us for an immersive training that equips you with life-saving skills to prevent suicide and become a Merchant of Hope.

In this training, you will:

- Recognize warning signs of suicide
- Use the "Question, Persuade, Refer" (QPR) approach to connect individuals to help
- Become a beacon of hope for others

**WEDNESDAY, DECEMBER 6, 2023**  
7:00-8:30 p.m.

REGISTRATION IS REQUIRED  
SCAN THE QR CODE OR  
REGISTER [HERE](#)



SAINT ROSE OF LIMA CHURCH CAMPUS  
HOLY INNOCENTS FAITH FORMATION CENTER  
38B CHURCH HILL ROAD  
NEWTOWN, CT 06470

ST. ROSE OF LIMA CHURCH

SPONSORED BY:



Contact Nancy Rhodes, parishnurse@strosechurch.com with any questions

## November is...



**Diabetes Awareness Month**

Diabetes is on the rise worldwide. The 2 main types of diabetes are known as Type 1 (T1D) and Type 2 (T2D). Although these are 2 different diseases, they both result in elevated blood sugar levels. If left untreated, high levels of blood sugar will cause damage to organs and blood vessels resulting in kidney damage, vision loss and heart disease. Here are some surprising facts about diabetes:

- 37 million Americans have diabetes. 1 in 5 don't know they have it.
- 96 million Americans (more than a third) have prediabetes. More than 8 of 10 of them don't know they have it.
- Type 2 Diabetes accounts for 90-95% of cases. Type 1 Diabetes accounts for only 5-10% of cases.
- In the last 20 years the number of adults with T2D has more than doubled.

**Early detection is key for preventing complications, so see your doctor for a simple test if you haven't already.**

The cause of T1D, which used to be called juvenile onset diabetes, is not well understood. In T1D, the pancreas stops producing the insulin needed to move glucose from the blood into cells. The individual with T1D is dependent on insulin injections to control blood sugar levels. In the Newtown School district, there are students with T1D in all of our school buildings. For these students and their families, it can be a 24/7 job to keep their blood sugars in balance. Fortunately, there have been tremendous advances in diabetic technology in recent years. Many of our students with T1D now have “continuous glucose monitors” or CGMs. This matchbook sized device sticks inconspicuously to the body and displays a continuous reading of blood glucose levels on a smart phone. The newest “closed loop” systems then communicate wirelessly with an insulin pump (the size of a deck of cards) that adjusts the amount of insulin delivered as needed! These devices have been life changing for young diabetics. It is amazing and inspiring to watch even our youngest students learn to manipulate these high tech devices with ease, as they learn to manage their T1D independently.



Click this link for a delicious and healthy way to use up Thanksgiving leftovers!

[Leftover Turkey Stew](#)

