



November Wellness Newsletter

Health Benefits of Gratitude

Need to create an account?
Request a login at [AYOW.com](https://www.ayow.com)
An account gives you access to tons of great resources!

Click on the  to download resources!

November is American Diabetes Awareness Month

Click for ways to learn more and get involved



Featured Activities

Gratitude Tree Mosaic

Instead of paper leaves, residents and staff decorate small paper tiles or craft sticks with words or drawings of what they're thankful for. Combine them into a large wall mosaic spelling "THANKFUL" or "GRATITUDE."

Sweet Swaps Taste Test

Partner with dietary to host a "Healthy Holiday Swaps" event – taste sugar-free or reduced-carb versions of seasonal favorites and vote on favorites.

Warm Hands, Full Hearts Service Project

Group project making "Gratitude Care Packages" with cocoa packets, socks, or thank-you cards for marketing to deliver to local seniors, first responders,

or referral partners. Encourages teamwork, fine motor coordination, and a sense of purpose during the season of giving.

Therapy Corner

Balance & Blood Sugar Circuit Create a mini obstacle course in the therapy gym focusing on balance, endurance, and functional mobility—each station has a fun "wellness fact" about diabetes management.

"Gratitude Post Office"

Therapy Focus: Functional writing, fine motor, speech & cognition

How it works: Residents send "gratitude mail" to staff, family, or peers. Have residents write notes or dictate in Speech Therapy and delivery to therapy-made mailboxes.

Build-a-Plate Education Game Using real or model food items, residents "build" a balanced plate that supports diabetic health while practicing standing tolerance, reaching, and problem-solving skills.

Marketing & Outreach

Thankful Taste & Talk Host a small-group tasting and discussion at a local senior center featuring healthier takes on fall favorites while sharing gratitude reflections and nutrition tips for diabetes awareness. Login to [AYOW.com](https://www.ayow.com) for all the tools needed to host an event, including a diabetes friendly cookbook.

Golden Givers Spotlight Each week features a resident-staff duo who exemplifies gratitude and teamwork in therapy, sharing their story on your social media.

Kindness Kits Project Work with Activities to have residents assemble small care kits with sugar-free treats, tea, and handwritten notes of thanks to deliver to local seniors, first responders or referral partners. Share your journey on social media and direct emails to referral partners.

Social Media Promotion

Blue & Balanced Day Celebrate **World Diabetes Day** (Nov. 14) by wearing blue—the official color of diabetes awareness, decorating your gym, and sharing photos that promote healthy habits and awareness. #DiabetesAwareness #AYearOfWellness

Gratitude in Action Showcase how your facility is celebrating gratitude through team spotlights, wall displays, or fall events. Encourage therapists or residents to share short clips (10–15 seconds) finishing the prompt: "I'm thankful for..." for a November highlight reel.

Miles of Thanks Challenge Host a Turkey Trot for residents and families, outside or inside the building. Share your fun event with the community on social media.

Share the fun! Send your photos to SocialMedia@reliant-rehab.com