



November Wellness Newsletter

Living Well with Diabetes
National Diabetes Awareness Month

Need to create an account?
Request a login at AYOW.com
An account gives you access to tons of great resources!

November is American Diabetes Awareness Month

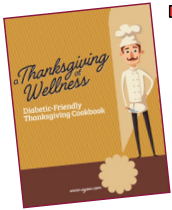
Click for ways to learn more and get involved



Featured Activities

Recipe Swap Social

Invite residents, families, and staff to share favorite healthy recipes. Create a community cookbook to distribute at month's end.



Don't forget to download the AYOW Diabetic-Friendly Thanksgiving Cookbook!

Sugar Detective Game

Residents guess the amount of sugar found in common beverages and snacks using sugar cube displays or measuring spoons. Reveal the answers and discuss healthier alternatives

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.

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.

Foot Care Matters

Offer a simple foot health education session covering:

- Daily foot checks
- Proper footwear
- Skin care tips
- When to notify nursing of changes



Marketing & Outreach

Community Diabetes Education Fair

Partner with a local hospital, pharmacy, diabetes educator, or healthcare provider to offer:

- Blood sugar screenings
- Nutrition education
- Medication information
- Healthy cooking demonstrations

Healthy Living Open House

Invite referral partners and community members to tour your community while enjoying healthy refreshments and learning about your wellness programming.

World Diabetes Day is November 14

Celebrate by encouraging residents, staff, and visitors to wear blue. Decorate the community in blue and share educational information throughout the day.



Social Media Promotion

Bring your program's spirit to life online:

- Share healthy recipes created by residents.
- Highlight your Healthy Snack Taste Test or Recipe Swap event.
- Post diabetes prevention and healthy lifestyle tips throughout the month.
- Feature your Walking Club or Healthy Living Open House.
- Celebrate World Diabetes Day by sharing photos of residents and staff wearing blue using **#WorldDiabetesDay**.

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