



November 2023

Helping caregivers through their journey one step at a time.

#CaregiversConnect 2023 NFC Month Campaign

For National Family Caregivers Month 2023, the #CaregiversConnect campaign highlights the importance of connections—as a way to get information about your loved one’s disease or condition, share experiences, get support, or form a closer bond with your loved one.

#CaregiversConnect when you’re sitting in the waiting room of your loved one’s oncologist’s office and start comparing experiences with the caregiver sitting next to you. #CaregiversConnect at the support group for Alzheimer’s caregivers at the community center.

#CaregiversConnect to information when you visit the website that your wife’s cardiologist recommended. And #CaregiversConnect when you call your grandpa who lives several states away and is living with Parkinson’s.

#CaregiversConnect raises awareness of your role as a family caregiver as you find out your co-worker is caring for a child with the same rare disease as your sister or the woman sitting next to you at church is also caring for parents who are aging.

#CaregiversConnect on [Twitter @CaregiverAction](https://twitter.com/CaregiverAction)

#CaregiversConnect on [Facebook/ CaregiverActionNetwork](https://www.facebook.com/CaregiverActionNetwork)

Hello! My name is Alison Simo, MSN, RN, CDCES and I am the Wellness Education Coordinator at Thrive Alliance, and Dementia Health Coach.

I will be taking over the newsletter from Jane, who has done an amazing job the last few years. Thank you, Jane, for all the great newsletters you have helped create. We work closely together and the newsletter will be very similar, with a few changes to include chronic disease health information and resources.

Please reach out to me for suggestions at any time at 812-418-6690 or asimo@thrive-alliance.org.

This newsletter is for YOU!!!

Thanksgiving Word Scramble

Instructions: Unscramble the letters to find the words from the list below.

m u k i p n p	— — — — —
l a f l	— — — —
v s t a h e r	— — — — —
n r c o	— — — —
m i a l y f	— — — — —
h u t n a f l k	— — — — —
r e a a p d	— — — — —
e s t a f	— — — —
e r u t k y	— — — — —
i m g l r p i s	— — — — —

Word List

- | | |
|---------|----------|
| corn | parade |
| fall | pilgrims |
| family | pumpkin |
| feast | thankful |
| harvest | turkey |





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November is National Diabetes Month

Diabetes By-the-Numbers

The numbers are staggering. diabetes isn't just a disease—it's an epidemic, affecting over 37 million Americans

1.4 M Americans are diagnosed each year

11.3% of Americans had diabetes in 2019

96M American adults are living with prediabetes



Meet Serena

Serena lives in Houston, TX. She finds purpose in helping others find the information they need to live healthy lives.

When I was 20 years old, I hit a point of exhaustion. I thought it was from trying to balance being a student and a full-time employee, but one night I was at home, couldn't stay awake, and was having pain all over my body. My aunt took me to the emergency room, and it was there that I was diagnosed with type 1 diabetes.

At the time, I remember thinking diabetes was something older people got, not a 20-year-old. While my diabetes diagnosis was difficult to deal with on its own, I found out from my OBGYN five years later that I was misdiagnosed. I actually had type 2 diabetes, which meant that I had been treating my diabetes incorrectly for several years.

Over the years, I've learned the importance of prioritizing my diabetes and eye health and asking for help along the way. I started eating healthier and working out 30 minutes a day, six days a week so I could hit my goals—and I succeeded. Now, I share my story with peers and support groups to teach others how to stay on track. Helping them helps me stay accountable for my own diabetes management too—we help each other!

If I had one thing to say to those who currently live with diabetes it would be this: Diabetes management is not going to “look good” all the time. Some days you're going to wish diabetes was a jacket you could take off and put in the closet for a little bit, some days you'll manage it well, and other days you won't. But despite this, keep moving forward and do the best you can to control your diabetes.

Read Serena's full story at: diabetes.org/stories/meet-serena

