



NOVEMBER 2025

## Celebrating Gratitude, Health and Community

November is a great time to slow down and appreciate life's blessings: from family and friends to the meaningful connections with older adults in your community. Practicing gratitude not only reduces stress and improves mood but also strengthens bonds and helps older adults feel valued and supported. Take a few minutes each day to reach out to a senior, a call, a visit, or a kind note, and share your appreciation. Every small act of connection can make a big difference

## Honoring Caregivers

**November is National Family Caregivers Month:** a time to recognize the compassion and dedication of those who care for loved ones.

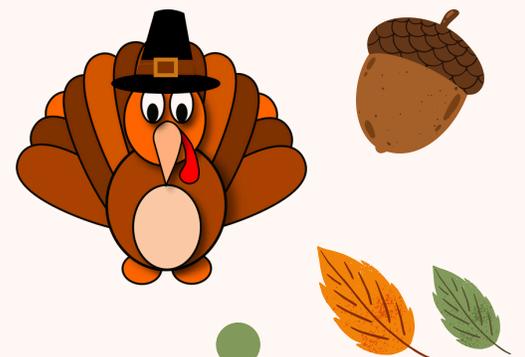
If you're a caregiver, remember that taking care of yourself is part of taking care of others. Senior Resources can connect you with respite services, support groups, and educational materials to make your caregiving journey a little easier. Take a moment to thank a caregiver in your life, or reach out to learn how our programs can support you.



### Brain Teaser: Thanksgiving Word Scramble

Unscramble these Thanksgiving-related words!

1. YERUKT
2. SHTRAVE
3. NGVIOGI
4. ENRPCAEBIRR
5. PRUEPMIK



# Diabetes Awareness Month

Did you know nearly 1 in 4 adults over age 65 are living with diabetes?



This month, let's focus on prevention and management through small, sustainable changes:

- Choose balanced meals with lean proteins, vegetables, and whole grains.
- Stay active, even light walking after meals helps lower blood sugar.
- Keep up with routine A1C checks and eye exams.

# American Diabetes Month.

Senior Resources offers classes and community programs to help you eat healthy and stay on track. Contact us to learn more about upcoming Healthy Eating and Diabetes Education sessions!



## Veterans Day: November 11

This month, we honor all who have served and sacrificed for our country. Veterans Day reminds us to show gratitude for their dedication and to support the men and women who continue to serve today.



## Medicare will not call you!

These topics are a **red flag** during any phone call:



### Genetic Testing

If you or your doctor think genetic testing is needed, discuss it at your next appointment.



### Braces

If you are in pain, talk to your doctor about a brace.



### Extra Benefits

These are offered through Medicare Advantage plans, not original Medicare.



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## Brain Teaser Answers: Turkey, Harvest, Giving, Cranberry, Pumpkin