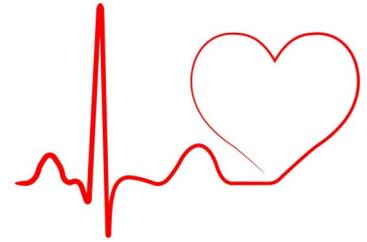


Health Beat



Volume 1, Issue 3

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Points of Interest

- Learn how to manage diabetes during the holidays
- Get tips on caring for the caregiver over the holiday season
- Practice mindfulness with your family by creating a Thanksgiving Blessings Box

Upcoming Events

Virtual 'Walking to the Manger' program beginning **MONDAY, NOV 30th**.

We will kick off the program with a recorded **ZOOM session**. Get a buddy and get ready to 'Walk to the Manger'

Miss our Virtual Health Fair? No worries, you can still access the video links on our **FaceBook page: IC Parish Nurses and Friends**

Lots of great health information from people **RIGHT HERE** in our community!

Managing Diabetes During the Holidays

The holidays, and all the food, stress, and fun that they bring, are upon us! It can be difficult to manage diabetes over the holidays.

There are a few things that can be done to help keep diabetes under control while enjoying the season.

Reduce the amount of sugar and other carbs such as white flour and processed grains in your foods.

Trim down the fat. You can do this by cutting the amount of oil in recipes by half or replacing it with unsweetened applesauce.

Watch portion sizes. Protein and carbohydrates should each take up about a quarter of your plate while green and non-starchy vegetables should take the remaining half.

Exercise at least 30 minutes a day, five times a week. This doesn't have to be all at once. You can split it up—do

two 15-minute workouts or three 10-minute workouts. Just be sure that your doctor approves of the type of exercise and check your blood sugar level before you start.

Manage the stress in your life. Stress, both physical and mental, can affect blood sugar levels. Use coping methods that work for you and schedule down time.

For more information, visit <https://www.cdc.gov/diabetes/managing/index.html>

Caregiving Tips for the Holidays

Over the holiday season, responsibilities as well as expectations, often increase for the caregiver. Here are some tips to help manage the strain of the holidays in addition to caring for your loved one.

Pray: Our Father hears and sees our struggles. Regular prayer can engulf us in a sense of peace and love, even in the most trying and stressful of times.

Communicate: Communicate with visiting friends and family members. Be open with them as to what to expect in regard to your sick loved one. Talk about the strain the holidays have on you as a caregiver, whether you are expected to host or travel. Sharing the truths of your situation may help reduce some of the feelings of isolation and lack of appreciation common in caregivers.

Practice Self-Care: For caregivers, the desire to 'give' can multiply over the holidays, leaving caregivers running on empty. Be aware of the emotional ups and downs that might come. Don't be afraid to reach out for some help. Take some time for yourself and practice some self-love—sleep, go shopping, watch a holiday movie! Be merry and relax. You have to fill up your own tank in order to pour into everyone else's. Even Jesus rested, so you can too!

For more information on caregiving tips for the holidays, visit: <https://www.aarp.org/caregiving/life-balance/info-2018/holiday-stress-tips.html>

EDITORIAL TEAM:
VERONICA GALLO, PHD, MSN, RN, FCN
PATRICIA COLANERO, BSN, MBA, RN
JOYCE RABANOL, BSN, RN
CAROLE MOODISPAUGH, BSN, RN

Contributors:
Veronica Gallo, RN
Makaila, Brown, SN, WVU
Ashlee, Bennett, SN, WVU

The Health Beat is the official Newsletter of Immaculate Conception Parish Nurses.

The mission of the group is to enhance the overall health of our parishioners and community (mind, body, spirit) with a focus on integrating the practice of faith with the practice of nursing.

Our group is comprised of active and retired registered nurses, social workers, interested health professionals, and lay persons. We welcome all new members with an interest in health!

*Visit our Webpage:
<https://www.icclarksburg.com/ic-parish-nurse-ministry>*

We are on Facebook!

<https://www.facebook.com/Immaculate-Conception-Parish-Nurses-and-Friends-111534387356687>

While we strive to provide parishioners and community members with up to date health information and education, our services are not meant to replace your health care provider. If you are experiencing problems with your emotional or physical health, we strongly encourage you to reach out to your primary health care provider to receive the care that you need.

If you need help accessing a health care provider, then we are happy to assist you with this.

Kid's Korner: Build a Thanksgiving Blessings Box

Thanksgiving is a special time of year where we pause and give thanks for the many blessings in our lives. If you are looking for a fun way to help your kids (or anyone in your family) give thanks, consider making some Thanksgiving Blessing Boxes!

It's really easy to do! All you need is a tissue-sized box, some craft supplies and a bit of imagination and off you go!

Once you and your children have built your boxes, start 'stuffing' them with blessings. Write down one blessing each day and place it in the box. On Thanksgiving, read the blessings out loud before or after your big meal!

Supplies Needed:

- ◆ small, empty tissue box
- ◆ orange paint (or colored paper)
- ◆ paintbrush (optional)
- ◆ tacky glue
- ◆ craft sticks
- ◆ fall-colored buttons
- ◆ fall-colored paper
- ◆ googly eyes
- ◆ red pipe cleaner

Build your Box:

1. Paint (or cover) a small tissue box on all sides.



2. On the opposite side of the hole, glue a fan of craft sticks. Let dry.
3. Glue colorful buttons on sticks.
4. Cut out a yellow paper triangle. Fold through the middle and glue above hole for a beak.
5. Glue on googly eyes.
6. Curl a red pipe cleaner around your finger. Have a parent poke a hole in the tissue box above the beak and attach pipe cleaner.
7. During the holidays, write what you are thankful for and stuff the notes in your turkey.