



November 2022

What's Happening?

- Welcome to our new staff members! Lesa Hohimer, Nurse Care Manager and Susan Nuss, PSR Specialist.
- New Horizons is providing a free Thanksgiving meal to consumers on the 21st! Please sign up for a meal with your case worker.
- PSR and New Horizon offices are closed on the 24th and 25th for Thanksgiving!

Groups

- ITCD Support
- Illness Management & Recovery
- Living with Anxiety
- CBT (Cognitive Behavioral Therapy)
- Art and Recovery
- Mindfulness

Check the calendar for more fun activities!

Interesting Facts About November

In the early hours of November 8th a total lunar eclipse will be visible

“If there’s ice in November that will bear a duck, there’ll be nothing but sludge and muck!”

November’s birthstone is topaz. Ancient Greeks believed topaz could make a wearer invisible!

November 18th is National Apple Cider Day, join us at the PSR for a Cider Social!

DIABETIC FOOD LIST

Fish, Cheese, Salad	Snack, Fried Food
Water, Green Juice	Soda, Fruit Juice
Fresh Fruits	Bread, Bakery Products
Low Carb Cakes	Sweets & Cakes
Sugar Free Ice-Cream	Ice-Cream
Real Meat	Processed Meat
Vegetable Pasta	Pasta With Meat
Burgers without bread	Burgers & Fries
Red Wine, Spirits	Beer & Cocktails

**November is
DIABETES
AWARENESS
MONTH!**



Helpful Tips:

- Manage blood glucose levels
- Encourage healthy habits
- Stay prepared for emergencies
- Monitor for diabetes complications
- Seek mental health support

What's on your mind?

If you have suggestions or requests please let us know. You can leave a suggestion in the suggestion box located in the office lobby and Nyra or let a staff member know.

We want to hear from you!

Nyra Calendar of Events: November 2022

Mon	Tue	Wed	Thu	Fri
	<p>1 8:30 Morning Social</p> <p>9:00 Ted Talk: "Sugar is Not a Treat" Jody Stanislaw</p> <p>10:00 Life Skills: Choosing safe sugar alternatives</p> <p>12:30 Shopping</p>	<p>2 8:30 Morning Social</p> <p>9:00 IM&R: Keeping Relationships</p> <p>10:00 Living with Anxiety</p> <p>10:30 Bingo</p>	<p>3 9:00 Cognitive Behavioral Therapy: Cognitive Distortions</p> <p>9:30 Thursday Morning at the Movies, "The Blind Side"</p>	<p>4 8:30 Morning Social</p> <p>9:00 Art and Recovery</p> <p>10:00 Tournament: Yahtzee</p>
<p>7 8:30 Morning Social</p> <p>9:00 ITCD Support: Guilt and shame</p> <p>10:00 Mindfulness: Breathing for relaxation</p> <p>10:30 Monday</p>	<p>8 8:30 Morning Social</p> <p>9:00 Ted Talk: "The Brain-changing Benefits of Exercise" Wendy Suzuki</p> <p>10:00 Life Skills: Walking 101</p> <p>12:30 Walkabout, Park</p>	<p>9 8:30 Morning Social</p> <p>9:00 IM&R: Building supports</p> <p>10:00 Living with Anxiety</p> <p>10:30 Bingo</p>	<p>10 9:00 Cognitive Behavioral Therapy: Cognitive Distortions</p> <p>9:30 Thursday Morning at the Movies, "Paul Bart -Mall Cop"</p>	<p>11 8:30 Morning Social</p> <p>9:00 Art and Recovery</p> <p>10:00 Tournament: Rummy or Cards</p>
<p>14 8:30 Morning Social</p> <p>9:00 ITCD Support: Honesty</p> <p>10:00 Mindfulness: Mindful movement</p> <p>10:30 Monday Merriment</p>	<p>15 8:30 Morning Social</p> <p>9:00 Ted Talk: "Diabetics-Don't Treat Me Differently." Harsh Kedia</p> <p>10:00 Life Skills: Choosing Healthy Beverages</p> <p>12:30 Shopping</p>	<p>16 8:30 Morning Social</p> <p>9:00 IM&R: Goal-setting</p> <p>10:00 Living with Anxiety</p> <p>10:30 Bingo</p>	<p>17 9:00 Cognitive Behavioral Therapy: Fact-Checking Thoughts</p> <p>9:30 Thursday Morning at the Movies, "Annie"</p>	<p>18 8:30 Morning Social</p> <p>9:00 Art and Recovery</p> <p>10:00 Tournament: Dealer's Choice</p> <p>11:30 National Apple Cider Day Social</p>
<p>21 8:30 Morning Social</p> <p>9:00 ITCD Support: Holidays</p> <p>10:00 Mindfulness: Mindful Eating</p> <p>10:30 Monday Merriment</p>	<p>22 8:30 Morning Social</p> <p>9:00 Ted Talk: "Re-thinking Nutrition for Type 1 Diabetes"</p> <p>10:00 Life Skills: Reading nutrition labels like a Pro</p> <p>12:30 Outing</p>	<p>23 8:30 Morning Social</p> <p>9:00 IM&R: Stress</p> <p>10:00 Living with Anxiety</p> <p>10:30 Bingo</p>	<p>24 PSR Closed for Thanksgiving</p>	<p>25 PSR Closed for Thanksgiving</p>
<p>28 8:30 Morning Social</p> <p>9:00 ITCD Support:: One day at a time</p> <p>10:00 Mindfulness: Meditation basics</p> <p>10:30 Monday Merriment</p>	<p>29 8:30 Morning Social</p> <p>9:00 Ted Talk: "The Surprising Lesson Diabetes Taught Me"</p> <p>10:00 Life Skills: Sleep Hygiene Basics</p> <p>12:30 Food Pantry</p>	<p>30 8:30 Morning Social</p> <p>9:00 IM&R: Stigma</p> <p>10:00 Living with Anxiety</p> <p>10:30 Bingo</p>		