

November 2026

Wellness NEWSLETTER

HEALTH OBSERVANCE

Lung Cancer Awareness Month

Wellworks For You

Almost every early sign of lung cancer can be excused away. A cough is probably just allergies, getting winded is just getting older, and being tired is work, or the kids, or the season. And while those excuses may usually be right, the habit of explaining things away is a big reason lung cancer gets found late.

With early detection, the survival rate has risen 26% in the last five years, to 65%. That number is still climbing. So next time you're talking to your primary care physician, it's worth mentioning those symptoms you've been explaining away.

Such as:

- A cough that sticks around for weeks, or starts to sound different
- Getting winded doing something that never used to wind you
- Chest pain that gets sharper when you breathe deep or cough
- A raspy voice that will not clear up
- Feeling worn out, or losing weight you were not trying to lose

Not smoking does not take you off the list

About 10 to 20 percent of lung cancer in the US shows up in people who never smoked. That is 20,000 to 40,000 people a year.

Radon is one of the top reasons, as is secondhand smoke, lung cancer in your family, and/or years around asbestos, silica, or diesel fumes. Tell your doctor if one of these applies to you.

Source: *https://www.cdc.gov/lung-cancer/nonsmokers/*





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CONNECTEDNESS

HEALTH TIP CORNER



Social Wellness Through Community and Volunteerism

Katherine Kline

In the small town where I grew up, community meant neighbors I knew by name. Now that I live in a city, I don't know everyone, but volunteering and pitching in locally give me the chance to meet new people, which creates a real sense of belonging.

Connection is good for your mind, too. Volunteering and staying involved can ease stress, lift your mood, and support better sleep. Over time, strong social ties are linked to a lower risk of depression, anxiety, heart disease, and stroke.

The benefits reach beyond you. When you help clean up a park, plant trees, or support a local meal program, you're shaping the place you live. Cleaner, safer, more connected neighborhoods make it easier for everyone to get outside, stay active, and feel at home.

Try one or more of these ways to connect and see how they lift your week! *Remember, community is built over time, so start small and keep showing up.*

- **Find a cause close to home.** Food pantries, meal programs, and community kitchens always welcome an extra set of hands, and you'll meet neighbors along the way.
- **Get outside and give back.** Park cleanups, tree plantings, and trail days pair physical activity and fresh air with a shared goal.
- **Make it a routine.** Choose a regular shift or monthly event so familiar faces become friends and helping becomes a habit.
- **Start on your own block.** Pick up litter, check in on a neighbor, or organize a small cleanup. Little gestures add up to a stronger street.
- **Bring someone along.** Invite a friend, family member, or coworker to volunteer with you. Sharing the experience deepens your connection and multiplies the impact.

Source: *https://www.cdc.gov/social-connectedness/about/index.html*

NATIONAL FAMILY CAREGIVERS MONTH



Supporting Emotional and Physical Wellbing for Caregivers

Wellworks For You

Every November, National Family Caregivers Month recognizes the millions of people who care for a loved one living with an illness, disability, or the challenges of aging.

More than 50 million Americans provide unpaid care, often while balancing work, family, and their own needs. This month is a chance to celebrate their dedication and share resources that help caregivers feel supported.

Why is caregiver wellbeing so important?
Caregiving is meaningful work, and it can also be emotionally and physically demanding. Juggling appointments, errands, and daily care can take a toll on sleep, appetite, and mood. Caring for yourself is part of caring well for others. When your own health is a priority, you have more energy, patience, and focus to give to the people who count on you.

Support can come in many forms. Friends and family often want to help but may not know how, so a specific ask like picking up groceries or covering an afternoon can make a real difference. Support groups, local respite programs, and your employer's wellness resources can also offer connection and a well-deserved break.

With so much on your plate, how can you make room for your own wellbeing? Below are some simple ways to support your emotional and physical health while caring for someone you love.

- Ask for and accept help with specific tasks
- Schedule short breaks throughout your day
- Aim for restful, consistent sleep
- Fuel your body with balanced meals and water
- Move your body, even with a short walk
- Stay connected with friends or a support group
- Keep up with your own health checkups
- Take a few deep breaths when stress builds
- Celebrate small wins and moments of joy

Source: *https://www.nia.nih.gov/health/caregiving/taking-care-yourself-tips-caregivers*



FEATURED RECIPE

Veggies on Sweet Potato Mash

4 - SERVINGS | 30 MINUTES

High protein, High fiber

INGREDIENTS

- 2 lb. sweet potatoes (about 4 large), peeled and cut into 1-in. chunks
- Kosher salt and pepper
- 3 oz. Greek yogurt
- 2 Tbsp. unsalted butter
- 1 Tbsp. olive oil
- 12 oz. mini sweet peppers, sliced
- 3 cloves garlic, chopped
- 1 bunch curly kale (about 11 oz.), ribs removed, leaves chopped
- 1 15-oz. can pinto beans, rinsed
- 1 Tbsp. fresh lemon juice
- 1 Tbsp. Worcestershire sauce
- 1/4 cup roasted sunflower seeds

DIRECTIONS

1. Place potatoes in large pot, cover with cold water, and bring to a boil. Add 2 tsp salt, reduce heat, and simmer until tender, 10 to 12 min. Drain potatoes and return to pot; mash with yogurt and butter.
2. Meanwhile, heat oil in Dutch oven or second large pot on medium. Stir in peppers and garlic, then add kale and 1/2 tsp. salt and cook, tossing and stirring often, until kale is just wilted, 8 to 10 min.
3. Add beans, lemon juice, Worcestershire sauce, and 1/2 tsp pepper and cook until beans are just heated through, about 2 min.
4. Serve over mash and sprinkle with sunflower seeds.

NUTRITION

Per Serving:		Per Serving:	
Calories:	482	**Protein:**	17g
Saturated Fat:	16g	**Dietary Fiber:**	10g
Carbs:	71g	**Sodium:**	844mg

Source: https://www.prevention.com/food-nutrition/recipes/a45120218/veggies-sweet-potato-mash-recipe/

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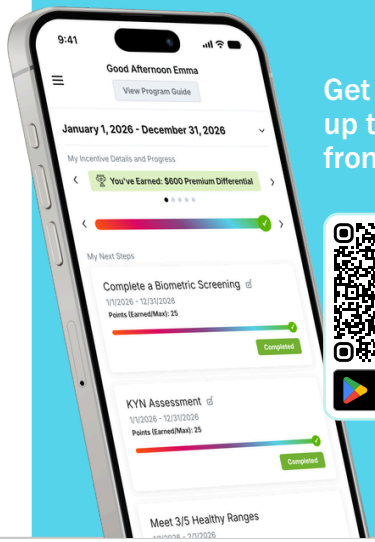

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