



www.fourcorners.ne.gov 2101 N. Lincoln Ave., York, NE (877) 337-3573 November 2022

### Strawberry Tomato Salsa

- 2 pints cherry tomatoes - quartered
- 1 pint fresh strawberries - chopped
- 8 green onions - chopped
- ½ C minced fresh cilantro
- 6 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- ½ tsp salt

1. In a large bowl, combine tomatoes, strawberries, green onions, and cilantro. In a small bowl, whisk oil, vinegar, and salt. Gently stir into tomato mixture. Refrigerate until serving.

**Nutrition Facts Per 1/4 C Serving:** Calories 41; Fat 4g; Saturated Fat 0g; Cholesterol 0mg; Sodium 53mg; Carbohydrates 3g; Sugars 2g; Fiber 1g; Protein 0g;

**Source:** <https://www.tasteofhome.com/recipes/strawberry-tomato-salsa/>



Serves 24;  
Ready in 25 minutes.

**30%** of people report dozing off behind the wheel

Driving on **4-5 hours** of sleep means you are four times more likely to crash

**6,400** people die from drowsy driving crashes each year

Losing two hours of sleep is similar to having **3 beers**

Source: National Safety Council

**DON'T DRIVE HIGH THIS THANKSGIVING HAND THE KEYS TO A SOBER DRIVER**

**IF YOU FEEL DIFFERENT YOU DRIVE DIFFERENT**

NHTSA

**The GREAT AMERICAN SMOKEOUT®**

cancer.org/smokeout

American Cancer Society

November 27, 2022  
<https://ne.quitlogix.org/en-US/>

**App of the Month: MySugr**

This app offers carb counting and glucose tracking. It can give you reports on blood glucose levels over weeks, months, and years. It can estimate your hemoglobin A1C based on your tracking. The dashboard has the ability to sync with your glucose monitor.

**MySugr** has reminders that prompt you to follow up with more data, like blood sugar levels after a workout. The data and charts are usually easy to send to your doctor, so you can work together to adjust your treatment and better manage your diabetes based on accurate information.

**World Diabetes Day**

November 14

1991 was the first year the International Diabetes Federation (IDF) and World Health Organization (WHO) observed this day.

**Día Mundial de la Diabetes**

14 de noviembre

En 1991, la Federación Internacional de la Diabetes (IDF, por sus siglas en inglés) y la Organización Mundial de la Salud (OMS) reconocieron este día por primera vez.

## KICK OFF YOUR MONDAY WITH A PRE-THANKSGIVING WORKOUT.

Warm up for the holiday with some exercise.



#MoveItMonday

MoveItMonday.org

**MOVE IT MONDAY!**

## Grieving Looks Different for Everyone

International Suicide Survivors Day is November 19<sup>th</sup>, 2022

afsp.org/loss



Nebraska **Family Caregiver Support** LIFESPAN RESPITE NETWORK

Did you know that there are over 219,000 identified family caregivers in Nebraska?

Caregiving is rewarding, but also demanding and can be stressful. The Nebraska Lifespan Respite Network provides information, education, and support to caregivers. You can reach them by phone at (866) 737-7483 or <http://nrrs.ne.gov/respite>.



### 1. Lend an ear.

Dealing with a progressive disease such as Alzheimer's can be stressful — and not everyone reacts the same way. Give each family member an opportunity to share their opinion. Avoid blaming or attacking each other, as this will only cause more hurt.



### 2. Divide and conquer.

Make a list of responsibilities and address how much time, money and effort may be involved. Divide tasks according to family members' preferences and abilities. The Alzheimer's Association online Care Team Calendar can help you coordinate.



### 3. Talk it out.

Discuss if current methods of care are working and if the needs of the person with Alzheimer's are being met; make modifications as needed. Plan for the challenges you can anticipate as the disease progresses.



### 4. Stick together.

Support family members and connect with others who are dealing with similar situations. Find an Alzheimer's Association support group in your area or join our ALZConnected® online community.



### 5. Seek outside support.

Sometimes, an outside perspective can help the entire family take a step back and work through difficult issues. The Alzheimer's Association 24/7 Helpline (800.272.3900) is staffed with care consultants who can help anytime, day or night.



Excessive screen time disconnects you from your friends, family, and life.

Social connectedness supports positive mental health.

What small action can you take today to show you care about a friend?

<https://children.wi.gov/Pages/ChildrensMentalHealthWeek2022.aspx>

alz.org® **Tips to Tackle Family Tension Around Alzheimer's** alzheimer's association®

- **HALT Diabetes – Health and Lifestyle Training** (one year program)
- **Mental Well-Being Workshop for Leaders and Organizations**, Wednesday, November 9<sup>th</sup> at Memorial Health Care Systems, from 9am – 1pm. You can attend in-person or via Zoom. Note that some resources are only available in person.
- **Question, Persuade, Refer (QPR) Suicide Prevention Training**, Wednesday, November 16<sup>th</sup>, 4pm – 5pm at York General.
- **Tobacco Quitting Information Sessions**, held on the first Thursday of each month at 4:00pm. Can attend in-person at Four Corners health Department, or via Zoom. If this time doesn't work for you, contact us about setting up a more convenient time.

**UPCOMING EVENTS**

Look for more information at:

<https://fourcorners.ne.gov/community-ed-training/upcoming-events-workshops/>

## Giving to others is good for our mental health.

It can lead to lower blood pressure, increased self-esteem, less depression, lower stress levels, longer life, and greater happiness and satisfaction. Learn more here: <https://health.clevelandclinic.org/why-giving-is-good-for-your-health/>

## CREATIVE WAYS TO GIVE BACK



Be a Mentor and guide others to reach their goal



Start an Instagram account for a good cause



Write a handwritten note to say thank you



Sponsor something others need