

# November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Goal for the month</b> Focus on boosting your resilience at work. Incorporate exercise mindfulness, can help you overcome the issues rather than avoiding them. For tangible tips please visit <a href="http://www.udel.edu/004282">http://www.udel.edu/004282</a></p>			<p><b>Employee Workshop</b><sup>1</sup> Making smarter investment decisions 5-6 p.m. Trading Center, Purnell Hall <b>NATIONAL STRESS AWARENESS DAY</b></p>	<p><b>Screening</b><sup>2</sup> <b>Chronic Disease Self-Management Suite 130 STAR Campus</b></p>	<p><b>ICE SKATING</b><sup>3</sup> 8-10 p.m. Fred Rust Ice Arena (buses from Trabant and Perkins)</p>	
<p><b>newark NATURAL FOODS Farmer's Market</b><sup>5</sup></p>	 <p><b>Diabetes Education Week-5-11</b></p>	<p><b>FLU SHOT CLINIC</b><sup>7</sup></p>	<p><b>Employee Workshop</b><sup>8</sup> Are you nearing retirement?— 5-6 p.m. Trading Center, Purnell Hall</p>	<p><b>Screening</b><sup>9</sup> <b>Chronic Disease Self-Management Suite 130 STAR Campus</b></p>		<p><i>You deserve to be happy</i></p>
<p><b>newark NATURAL FOODS Farmer's Market</b><sup>12</sup></p>	<p><b>Student Wellness Social</b> 7-9 p.m. Perkins East Lounge<sup>13</sup></p>	<p><b>Employee Workshop</b><sup>14</sup> <b>Healthy Holiday Eating</b>— 12:30-1:30 p.m. Allison Hall</p>	<p><b>Employee Workshop</b><sup>15</sup> Real Estate Planning 5-6 p.m. Trading Center, Purnell Hall <b>FLU SHOT CLINIC</b></p>	<p><b>Screening</b><sup>16</sup> <b>Chronic Disease Self-Management Suite 130, STAR Campus</b> <b>Hidden Figures Film Festival:</b> 7-10 p.m. Trabant Theater</p>		
	<p><i>Find the courage to let go of what you can't change</i></p>					
					<p><i>Happy Thanksgiving University Offices Closed</i></p>	
			<p><i>The smallest act of kindness is worth more than a grandest intention</i></p>	<p><b>Screening</b><sup>30</sup> <b>Chronic Disease Self-Management Suite 130 STAR Campus</b></p>		

Employees must purchase an All-Access Pass to attend the Workshops

# 2017 November

## Employee Health and Wellbeing Resources and Details

### Diabetes Awareness Month

November is observed as Diabetes Awareness month. The rate of diabetes in the state of Delaware has more than doubled in the past couple of years making it a state-wide concern. If you are currently a diabetic, take the initiative to be compliant with recommendations from your doctor, such as monitoring your blood sugar and diet. If you aren't diabetic, ensure you continue to maintain a healthy lifestyle as a preventative measure. It is important to be screened a perfect opportunity this month is the Holiday Heroes Blood Drive. You will donate blood and have your blood sugar level checked.

---

#### **Nov. 5 and Nov. 12, 9:30 a.m.-2 p.m. Newark Natural Food Farmer's Market**

Open rain or shine from the first weekend in May until Mid-November. Shop with local vendors selling fresh fruit, vegetables, breads, soaps, flowers, and much more! **Location:** Newark Shopping Center off of Main St., Newark Natural Foods parking lot.

#### **Nov. 7, 9 a.m.-Noon and Nov. 15, 4-7 p.m., Flu Shot Clinic**

The Centers for Disease Control (CDC) recommends annual flu shots for everyone older than 6 months of age. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school. Are you ready for flu season? Sign up for your flu shot. Call for an appointment 302-831-3195—no walk-ins.

#### **Nov. 15, 10 a.m.-5 p.m. Holiday Heroes Blood Drive**

Give back this holiday season than by attending the Annual University of Delaware Blood Drive in the Carpenter Sports Building (Little Bob) Gym 1. Sign up by going to the Blood Bank of Delaware website <https://donate.bbd.org/> and using sponsor code UDCS, and then select the most convenient time. Signing up today enters donors to win a free T-shirt!

---

### Workshops

You must purchase an All-Access Membership to attend the Workshops

**Financial Wellbeing Workshops**—held in a 3 part series from 5-6 p.m. at the Trading Center in Purnell Hall. To register use this link: <http://www.signupgenius.com/go/409084dae28a1f85-financial>.

**Nov. 1: Making smarter investment decisions**—Sometimes it feels like our lives are structured in such a way that the only financial decisions we can make are poor ones. We're constantly running short on everything—time, money and almost certainly sleep. Gain valuable knowledge on how to make the right financial decisions

**Nov. 8: Are you nearing retirement?**—Advance planning for retirement can help in ensuring a positive retirement experience; in support of this planning, this workshop series provides valuable information to achievement goals.

**Nov 15: Why everyone needs an estate plan (not just the rich!)**—education about the basic tools of estate planning, such as wills, trusts, and powers of attorney. Learn how to avoid common mistakes made in estate planning.

**Nov. 14: Healthy Holiday Eating**—Eating is tough especially for people with diabetes. Learn how to navigate the dinner table and what you can do whether you're visiting for the holidays or cooking the big meals to ensure that your blood sugar stays steady. To register use this link: <https://docs.google.com/forms/d/e/1FAIpQLSeOy7e3luXH1whRef2LyOvhLB9nsnOKeFk8MWommCWdV72eIQ/viewform>.

---

### Screening

**Nov. 1 and Nov. 30: Chronic Disease Self-Management**—Free diabetes health education provided at the UD STAR Campus Health Sciences Complex every Thursday starting Oct. 26-Dec. 7 from 5:30-8 p.m. More knowledge about diabetes can improve your life! **Location:** Nurse Managed Primary Care Center Conference Room, Suite 130. **No class on Nov. 23**



Campus Wellbeing  
Collaborative

**For more information, subscribe to <http://sites.udel.edu/wellness/subscribe/>**

This material is for informational purposes only and is neither a substitute for professional medical advice or treatment. In addition, this calendar contains a sample of the National Health Observances and is meant to bring awareness to the University of Delaware Employee Health and Wellness Initiatives.

The University of Delaware is an equal opportunity/affirmative action employer and Title IX institution. For the University's complete non-discrimination statement, visit [www.udel.edu/aboutus/legalnotices.html](http://www.udel.edu/aboutus/legalnotices.html)