



# LIVEWELL NEWS

NOVEMBER 25  
EDITION

THANKSGIVING EDITION

YOUR WEEKLY NEWSLETTER ABOUT LIVEWELL FINNEY COUNTY!

## EATING HEALTHY- THANKSGIVING EDITION

Thanksgiving can be a time for indulgence, but it's also an opportunity to maintain balance while still enjoying the celebration. Here are some tips for healthy eating and staying active during the holiday:

### Healthy Eating Tips

1. Start with Breakfast- Eat a healthy breakfast with protein and fiber to avoid overeating later.  
Examples: Greek yogurt with fruit or a veggie omelet with whole-grain toast.
2. Fill Your Plate Wisely
  - Use the "half-plate" rule: Fill half your plate with vegetables or salad.
  - Choose lean proteins: Go for turkey breast without the skin.
  - Be mindful of portions: Sample small amounts of calorie-dense sides like mashed potatoes or stuffing.
3. Go Easy on Sauces and Dressings- Use gravy or salad dressings sparingly to cut back on added fats and sugars.
4. Slow Down and Savor- Eat slowly, and put your fork down between bites. It takes about 20 minutes for your brain to realize you're full.
5. Limit Liquid Calories- Stick to water, tea, or sparkling water with lemon to save calories from sugary drinks and alcohol.
6. Indulge Smartly- If you want dessert, share a slice or opt for fruit-based options like baked apples.

## REMINDER!

FOLLOW US ON SOCIAL MEDIA!



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## UPCOMING EVENTS

Office Closed for Thanksgiving  
World AIDS Day- December 1  
Drug Free Communities Meeting- December 2  
Match Day- December 3  
LHEAT- December 11



## Have you Received Your Flu Shot? There is still time!

Getting a flu shot is a simple and effective way to protect yourself, your family, and your community from the flu. The vaccine reduces your risk of getting sick, lowers the severity of symptoms if you do catch the flu, and helps prevent serious complications like pneumonia, hospitalization, or even death. It's especially important for protecting vulnerable populations, including young children, older adults, pregnant individuals, and those with chronic health conditions. By getting vaccinated, you also help reduce the spread of the flu, easing the burden on healthcare systems and keeping everyone safer. Protecting yourself with a flu shot contributes to a healthier and more resilient community. Contact your healthcare provider or the Finney County Health Department to schedule your flu shot.

### LOW INCOME ENERGY ASSISTANCE PROGRAM

APPLICATIONS ACCEPTED  
NOVEMBER 18, 2024 THROUGH  
MARCH 31, 2025

QUALIFYING HOUSEHOLDS MUST:

- NOT EXCEED HOUSEHOLD INCOME LIMITS
- BE PERSONALLY RESPONSIBLE FOR THE HEATING FUEL COSTS PAYABLE TO EITHER THE LANDLORD, UTILITY COMPANY OR FUEL VENDOR

VISIT DCF AT  
1710 PALACE DRIVE OR  
CALL 1-888-369-4777 FOR  
MORE INFORMATION

### FACT:

Prediabetes is a condition where blood sugar levels are higher than normal but not yet high enough to be diagnosed as type 2 diabetes, affecting over 1 in 3 American adults.



## 988 LIFELINE

The 988 Lifeline, also known as the Suicide & Crisis Lifeline, is a free, confidential, 24/7 support service for individuals experiencing a mental health, substance use, or suicidal crisis. By calling or texting 988, people can connect with trained counselors who provide immediate support, guidance, and resources to help them through their crisis. It's a vital resource designed to improve access to mental health care and save lives.

## NOW HIRING

Community Health Worker

Are you passionate about making a difference in community health? We're looking for a Community Health Worker (CHW) to join our team in Southwestern Kansas and help improve health outcomes for individuals living with HIV. This full-time position is vital in re-engaging clients in care, addressing social determinants of health, reducing HIV/AIDS stigma, and collaborating to ensure quality healthcare access and support

## NEWS TO SHARE?

Email us at  
[LiveWellFinneyCounty@gmail.com](mailto:LiveWellFinneyCounty@gmail.com)

