

Lifeline Protector

A Newsletter For Friends & Clients of Wellness Alliances

Wellness Alliances

Greetings...

Thank you for reading our monthly newsletter! For additional information on your health and wellness visit our social media pages. Follow us on Facebook at Wellness Alliances and on Instagram at @wellnessalliances. We will keep you updated on current events, your caregiving needs, health news, and tips to enhance your physical, mental, and social well-being.

Thanksgiving Donation

Thanksgiving is the perfect time to give back to the community around you and help those in need. There are many volunteer and donation opportunities to ensure everyone has a thanksgiving meal to enjoy the day. United Way of Southern Nevada, a non-profit organization in Clark County, Nevada, has the perfect opportunity for you to give back to others. This thanksgiving, United Way of Southern Nevada, is looking for donations to provide the fixings for a traditional turkey dinner. Purchase nonperishable thanksgiving items for a family in need. Items purchased can be dropped off at United Way of Southern Nevada, located at 5830 W. Flamingo Rd. You can make donations now through November 22 at 4 pm. Items that are needed most include:

- Instant Mashed Potatoes
- Stuffing Mix
- Cranberry Sauce
- Canned and Instant Gravy
- Canned Vegetables
- Boxed Pasta and Rice
- Pumpkin Pie Filling and Desserts
- Other Nonperishable Groceries

If you do not have time to donate grocery items, you can also make a cash donation at uwsn.org. All donations are appreciated, no matter how big or small. All donated funds will go to ensuring everyone in the community has a proper thanksgiving meal.



Get Your Flu Shot

Flu season is upon us. Flu viruses are most common during the fall and winter. The best protection against the flu is the flu vaccine. It is especially important for people 65 and older to receive the flu vaccine because they are at greater risk of developing serious complications compared to young people. This is due to a weakening immune system from aging and chronic health conditions such as, cardiovascular disease or diabetes. According to the Centers for Disease Control and Prevention, between 70 percent and 85 percent of seasonal flu-related deaths have occurred in people 65 years and older, and between 50 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in this age group. If you are 65 and older and experience flu symptoms, call your health care provider immediately, as you are at a greater risk of developing serious complications from the flu. It is recommended to receive the flu vaccine by the end of October. Below is a list of groups of adults who are at increased risk from the flu. If you belong to any of these groups, please go get your flu shot and if you do not belong to these groups, it is equally important you get the flu shot to protect others.

Groups at higher risk for serious flu complications include:

- People with chronic conditions such as asthma and diabetes.
- People with heart disease and those who have had a stroke.
- Adults 65 and older.
- Pregnant women.
- People who have HIV or AIDS.
- People who have cancer.

Additionally, if you have not done so already, it is also important to receive the COVID-19 vaccine. You can get the COVID-19 vaccine and the flu vaccine simultaneously.



Health Awareness in November



- American Diabetes Month with the American Diabetes Association and other organizations
- Bladder Health Month with the Urology Care Foundation
- COPD Awareness Month with the National Heart, Lung, and Blood Institute and other organizations
- Diabetic Eye Disease Month with the National Eye Institute
- Lung Cancer Awareness Month with the Lung Cancer Foundation of America, the American Lung Association, and other organizations
- National Alzheimer's Disease Awareness Month with the Alzheimer's Association
- National Epilepsy Awareness Month with the Epilepsy Foundation
- National Family Caregivers Month with the Alzheimer's Association
- National Healthy Skin Month with the American Academy of Dermatology
- National Hospice Palliative Care Month with the National Hospice and Palliative Care Organization and the National PACE Association
- National Stomach Cancer Awareness Month with No Stomach for Cancer and other organizations
- Pancreatic Cancer Awareness Month with the Hirshberg Foundation
- Prematurity Awareness Month with the March of Dimes
- World Pneumonia Day (Nov. 12) with Stop Pneumonia
- World Prematurity Day (Nov. 17) with March of Dimes
- Great American Smokeout (Nov. 19) with the American Cancer Society
- International Survivors of Suicide Loss Day (Nov. 20) with the American Foundation for Suicide Prevention
- GERD Awareness Week (Nov. 21-27) with the International Foundation for Gastrointestinal Disorders
- National Family Health History Day (Nov. 25) with the CDC Trusted Source



Quote of the Month

"Positive thinking will let you do everything better than negative thinking will."

- Zig Ziglar

Wellness Alliances
1000 S Valley View
Blvd 2nd Floor, Las
Vegas, NV 89107

Phone:
702-815-9012
E-Mail:
info@wellnessalliances.com

We're on the Web!
See us at:
www.wellnessalliances.com

