

Fostering Gratitude in the Workplace

1. Start at the top: Employees need to hear “thank you” from the boss first.
2. Thank the people who rarely hear it: Thanking those who do thankless work makes their contributions visible and broadens everyone’s understanding of how an organization functions.
3. Aim for quality, not quantity: When you are specific about the benefits of a person, action, or thing, it increases your own appreciation and tells the person that you are paying attention.
4. Provide different opportunities to express gratitude: Not everyone likes to express, or receive, gratitude in the same way. Encouraging different methods of appreciation helps people fit in.
5. Take time to give thanks: Cultivating a culture of gratitude might be the best way to help a workplace bounce back from the stresses that come with change, conflict, or failure.

November is American Diabetes Awareness Month

There are three main types of diabetes:

- Type 1 diabetes – Your body does not make enough insulin. This is a problem because you need insulin to take the sugar (glucose) from the foods you eat and turn it into energy for your body. You need to take insulin every day to live.
- Type 2 diabetes – Your body does not make or use insulin well. You may need to take pills or insulin to help control your diabetes. Type 2 is the most common type of diabetes.
- Gestational diabetes – Some women get this kind of diabetes when they are pregnant. Most of the time, it goes away after the baby is born. But even if it goes away, these women and their children have a greater chance of getting diabetes later in life.

To learn more about diabetes you can:

- Join a support group:
 - [Mental Health Association - Diabetes Support Groups](#)
 - [Genesee Valley Health Partnership - Support Groups](#)
 - [YMCA Diabetes Prevention Program - Support Group](#)
- Take classes. Visit these websites for class offerings:
 - [Rochester Regional Health Diabetes Education Classes](#)
 - [American Diabetes Association - Rochester](#)
 - [UR Medicine Diabetes Education Classes](#)
- Read about diabetes online. Go to [National Diabetes Education Program](#)

Apple Pumpkin Bread

2 cups white whole wheat flour
 1 tsp baking soda
 1/2 tsp baking powder
 1/2 tsp sea salt
 3 tsp pumpkin pie spice
 2 cups finely chopped apples, cored and peeled
 1/2 cup walnuts
 1/2 cup raisins
 1 cup nondairy milk
 1 cup pumpkin puree
 1/2 cup coconut sugar
 2 tsp vanilla

Preheat oven to 350°F. Line loaf pan with parchment paper. In a large mixing bowl, thoroughly combine the flour, baking soda, baking powder, salt, spices, apples, walnuts, and raisins. In a separate bowl, whisk the milk, pumpkin, sugar, and vanilla.

Pour the wet ingredients into the dry ingredients and mix just until combined. Do not over mix.

Cook for 50-60 minutes, or until a toothpick inserted in the center comes out clean. Allow to cool before slicing.

