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A Hall Ambulance Periodical Dedicated to Your Wellness, Well-Being, and the HAS Employee Experience

It's Time to Quit!!! The Great American Smokeout is the 20th!!!

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Two weeks - Circulation begins to improve; blood pumps through the heart and muscles easier; Lung function begins to improve.

One month - Coughing and shortness of breath decrease; cilia regain typical function.

3-9 months - Lung function increases by 10%; coughing, wheezing, or breathing problems

Quitting smoking is one of the most important actions you can take to improve your health. This is true regardless of your age or how long you have been smoking. It's never too late to make a change and commit to quit. Look at the following timeline...imagine the impact on your own health!

AFTER...

One hour - Heart rate drops and begins to return to normal; blood pressure begins to drop; circulation starts to improve.

12 hours - Excess carbon monoxide is cleared from the body and returns to normal level; oxygen level increases.

One day - Nicotine level in the blood drops to zero; risk of heart attack and disease from smoking-induced high blood pressure drops; physical activity and exercise is easier.

Two days - Heightened sense of smell and more vivid tastes as nerve endings begin to heal.

Three days - Carbon monoxide levels in blood drop to that of someone who does not smoke; bronchial tubes begin to relax; easier to breathe; energy levels increase.

are improved.

1-2 years - Risk of a heart attack and coronary heart disease becomes half of that of a person who smokes.

3-6 years - Risk of mouth, throat, esophageal, and bladder cancers decreases by half; cervical cancer and stroke risk returns to that of someone who does not smoke.

10 years - Risk of developing and dying from lung cancer decreases to around half that of someone who smokes; risk of developing larynx, pancreatic, kidney cancer also decreases.

15 years - Risk of coronary heart disease becomes close to that of someone who does not smoke.

20 years - Risk of cancers of the mouth, throat, and voice box drops to close to that of someone who does not smoke; risk of pancreatic cancer drops to close to that of someone who does not smoke; risk of cervical cancer drops by about half.

(Adapted from: <https://www.cdc.gov/tobacco/about/benefits-of-quitting.html>)

Stress Busters

November can hold stress for a lot of us. With the anticipation of family get togethers, end-of-the-year deadlines, and impending holidays, we just need to find quiet moments to relax. Try one of these quick, quiet ideas to regain balance.

- Take a quick walk around the block
- Indulge in a bubble bath
- Take 10 minutes to breathe deep, stretch, and rest your eyes
- Dance to your favourite song from high school
- Practice progressive relaxation – tense your toes tight and relax; then your calves, thighs, etc.
- Watch 10 minutes of baby animals on YouTube
- Call your best friend!
- Stand in grass or exposed earth... barefoot
- Write a quick poem
- Recite a prayer or meditation

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Do Something Different

Let's spend the whole month giving thanks! I challenge you to try something new each week in November!

1. Write a thank-you note to someone!
2. Buy coffee for someone or hold the door.
3. Go for a walk – thankful for the cooler weather and the natural world.
4. Leave a positive review for an item or service.
5. Help a neighbor, friend, or family member with a chore.
6. Give your full attention in a conversation.
7. Send flowers to someone – just because!
8. Offer a sincere compliment to someone.
9. Contact someone's supervisor and inform them of a job well done.
10. Appreciate a simple pleasure – a cup of tea, an enjoyable book, a beautiful sunset.

Pumpkin Spice is Everywhere - And Good for You!!



Pumpkin spice is back!!! Each of the spices in the mix, cinnamon, ginger, nutmeg, and cloves, offer well-researched health benefits. Together, the benefits are maximized in the fall favourite "pumpkin spice." The spice blend can support health by providing antioxidants, which reduce inflammation and chronic disease risk. Pumpkin spice may also aid digestion, strengthen the immune system, and help stabilize blood sugar and improve heart health.

Cinnamon

When consumed alone or as part of a pumpkin spice blend, cinnamon is a warming spice that may help regulate blood sugar. Studies have found that cinnamon can help improve insulin sensitivity, meaning the body can better regulate blood glucose levels. When your blood sugar is stable, you feel more energized and focused.

Ginger

Many people attribute ginger to soothing an upset stomach. That's because it contains compounds called gingerols, which have been studied for their ability to ease nausea and support healthy digestion. Some research suggests that ginger may be especially beneficial for people with inflammatory bowel disease.

Nutmeg

Nutmeg contains compounds that support brain health. It interacts with the endocannabinoid system (ECS), a complex cell-signaling network in your body that helps regulate various bodily processes. When it comes to your brain, ECS helps regulate mood, memory, stress, appetite, sleep, and how you experience pain. Some research suggests that nutmeg's antioxidants can help protect brain cells from oxidative stress and damage, improving brain function. This aromatic spice can also stimulate serotonin secretion, promoting relaxation.

Cloves

Cloves are especially rich in eugenol, an antioxidant compound with antimicrobial, anti-inflammatory, and potentially pain-relieving effects in specific dosages. In addition to protecting cellular health, cloves may have special benefits for oral health by reducing the growth of harmful bacteria.

Allspice

While it's often mistaken for a spice blend, allspice is a berry with unique health benefits. Its antibacterial and anti-inflammatory properties may help support a healthy immune system, whether consumed alone or as part of a pumpkin spice blend. Some of its traditional uses include soothing colds and indigestion.

To maximize the benefits of pumpkin spice, choose a clean, additive-free blend or make your own. Use it to add seasonal flavor to low-sugar foods, meals, and recipes like yogurt and oatmeal. As always, a balanced diet consisting of lean proteins, whole grains, and fresh fruits and vegetables is key.

(Adapted from: <https://www.verywellhealth.com/pumpkin-spice-benefits-11810338>)

NOVEMBER AWARENESS

- 2: Daylight Savings Time Ends
- 2: National Stress Awareness Day (LAVENDER)
- 3-9: National Patient Transport Week
- 13: World Kindness Day
- 20: Great American Smokeout (WHITE)

NOVEMBER COMMUNITY EVENTS

- 1: Jingle All the Way 5K Run/Walk @ 5500 Olive Dr
- 1: Bak Community Theatre's Inaugural Gala @ 1020 19th St
- 8: Bak Symphony Orchestra: An American Salute @ Dignity Arena
- 19: Cinderella Ballet @ Fox Theatre
- 25: Trans-Siberian Orchestra @ Dignity Arena
- 27: Turkey Day Run @ The Park at Riverwalk

NOVEMBER FARMER'S MARKETS

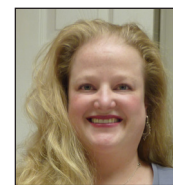
- 2, 9, 16, 23, 30 (Sun): Haggin Oaks Hen's Roost Farmer's Market @ 8800 Ming Ave
- 1, 8, 15, 22, 29 (Sat): From the Farmhouse Farmer's Market @ 3201 'F' St.; Downtown Hen's Roost Farmer's Market @ 1916 'G' St.; Rivertakes Farmer's Market @ 8601 Hageman Road

The HR Spot

Hey team! Just a quick reminder, Open Enrollment is happening now!

Have you taken a few minutes to complete yours yet? This is your chance to pick the benefits that work best for you and your family, so don't miss out!

The Deadline is November 21. Let's get it done early so it's off your plate! Need help or have questions? HR's here for you!



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WellNow is published monthly for Hall Ambulance employees and their families.