November is...

National Diabetes Awareness Month!

Do You Know Diabetes?

- Nearly 30 million children and adults in the United States have diabetes (about 10% of the population)
- Another 86 million Americans have prediabetes and are at risk for developing type II diabetes
- Diabetes nearly doubles the risk for heart attack and for death from heart disease
- As many as 1 in 3 American adults will have diabetes by 2050!

What are you thankful for this Thanksgiving season?

Let us know what you are thankful for! We have turkeys at the front desk for you to write down what YOU are thankful for. They will be displayed on the bulletin board all month long!

Happy Birthday!

Dorinda W 11/2
Nicole K. 11/3
Gayle H 11/8
Steve B 11/13
Lois L 11/17
Kerry W 11/18
Jackie C 11/20
Jen Y 11/21
Ernesto P 11/23
Kathy G 11/24
Louis P 11/25
Carol F 11/28
Carol W 11/28
Michael C 11/29
Mark your calendars!

Thanksgiving Break Hours

- We will close at 1:15pm on Wednesday November 25th
- We will be closed all day:
  - Thursday November 26th
  - Friday November 27th
  - Saturday November 28th

December-January

- We will be closed all day
  - December 24th through December 26th
- We will close at 1:15pm on Thursday,
  - December 31st
- We will be closed all day on January 1st and 2nd

Extended Hours

- Extended hours run until Friday December 18th!
- Extended hours will resume on Tuesday January 19th through April 22nd

Thanksgiving Day Festivities – November 26th

1. Cardinal Greenway Turkey Trot
   - Muncie, IN
2. Turkey Trot at the Henry Country YMCA
   - New Castle, IN
3. Michael Treinen Foundation Turkey Trot
   - Noblesville, IN
4. Gobble Wobble
   - Pendleton, IN