MONTHLY INNOVATOR NEWSLETTER

NOVEMBER

2026



"Life starts all over again when it gets crisp in the fall." - F. Scott Fitzgerald

WHAT'S NEW:

- NATIONAL DIABETES MONTH
- NATIONAL WORLD DAY OF KINDNESS

- NOVEMBER GRATITUDE CHALLENGE
- HEALTHY FRENCH TOAST RECIPE

- UPCOMING EVENTS

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NATIONAL DIABETES MONTH



November is National Diabetes Awareness Month! The purpose is to bring awareness to the growing prevalence of diabetes in the United States, to educate the public on the risk of diabetes, and provide resources on how to support those with diabetes. This Month, the American Diabetes Association encourages you to take their 60 second risk of developing diabetes

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NATIONAL WORLD DAY OF KINDNESS

November 13th is World Kindness Day, an international event that seeks to spread acts of kindness throughout the world and help us understand the positive impact kindness has on others. From helping a friend or community member in need to simply complimenting a co-worker, kindness is something everyone can give. Join us as we offer random acts of kindness and help make the world a kinder place.



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GRATITUDE CHALLENGE

Join us in this 30 day gratitude challenge where we will reflect on the places, people, or things that have brought us joy or impacted us in a positive manner. Each day, write down or journal what you are grateful for!

1.What in nature are you grateful for?
2.What technology are you grateful for?
3.What personality trait do you have that you are grateful for?
4.What about your body are you grateful for?
5.Who in your life are you grateful for?
6.What food item are you grateful for today?
7.What book(s) are you grateful for?
8.What past teachers are you grateful for?
9.What are you most grateful for about your job?
10.Which holiday are you grateful for?
11.What specific song are you grateful for today?
12.What small thing that happened today are you grateful for?
13.What lessons are you most grateful to receive?
14.What places are you grateful for?
15.What act of unexpected kindness are you grateful for?
16.What is something common you take for granted?
17.What knowledge are you grateful for?
18.What in your life brings you great comfort?
19.What about your health are you grateful for?
20.What hobby brings you the most joy?
21.What childhood memory are you grateful for?
22.What special keepsake are you most grateful for?
23.What did someone do for you today that you are grateful for?
24.What talent or skill are you grateful for?
25.What season are you grateful for?
26.What friendships are you grateful for?
27.What personal goals are you most grateful for achieving?
28.What traditions are you grateful for?
29.Name 3 people you are grateful for today?
30.What are you most grateful for this month?

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HEALTHY FRENCH TOAST

Ingredients:



8 slices of thick-cut bread (such as sourdough, challah, or whole-grain)
4 large eggs
1 cup almond milk
1/4 cup orange juice
1 tsp vanilla extract
1 tsp almond extract
1 tsp cinnamon
1/4 tsp nutmeg
1 tbsp maple syrup (plus more for topping)
2 tsp coconut oil

Directions: In a large bowl whisk together eggs, almond milk, orange juice, vanilla,
almond extract, cinnamon, nutmeg, and maple syrup.
Place half of mixture into a shallow dish.
Add bread 4 slices at a time and allow to soak for 2 minutes on each
side.
Cook over medium heat with coconut oil for 2-3 minutes per side or until
cooked until desired taste.
Repeat with remaining 4 slices and egg mixture.
Serve immediately with maple syrup, fruit, or toppings of choice

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WELLNESS WEDNESDAY

- 12/16 - MINDFUL EATING FOR THE HOLIDAY SEASON
- 1/13 - HEALTH LITERACY

WALKS WITH WELLNESS

- 11/10 COLVIN RECREATION CENTER
- 01/05 OLD CENTRAL

WALK & TALK

- DECEMBER 8TH

MAKE & TAKE

- 01/20 **VISION BOARD WORKSHOP**

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COWBOY CUP TRIVIA



CONGRATULTIONS CAMPUS LIFE FOR TAKING HOME THE FIRST COWBOY CUP TRIVIA VICTORY!!

