

Live Well

November 2025

Provided by The Glienke Agency, LLC



How to Honor Veterans Day

Tuesday, Nov. 11, marks this year's Veterans Day. This annual observance celebrates those who have served in our military. Consider the following ways to commemorate the holiday and strengthen ties in your community:

- **Look up events**—Many communities organize parades and memorials.
- **Donate**—There is no shortage of foundations and charities that can help veterans receive the care and resources they need.
- **Volunteer**—Spend time helping veteran-related causes.
- **Encourage education**—Consider asking a veteran you know, such as a family member or friend, to speak to your children about the importance of Veterans Day.



How Your Lifestyle Can Affect Lung Cancer Risk

Every November is recognized as Lung Cancer Awareness Month. This initiative focuses on educating and informing the public about this affliction, which represents one of the most common types of cancer in the United States.

The American Cancer Society estimates that over 225,000 new cases of lung cancer will be diagnosed in 2025, and nearly 125,000 people will die from it.

Ways to Limit Lung Cancer Risk

Although lung cancer is a scary prospect, there are ways you might reduce your chances of contracting it. Consider the following steps:

1. **Don't smoke.** According to the Centers for Disease Control, smoking cigarettes causes over 80% of U.S. lung cancer deaths.
2. **Avoid secondhand smoke.** In addition to not lighting up yourself, avoid being around other people who smoke, including cigars and pipes.
3. **Check for radon.** Get your home tested for radon and take steps to reduce levels if necessary.
4. **Account for carcinogens.** Smoke isn't the only harmful substance that may increase lung cancer risk. Take steps to avoid others, including asbestos, crystalline silica and diesel exhaust.

[Click here](#) to learn more about Lung Cancer Awareness Month.

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How to Host and Prepare Holiday Dinners Safely

For many families and communities around the United States, November marks the start of the holiday season. Family gatherings like Thanksgiving dinner can help you reconnect with loved ones and create new memories, but possible dangers may also make appearances, regardless of invitation.

8 Ways to Keep Your Family Safe

If you're planning to host a holiday gathering, prepare a dish or otherwise contribute to the festivities, it's important to put safety first. Consider the following tips:

1. Never leave cooking appliances or hot surfaces unattended, even if it's only to poke your head into another room for a brief conversation.
2. Make sure children and pets are kept away from hot surfaces and sharp objects. Consider putting hot dishes far back on the stovetop and counters.
3. Clean and disinfect all cooking surfaces and utensils before you start preparing food. Repeat this process between each use to prevent cross-contamination.
4. Remove grease buildups, inspect appliances to ensure they're working properly and check your smoke alarms to reduce fire risk. Make sure you have a working fire extinguisher in or near the kitchen as well.
5. Limit alcohol consumption, as working with hot surfaces and sharp objects while intoxicated can lead to serious accidents and injuries.
6. Avoid wearing dangly jewelry or sleeves while cooking.
7. Use meat thermometers to ensure you're not serving undercooked meat, poultry or fish.
8. Package and refrigerate leftovers within two hours and make sure your refrigerator is set at or below 40F.

Learn More

Contact us today for more holiday safety resources.

Recognize American Diabetes Month

November is American Diabetes Month, which recognizes and raises awareness about this disease.

Although the cause of type 1 diabetes is unknown, there are ways to limit your risk of developing type 2.

Consider the following lifestyle choices and how they might reduce your chance of developing diabetes:

- **Manage weight.** Avoid obesity and being overweight.
- **Exercise.** A sedentary lifestyle may increase your type 2 diabetes risk levels.
- **Eat healthy.** Make sure you eat enough fruits, vegetables, legumes and whole grains, while limiting saturated fat.

For more health and wellness resources, contact us today.