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### Report as of November, 2022

“Don’t wait until the fourth Thursday in November, to sit with family and friends to give thanks. Make every day a day of thanksgiving!” – Charmaine J. Forde

It seems crazy, but November is upon us! Not only that, we are midway through the month already! WOW!

November is a big month for school closures and holidays- Nov 8<sup>th</sup> – Election Day, November 11<sup>th</sup> – Veterans Day, November 24<sup>th</sup> – Thanksgiving Day - which means much needed break from school for our kids and teachers, but also the race against time to prepare for the holidays.

Sadly, for many families, the holiday stress and grind is not necessarily around planning the perfect meal and buying the perfect presents, rather it is finances and figuring out how to afford a thanksgiving meal, and/or presents for their loved ones. It is in these last months of the year that kindness, empathy and philanthropy go a very long way. It is indeed a great time to give our children reminders that if we pay it forward to those in need, we will be rewarded for those acts of charity. A beautiful and inclusive tradition we have established in my household is for each member to identify 5-10 items in their possession to share with those less fortunate, and it is never anything short of rewarding.

As we focus our attention and energy on preparing for thanksgiving and then the Christmas holidays, it is easy to lose sight of our physical and mental health that is greatly impacted by all the chaos the holiday season brings about. Whether it be the money, the preparation, the running around, it is imperative that we keep our health and wellness goals at the forefront of our priorities, because as the great American philosopher Ralph Waldo Emerson wrote in 1860, “The first wealth is health,”, which I think we now understand and related to more than ever in the post-covid world!

A few important highlights:

- On Nov 9, Listeria outbreak was reported from 6 states. On the same day, U.S. health officials said at least one death and a pregnancy loss are tied to an outbreak of listeria food poisoning associated with sliced deli meats and cheeses. ([www.npr.org](http://www.npr.org) [www.cdc.org](http://www.cdc.org))
- Parking lot crimes are on the rise, targeting women and children.
- Ransomware virus found in Commack UFSD network.
- Environmental Bond Act approved by voters ([www.citizenscampaign.org](http://www.citizenscampaign.org))
- NYSDOH recognizes Nov 14 as World Diabetes Day
- Daylight Savings Nov 6

As a kind reminder to those reading this report, the idea is not to report the bad and scary news of the world to add negativity, rather it is to bring awareness to what is going on in the world so we can better prepare ourselves to remain vigilant so we can be safe, as well as take measures to maintain our health and wellbeing.

I believe most people will agree when I say daylight savings is a terrible idea, and indeed that feeling is backed by science! Not only does it take away from the consistency of maintaining our daily routines, but it gets dark earlier and we have less daylight time to enjoy. This can have tremendous mental and physical health impacts on adults and children alike, as is reported in this article in webmd.

<https://www.webmd.com/sleep-disorders/news/20211105/harmful-effects-of-daylight-savings>

I knew I had to do something to mitigate some of the effects of daylight savings in my home, and the only effective way I have found so far to combat the daylight savings blues is by making my home a fun place to be. This for us, means making dinner with the kids, spending extra time with them, and planning ahead to make the most of our time at home.

What are you doing with your families to combat daylight savings blues?