
AUTISM NEWS NETWORK

By: Kristina Blake

The month of November **Extra Mile Day**

Extra Mile America hopes this celebration can challenge people from all around the world to embrace their roles as agents of change. This change starts from small actions; it could be staying a little late at work to iron out those fine details ahead of schedule. For others, it's reaching out to customers to make them feel appreciated, or getting your spouse flowers — even when it's not their birthday.



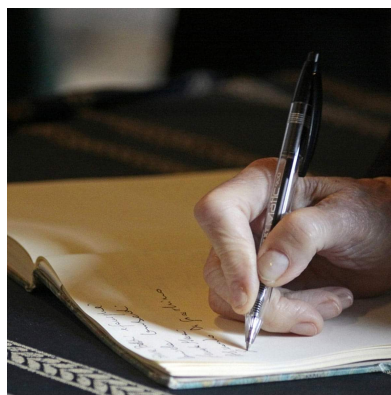
National Adoption Month – November 2022

celebrates the families who have grown through adoption. It also recognizes the journey of the many children who are still waiting for their destined families. It further highlights the thousands of children worldwide in need of adoption. Adoption is encouraged as a positive way to grow families and take children out of foster care.



National Author's Day

So what is an author? Well, historically and permanently, it's someone who uses their words to move their followers. Writers conduct in-depth research and, in many cases, spend years perfecting what we eventually read. That's years of drafting, editing, revising, and rewriting these stories that captivate us. They deserve all the thanks we can offer.



National Family Literacy Day





1994, statistics indicated that about 20–27 million of the United States’ workforce lacked basic reading, math, and writing skills required for complex jobs. Reading has many benefits and even more so when it comes to children. Families have so much to gain from reading together. Besides helping young children develop good vocabulary skills, it provides valuable family bonding time.



Bladder Health Month

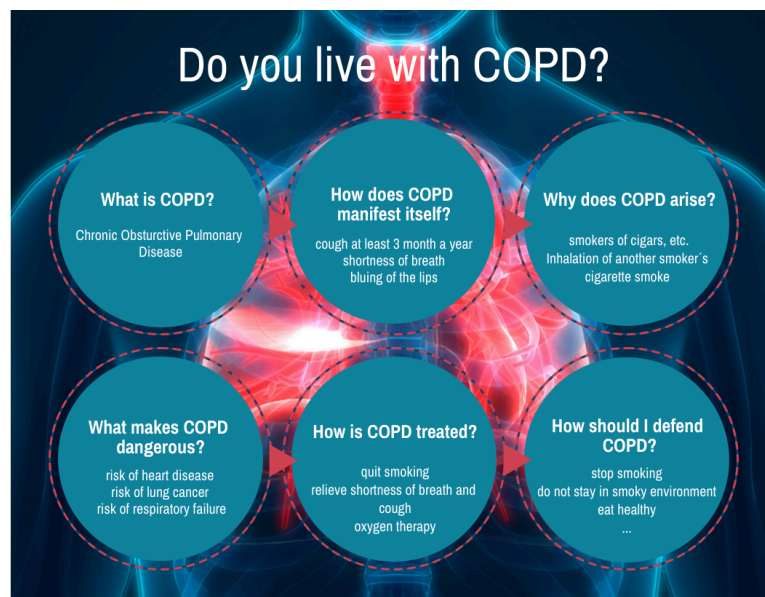
The bladder joins the kidneys, ureter, urethra, and some other minor organs to form the urinary system. They collectively eliminate waste from the body, regulate blood volume and blood pressure, control levels of electrolytes and metabolites, and regulate blood pH. They form one of the most important systems in the body as without them functioning well, toxic substances stay in the body. Go for a checkup.

Facts about bladder health

<p>It's normal to go to the bathroom 6 to 8 times per day.¹</p> 	<h4>Common problems</h4> <ul style="list-style-type: none">UI Urinary incontinence Stretched pelvic muscles can't keep urine from leaking.³OAB Overactive bladder Urgent need to urinate²UTI Urinary tract infection Bacteria enter the bladder.⁴IC Interstitial cystitis Chronic pain and pressure in the bladder, and urinary tract symptoms⁵
<p>When empty, the bladder is about the size and shape of a pear.²</p> 	<p>"Bladder cancer is the 9th most common cancer in the world."⁷</p>
<p>The bladder can hold about 2 cups of urine on average.²</p> 	
<p> 2.3 billion adults worldwide are affected by bladder problems.⁶</p>	

Chronic Obstructive Pulmonary Disease Awareness Month

Some people have Chronic Obstructive Pulmonary Disease (COPD) and don't even know they have it. COPD is actually an umbrella term encompassing several progressive lung diseases including emphysema, chronic bronchitis, and irreversible asthma. There are three main causes and Smoking is the major villain. A long-term exposure to workplace pollutants, like toxic chemicals, dust, or fumes. You can still get COPD if you are genetically predisposed to it. Secondhand smoke is almost as devastating as direct smoking with regard to COPD. Children have been diagnosed with COPD just from residing in the same house with a smoker. Vaping can also lead to nicotine addiction and eventually, COPD.



Diabetic eye Disease Month

Diabetic Eye Disease Month focuses attention on keeping our eyes healthy. According to the National Eye Institute, over 7 million Americans are impacted by diabetic retinopathy, a condition involving chronic high blood sugar that damages the retina's blood vessels. Diabetic eye disease, also known as diabetic retinopathy, is a group of eye conditions affecting people with diabetes. These conditions include cataracts (clouding of the eye's lens), glaucoma (elevated pressure inside the eye), and macular swelling (optic nerve damage). Early detection with regular eye exams is key.



Lung Cancer Awareness

Tragically, lung cancer is the second most common cancer and is also known as the leading cause of cancer deaths in men and women worldwide. Each year, 218,500 people are affected by lung cancer in the United States. Out of these, about 142,000 succumb to the disease.



Military Family Month

The dedication and courage of military families are an inspiration to all of us. They show exceptional resilience and courage in facing the challenging demands of a military lifestyle. And for these unique sacrifices, these military families deserve all our recognition and appreciation.



National Adopt A Senior Pet Month

Pets are the easiest way to bring warmth into your life. So if you are thinking about getting a pet, consider opening your heart to a senior animal. Puppies and kittens are cute, but adopting a senior animal can be a life-changing experience for you and that pet. Not only are older pets often easier to handle, but they are at least just as loyal and loving as the younger ones.



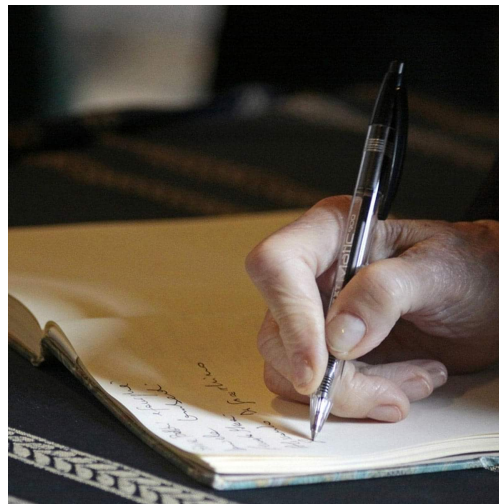
International Pet Groomer Appreciation Day

Pet groomers are remarkably compassionate people who have a great deal of genuine love for their job. They deserve to be recognized as an important contributor to pet health because they assist individuals in keeping their animals clean, trimmed, fit and active.



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National Alzheimer's Disease Awareness Month

Over 5 million Americans suffer Alzheimer's Disease (AD), a form of dementia, impacts memory, thinking, and behavior. AD ranks as the sixth leading cause of death in the U.S. and the most common form of dementia in 60-80% of all diagnosed cases.

National Epilepsy awareness Month

One in 26 people will be diagnosed with epilepsy at some point during their lifetime. Epilepsy is one of the least understood of all the neurological diseases, yet it is the fourth most common. Anyone can have a seizure

People with epilepsy are not the only ones to suffer seizures; your risk may increase if you have high fever, low blood sugar, are undergoing drug or alcohol withdrawal — or even if you're experiencing a concussion following head trauma. Seizures can be fatal!! People with epilepsy who fall, lose consciousness, or have lengthy successions of seizures can die.

National Home Care and Hospice Month

We honor all professionals who work in the broad field of home care and hospice work – this includes physicians, nurses, aides, social workers, physical therapists, and so much more. The professionals who perform these services often receive very little pay, yet are committed to helping patients live and pass away with dignity.

National Long-term Care Awareness Month

This month-long observance highlights the long-term care needs of men and women over the age of 65, and how they should be assisted in their daily lives. This includes feeding them, bathing them, and assisting them in their daily routine. Above all, it's also about displaying compassion and making them feel that they're not alone or neglected.

National Family Caregivers Month

Caregiving is a tough job, remember the people who lovingly give baths, clean houses, shop for, and comfort the millions of elderly and ill people who are friends and loved ones. Caregivers need love too. Caregiving while still holding down an outside job is exhausting. Much of caregiving is unpaid. Watching a parent age or seeing someone change drastically due to illness can be devastating. Take some time to monitor your own wellbeing



Daylight Savings Day

Americans set their clocks back one hour before bed on Saturday night to end daylight saving at 2 A.M. The return to Standard Time means the sun will rise earlier and you can enjoy the rays of the morning when you wake up early!



National Animal Shelter Appreciation Week

Local shelters are great at finding new homes for homeless pets, but it's not all they do. They rescue and rehabilitate injured or abused animals too, and they reunite lost pets with their original families. They serve communities by saving their animals every day.



National Radiologic Technology Week

Radiologic technicians are those who perform diagnostic imaging procedures. These caregivers operate complex and state-of-the-art equipment. They play an indispensable role when it comes to diagnosing a variety of diseases. Timely scans can detect many serious illnesses and help patients seek prompt medical help.



Election Day – November 8, 2022

This is the day we cast ballots to select public officials — from local to the national government. Presidential elections are held every four years, in years divisible by four, while the elections to the United States House of Representatives and the United States Senate are held every two years.



Marine Corps Birthday – November 10, 2022

show appreciation for the United States Marines. The Marine Corps has defended our country since America’s inception. The Corps, with over 186,000 active duty members and 38,500 reserves as of 2017, continues its proud tradition as protectors of the U.S. and its people.



Veterans Day – November 11, 2022

Tribute to military veterans who have served in the U.S. Armed Forces. Veterans Day honors all military veterans, including those still with us.



National Hunger & Homeless Awareness Week

On any given night, there are over 600,000 homeless people in the U.S. Over 60,000 veterans are homeless. On any given night, there are over 140,000 homeless children in the U.S.

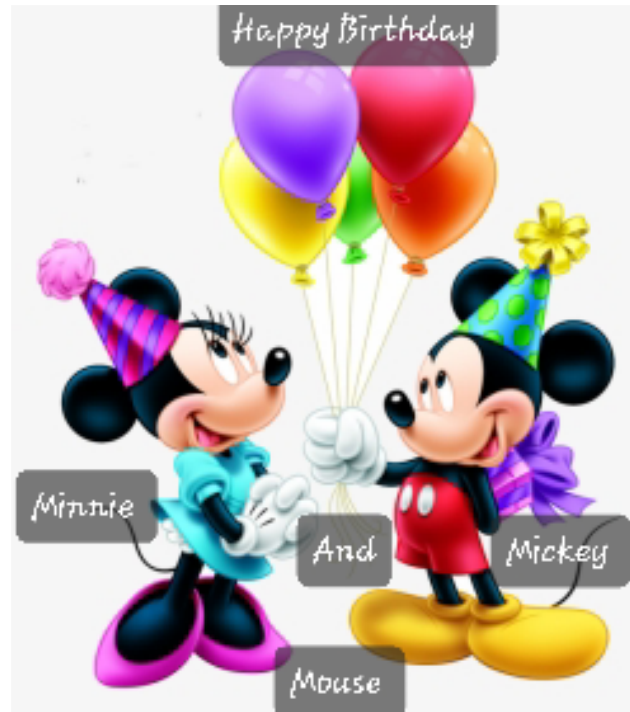


Nurse Practitioner Week – November 13-19, 2022

Nurse practitioners are highly educated and trained medical professionals who are almost like doctors. In addition to their fundamental roles as registered nurses, they can provide primary care, counseling, diagnosis, offer health education, and write prescriptions.



Mickey Mouse's Birthday – Minnie Mouse's Birthday – November 18, 2022



Thanksgiving – November 24, 2022

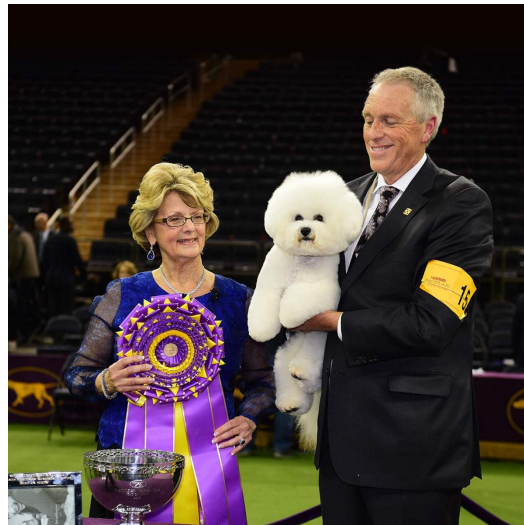
Family, friends, food, and football have come to symbolize Thanksgiving — a rare celebratory holiday without an established gift-giving component. Instead, the day urges all of us to be grateful for things we do have. When we think about Thanksgiving food, a few tasty dishes come to mind. Macaroni and cheese, stuffing, mashed potatoes, and the most important of all: a beautifully cooked, juicy, and huge turkey!

Though these are the traditional dishes eaten at a standard Thanksgiving dinner, there's definitely room to freestyle. Some switch out turkey for ham, beef, or even salmon! While others may include a side dish specific to their culture and festivities? Macy's Thanksgiving Day Parade is one of the biggest and most anticipated events during this holiday. Marching with the parade are school bands, floats with giant balloons of popular children's characters, celebrity musicians, actors, and socialites. Broadway performers also take part by singing a popular number from their current running show. The parade airs early in the morning, from 9 A.M. to 12 P.M. Macy's Thanksgiving Day Parade is an annual event held on Thanksgiving Day and this year, it falls on November 24.



National Dog Show Broadcast

More than 200 breeds of dogs compete in the show every year — just about half of the total breeds of dogs in the world. It is a packed two-hour show of the actual event, which is a benched show. This allows breeders and spectators to chat to the owners and see the dogs up close. The dogs are judged on how closely they meet the criteria for their breed — appearance, structure, movement, and temperament.



Black Friday – November 25, 2022

It's the day of the year when retailers finally start generating profit, thus going from "being in the red" to "being in the black." Get out your pocketbook and prepare to shell out some cash, because the Friday after Thanksgiving is the biggest shopping day of the year!

Cyber Monday – November 28, 2022

Cyber Monday is the Internet's answer to brick-and-mortar holiday shopping. Unlike Black Friday, Cyber Monday gives you the chance to shop those amazing Black Friday deals from the comfort of your couch or office.



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