



November



Healthy Skin for Fall

1. Moisturize-Less humidity means drier air which becomes a problem for skin.
2. Use a Humidifier-they add moisture back into your home, fill it with distilled or demineralized water.
3. Use hand creams-washing our hands dries them out. Use ones with ingredients such as petrolatum, shea butter, jojoba oil, mineral oil or glycerin.
4. Exfoliate-This removes the dead skin cells from the outer layer, leaving your with rejuvenated and refreshed skin.
5. Use Pumpkins- eating pumpkin or seeds benefits skin as they are rich in beta carotene and they have a large amount of Vitamin C which promotes collagen, which helps make skin look youthful.
6. As always, don't forget the sunscreen-even though we have fewer hours of daylight, sun damage can occur anytime.

Click below for homemade face masks

<https://renewesthetics.com/natural-skincare-masks-in-fall/>

Cooking with Carnie

**Thursday, November 9th from 6-7pm
kicks off our most popular series with a
fall dish!**

Spaghetti Squash Shrimp Scampi is on the menu for that night. So join us on zoom to make this delicious dish in your own kitchen. You must register by November 3rd.

Register here: [https://www.elnrn.org/
Register.aspx?ScheduleID=6017](https://www.elnrn.org/Register.aspx?ScheduleID=6017)

For a delicious weeknight fall recipe, try this delicious Butternut Squash Pasta with Chili oil, Feta and Mint:

[https://www.loveandlemons.com/
butternut-squash-pasta-with-chili-oil-
feta-mint/](https://www.loveandlemons.com/butternut-squash-pasta-with-chili-oil-feta-mint/)

Here are some easy back exercises to keep away lower back pain when doing fall clean up in your yard.

[https://www.mayoclinic.org/healthy-lifestyle/adult-
health/in-depth/back-pain/art-20546859](https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/back-pain/art-20546859)

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Calm App Information



When we talk about gratitude or mindfulness, oftentimes we use the word “practicing” to describe the importance of intention, as opposed to the outcome. Taking time to acknowledge the good around us doesn’t always come naturally.

By practicing gratitude, we can step back from our workday and look at our lives from a fresh perspective. It’s not meant to fix negative emotions or difficult experiences. Instead, gratitude is a useful lens that can help us tap into what’s going right, even when it feels difficult.

Calm, our mental health partner, has curated the following resources to kickstart your daily gratitude practice:

[Gratitude Check-In](#)

- Available only in the Calm mobile app, you can do a daily gratitude check-in where you can share three things you’re grateful for on that day.

[Gratitude Body Scan for Sleep](#)

- In this session with Jay Shetty, you’ll complete a full body scan exercise so you can drift off with a sense of gratitude and appreciation for your body after a long day.

[7 Days of Gratitude](#)

In this 7-part series led by Tamara Levitt, you’ll learn various tactics that you can use—from magnifying abundance to sharpening your attention—to allow appreciation to flourish in your life again.

To Sign up for your Free premium subscription, scan the QR code and follow the instructions in blue.



Once you land on the webpage:

- 1 Create an account or sign in to your existing Calm account
- 2 Enter your school email in the box provided to activate the subscription on your Calm account
- 3 Download the Calm app on your mobile device and log in to your account to access Calm’s premium content

