



## American Diabetes Month



**Open Enrollment!  
November 7<sup>th</sup>- 18<sup>th</sup>!**

### Vegetarian or Turkey Simple Salsa Chili

-In a medium nonstick saucepan coated with 1 tablespoon extra-virgin olive oil, brown ½ pound ground lean turkey or 1 pound sliced mushrooms with ½ chopped onion and 1 teaspoon minced garlic

-Add 1 cup bottled marinara sauce, 1 cup prepared or bottled salsa, 1 15 ounce can black or kidney beans (drained), plus chili powder, oregano, and ground cumin to taste, if desired

-Cover and bring to a boil  
-Lower the heat and simmer for 20 minutes.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
<b>Diabetes Fact:</b> Approximately 4,657 new cases of diabetes are diagnosed daily		First Day of American Indian Heritage Month		<b>Diabetes Fact:</b> Diabetes is caused by the body's inability to create insulin.		<b>UA vs LSU</b>  AU vs. MS State
6	7	8	9	10	11	12
Daylight Saving Time Ends		Election Day 				<b>UA vs Ole Miss</b>  Texas A&M vs AU
Benefits Open Enrollment <a href="http://tuscaloosa.smartben.net">http://tuscaloosa.smartben.net</a>						
13	14	15	16	17	18	19
World Kindness Day 	World Diabetes Day			National Take a Hike Day		<b>Austin Peay vs UA</b>  Western KY vs AU
Benefits Open Enrollment <a href="http://tuscaloosa.smartben.net">http://tuscaloosa.smartben.net</a>						
20	21	22	23	24	25	26
Children's Day	World COPD Awareness Day				Black Friday!  SHOP LOCAL	
27	28	29	30			
<b>Diabetes Fact:</b> _Type 2 diabetes often does not have any symptoms.		Giving Tuesday 			<b>Diabetes Fact:</b> About 1/3 of all people with diabetes do not know they have the disease.	