

BREAKROOM BUZZ

November 2026

Could You Have Diabetes and Not Know It?

About 40 million Americans have diabetes, and nearly 1 in 4 adults with the condition don't know they have it. Type 2 diabetes can develop slowly, and some people have mild or no symptoms. Talk with your doctor if you notice any of the following:

- Feeling very tired
- Frequent urination
- Blurry vision
- Cuts that are slow to heal
- Feeling very thirsty
- Tingling or numbness in your hands or feet
- Unexplained weight loss

Your risk may be higher if you:

- Are 45 or older
- Have a family history of diabetes
- Are overweight
- Are not physically active

November is a great time to know your risk. Take the quick risk test at diabetes.org/diabetes-risk-test.

Don't Wing it: Thawing That Turkey!

Planning a turkey dinner? Don't let a frozen bird ruffle feathers.

Refrigerator: Allow about 24 hours to thaw every 4 to 5 pounds of turkey. A 20-pound turkey will take approximately four to five days to thaw completely.

Cold water: In a hurry? Keep the turkey wrapped, submerge it in cold water, and change the water every 30 minutes. Allow about 30 minutes per pound. In other words, don't start thawing a 20-pound bird at 7 p.m. unless you enjoy staying up late with poultry.

Skip the countertop. Thawing a turkey at room temperature can allow harmful bacteria to grow.

For more turkey tips, from picking and cooking to carving and leftovers, visit go.illinois.edu/turkey.

Giving Thanks, Giving Back

November is a time to reflect on what we are thankful for and consider how we can share that gratitude with others. Giving back does not require a large donation or hours of volunteering. Small acts of kindness can make a meaningful difference. Here are a few ideas:

Share your time. Volunteer at a food pantry, school, senior center, church, or community event.

Reach out. Call, visit, invite someone to share a meal, or send a card to someone who may feel alone.

Share your talents. Cook, garden, craft, repair, listen, or teach.

Start a family tradition. Collect food, donate clothing, make cards, or help a neighbor in need.

Say thank you. A sincere expression of gratitude can mean more than we realize.

Giving back creates connection, purpose, and stronger communities.

Learn more by reading the blog article, "An attitude of gratitude this Thanksgiving," at go.illinois.edu/BeGraceful.



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