

# WELLNESS WEDNESDAY

## Resources For Residents Seeking

## Mental Health - Related Assistance



In Crisis?  
Call: Dial 988  
Online: [988lifeline.org](https://988lifeline.org)



### Diabetes Awareness Month

November is [National Diabetes Month](#). The 2023 focus is on taking action to prevent diabetic related health problems (high blood pressure, damage to the eyes, nerves and kidneys and more). If you have any questions regarding resources for diabetes, understanding diabetes vs. pre-diabetes, how to use your at home blood glucose monitor or other non-urgent diabetes concerns, please contact the Hingham Health Department's Public Health Nurse, Teresa Flynn, RN, BSN. Teresa is in the office Mondays 8:30am-4:30pm, Tuesdays 8:30am-7pm and Wednesdays 8:30am-4:30pm. You can reach her at (781) 804-2371 or email her at [flynnt@hingham-ma.gov](mailto:flynnt@hingham-ma.gov).

### Make the Connection

Through This U.S. Department of Veterans Affairs [web site](#), veterans, family members, and friends share real stories of strength and recovery, find useful information, and mental health resources. The web site is designed to address the perspectives of veterans (active duty, National Guard, and Reserves), family & friends, and clinicians. Through text videos, and podcasts, the web site shares background on signs & symptoms - and treatment resources searchable by zip code.

### Full Moon Hike

#### Monday, November 27, 2023, At World's End.

During this unique hiking experience, we will open our gate after hours and invite you to enjoy a tranquil evening walk under a full moon, or near-full moon as it waxes or wanes. A World's End guide will lead participants on an hour-long hike along our century-old cart paths. We will take in views of the setting sun and rising moon as we share in informal discussion about the traditional significance of the month's moon as well as World's End history. [Pre-registration](#) is required.

### Read-to-a-Dog: Hope (a cocker spaniel) and her partner Lynn, are our listeners today

#### Saturday, November 18<sup>th</sup>, 2023, Hingham Public Library

Our Read to a Dog program provides a supportive environment to practice reading! Reading to trained therapy dogs helps develop literacy skills and builds confidence and self-esteem. Our canine friends are all wonderful, patient listeners who are looking forward to reading with you! Our listening teams are at the Library on Saturday mornings from 10:30-11:30 in the Children's Department. Reading sessions last 15 minutes and are for children ages 5 and up. To register for a session, please call the Children's Department at 781-741-1405 ext 1403. We hope you can join us!

