Sweet Potato Cookies



ngredients:

- 1 cup mashed sweet potato (cooked and cooled)
- 1 ½ cups rolled oats
- ½ cup almond flour (or all-purpose flour)
- 1 tsp cinnamon
- ½ tsp vanilla extract (optional)
- Pinch of salt
- 1–2 tbsp maple syrup or honey (optional, for extra sweetness)

Instructions:

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Mix mashed sweet potato, oats, almond flour, cinnamon, vanilla (if using), salt, and sweetener in a bowl until well combined.
3. Scoop out tablespoon-sized portions and flatten slightly on the baking sheet.
4. Bake for 12–15 minutes or until edges are set and bottoms are lightly golden.
5. Cool for 5 minutes before serving.

CADDO NATION AOA

Danannutikahyunah duts'aabah hayahno hanisti?

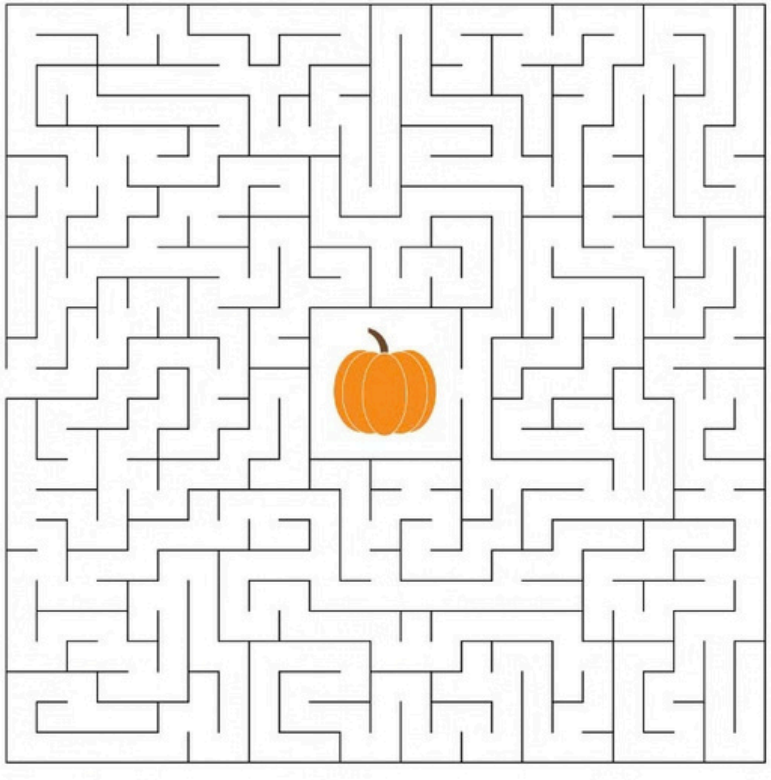
ACTIVITY BOOK

November 2026

Fall Maze

Work your way through the maze to reach the pumpkin in the center.

START



CADDO NATION AOA

THANKSGIVING LUNCHEON

WEDNESDAY, NOVEMBER 18TH, 2026
11:00AM TO 1:00PM

Ham
Yams
Roll
Dressing
Green Beans
Macaroni & Cheese
Mashed Potatoes & Gravy

Pumpkin Pie
Pecan Pie
Cherry Cobbler

17 MEMORIAL LANE
BINGER, OK
FRITZ HENDRIX BUILDING

No deliveries will occur on this date.
Normal operations resume
Thursday, November 19th, 2026



Caddo Word of the Month

Squash



Bakush

ANCESTORS
ART
CEREMONY
COMMUNITY
CULTURE
DANCE
DRUM
FAMILY
HARVEST
HERITAGE
HISTORY
HONOR
JOURNEY
LAND
LANGUAGE
NATIVE
NATURE
PEACE
RESPECT
ROOTS
SPIRIT
STORY
SURVIVAL
TEACHINGS
TOGETHER
TRADITION
TRIBE
UNITY
WISDOM

INDIGENOUS Peoples Day

N	Y	P	X	V	Z	E	P	M	F	A	C	V	L	L	B	W	W	B
O	R	N	M	C	W	R	P	J	C	L	T	G	A	H	X	R	R	I
I	F	V	G	D	R	U	M	Z	U	V	X	V	N	A	T	I	V	E
T	O	L	I	O	S	T	L	T	X	J	I	I	O	S	O	M	Y	R
I	F	L	N	L	J	A	B	B	W	V	M	S	W	R	Z	W	T	S
D	X	O	D	I	O	N	I	U	R	T	L	O	T	O	S	Q	I	D
A	H	F	L	M	U	M	Y	U	E	I	U	Q	D	T	Z	I	N	D
R	R	Q	A	U	R	R	S	B	T	R	A	M	J	S	E	P	U	A
T	E	Z	N	P	N	I	V	A	L	I	M	S	Q	E	I	C	M	B
R	H	I	D	T	E	B	N	E	Q	P	O	I	Y	C	U	W	M	H
Q	T	L	A	Q	Y	F	Y	O	Q	S	A	L	S	N	Z	Y	O	A
Y	E	L	Y	C	Y	X	R	A	B	F	I	R	P	A	W	G	C	R
M	G	A	D	N	R	B	O	A	U	M	C	T	O	V	I	E	O	V
U	O	N	E	T	O	R	T	E	A	X	D	U	S	O	C	T	E	E
V	T	G	B	Z	T	M	S	F	Q	U	T	J	L	A	T	K	C	S
G	I	U	I	N	S	R	E	S	P	E	C	T	E	T	C	S	N	T
E	B	A	R	W	I	L	Q	R	A	B	E	P	B	L	U	C	A	N
B	X	G	T	H	H	V	K	H	E	R	I	T	A	G	E	R	D	V
J	T	E	A	C	H	I	N	G	S	C	U	V	L	Z	U	S	E	P

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

Did You Know?

Thanksgiving 2026

The actual 1621 meal did not feature modern turkey, stuffing, or pumpkin pie. Firsthand accounts point to foods like venison, lobster, fish, clams, oysters, eel, corn porridge, squash, and wild fowl

During the autumn of 1621, at least 90 Wampanoag joined 52 English people at what is now Plymouth, Massachusetts, to mark a successful harvest. It is remembered today as the “First Thanksgiving,” although no one back then used that term. In fact, much of the so-called First Thanksgiving story was created decades and centuries later.



NORMAL BLOOD SUGAR LEVELS CHART TRACKER

DIABETES CONTROL CHART

- Vary high
- A little high to very high depends on patient
- Maximum after meal in nondiabetics
- Normal before meal in nondiabetics
- Normal
- Low
- Very low

	HbA1c TEST SCORE	MEAN BLOOD mg/dL	GLUCOSE mmol/L
EXCELLENT	3.0	35	2.0
	4.0	50	2.6
	5.0	80	4.7
	6.0	115	6.3
GOOD	7.0	150	8.2
	8.0	180	10.0
ACTION REQUIRED	9.0	215	11.9
	10.0	250	13.7
	11.0	280	15.6
	12.0	315	17.4
	13.0	350	19.3
	14.0	380	21.1

WEEKLY BLOOD SUGAR LOG

Name _____ Week _____

Day of Week	Meal	Level BEFORE Meal	Level AFTER Meal	Notes
Monday	Breakfast			
	Lunch			
	Dinner			
	Bed			
Tuesday	Breakfast			
	Lunch			
	Dinner			
	Bed			
Wednesday	Breakfast			
	Lunch			
	Dinner			
	Bed			
Thursday	Breakfast			
	Lunch			
	Dinner			
	Bed			
Friday	Breakfast			
	Lunch			
	Dinner			
	Bed			
Saturday	Breakfast			
	Lunch			
	Dinner			
	Bed			
Sunday	Breakfast			
	Lunch			
	Dinner			
	Bed			