

[View this email in your browser](#)

Share



Tweet



Forward

in this issue...

- [It's Not A "Senior Moment"—It's ADHD](#)
- [ADHD Awareness Awards: The Work Continues](#)
- [Tips To Be Ready for the Holidays](#)
- [ADHD in the News](#)



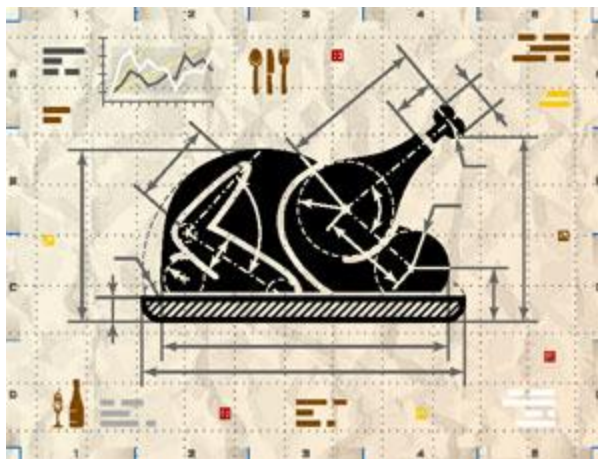
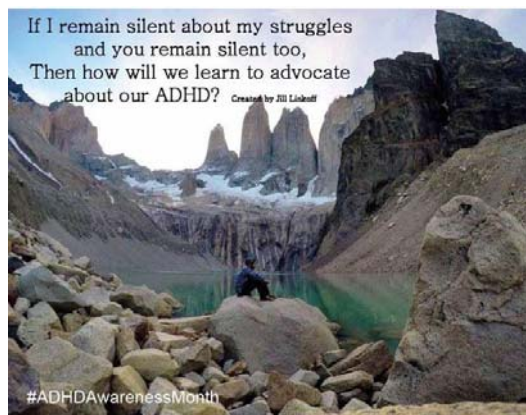
It's Not A "Senior Moment"—It's ADHD

Many older adults receive an ADHD diagnosis for the first time, after struggling with symptoms for most of their lives. Sometimes it's after a grandchild is diagnosed. **The good news is that treatment makes a difference at this stage of life.**

ADHD Awareness Awards: The Work Continues

Hundreds of videos and memes were submitted along with personal stories and artwork for this year's ADHD Awareness Month contests.

Take a look at this year's winners as we continue to set the record straight about ADHD.



Ask the NRC Podcast

ADHD Holiday Tips: The Reverse Planning Strategy

Featuring Rudy Rodriguez, LCSW
7:12 Minutes

Listen Now

Thanksgiving is just around the corner, and you have yet to plan your dinner menu? Don't panic! Our latest Ask the NRC podcast has holiday preparation tips to get you through the busyness of it all.

ADHD coach Rudy Rodriguez has simple strategies that may help you craft a holiday season you'll enjoy. Just four tips that you can use today can help you manage the upcoming holiday season with success.



- Impulsivity in Bipolar Disorder, Borderline Personality Disorder, ADHD
- How to Cut Down on Internet Time With ADHD
- Teaching Digital Citizenship to Kids with Learning and Attention Issues
- 5 Traits of an ADHD-Friendly Teacher
- Are Artificial Food Flavors and Colorings Harmful?

Read these and other articles in the [ADHD in the News weekly digest](#).

Did You
Know?

Did you know that about 50 million pumpkin pies are eaten on Thanksgiving? Whatever your favorite dessert, we wish you and yours a happy Thanksgiving next week. Look for our next issue of *ADHD Weekly* on November 29.

Don't receive *ADHD Weekly* in your inbox? [Subscribe now!](#)

[NRC Website](#)

[Facebook](#)

[Twitter](#)

[Youtube](#)

[Instagram](#)

Copyright © 2018 NRC - A Program of CHADD, All rights reserved.

Want to change how you receive these emails?
You can subscribe or update your preferences or unsubscribe from this list