




EPIC NEWS

EPIC Newsletter November 2026

📝 From the Executive Director

Welcome to the November edition of EPIC News! We're grateful to share this month's updates, successes, and community highlights with you.

As Thanksgiving approaches, it is indeed a time to give thanks, and at EPIC, we extend our heartfelt gratitude to our community for their continuous support and commitment. Let's take this opportunity to appreciate the good in our lives and spread kindness to those around us. At its core, Thanksgiving is about more than just turkey and pumpkin pie; it is about fostering a spirit of gratitude. Whether it's appreciation for family, friends, health, or opportunities, expressing gratitude can have profound effects on our well-being and the relationships we cherish.

To give thanks to our staff and their families, **EPIC will be closed Thursday 11/26/2026 & Friday 11/27/2026 for the Thanksgiving holiday.**

⭐ Featured Story: Policy Updates

Attendance Policy

We recognize that building healthy habits requires consistency. During each session, staff will provide education, motivation, and support to help you meet your fitness goals. Regular attendance at each of your scheduled EPIC sessions is valuable to you developing the skills needed to build safe and effective workout routines.

EPIC is implementing an **80% attendance policy**. This policy aims to enhance the success and achievement of our community members by encouraging regular participation and

engagement in our programs.

The 80% attendance policy is designed to support our members in reaching their personal goals and to ensure that everyone benefits fully from the fitness and educational activities offered by EPIC. We believe that consistent attendance is key to fostering a supportive and thriving community.

Key Points of the Attendance Policy:

1. **Commitment to Success:** Regular attendance helps members stay on track and achieve their personal and fitness goals, while also promoting a sense of accountability and responsibility.
2. **Community Engagement:** By attending consistently, members not only enhance their own experience but also contribute positively to the EPIC community, fostering a collaborative and supportive environment.
3. **Attendance Tracking:** Participation will be monitored quarterly to ensure compliance with the policy, and members will be encouraged to maintain a minimum of 80% attendance in their respective programs.

    If a member is found to have poor attendance (less than 80% of sessions.) A team meeting will be held to discuss a plan to correct the member's attendance. If the member's attendance does not improve over the 4 weeks (1 month) following the meeting, steps will be taken to discharge the member from EPIC.

    Please inform your Program Director as soon as possible if you plan to be out for any reason so we may plan accordingly.

    For injury or extended illness, please plan to provide a doctor's note clearing the member to resume physical activity.

We appreciate your commitment to this new policy and look forward to seeing the positive outcomes it will bring to our community. If you have any questions or need assistance in meeting the attendance goals, please reach out to your program director. Together, we can achieve great things!

Medical Clearance Form Update

In order to keep our records up to date and ensure member safety, we request that all **medical clearance forms be updated annually.** To aid in this process, your health care provider can use the link below, or you can request a printed copy from your program director. EPIC will also accept the medical clearance form from Special Olympics Delaware.

Any medical clearance forms over three years old are considered outdated and must be updated to ensure the safety and well-being of everyone involved. To facilitate this process,

we are granting a 90-day period for you to submit an updated medical release form. If a new medical release form is not received within the 90 days, EPIC may temporarily suspend services until an updated form is received.

We appreciate your prompt attention to this matter and thank you for your cooperation in helping us uphold the highest standards of safety and care within our community.

EPIC Medical Clearance Form - Intellistack

EPIC Fundraiser Success!

In October we had 2 wonderful fundraisers, EPIC Guest Bartending and Boscov's Friends Helping Friends coupon sales. I am grateful to share these 2 events raised $2,693.00 to support EPIC's adaptive and inclusive fitness program.

It was wonderful to see so many friends, families, members, and staff support EPIC. A special note of thanks to **the family of Ian Currie** for packing the house during the EPIC Guest Bartending and **the family of Jacob Zonick** for their efforts during the Boscov's Friends Helping Friends coupon sales.

❤️ November is National Diabetes Awareness Month

National Diabetes Awareness Month focuses on raising awareness about diabetes, prediabetes, and prevention. Nearly 98 million adults in the U.S. have prediabetes — and many don't realize it. National Diabetes Month offers an opportunity to spotlight this critical public health issue and inspire people to take charge of their health.

You can take charge with a few simple steps:

Know your risk for developing type 2 diabetes. Not sure if you are at risk for type 2 diabetes or prediabetes? Take the rick quiz from our community partners at the YMCA. Type 2 Diabetes Risk Quiz | Online Diabetes Quiz

Manage your blood glucose, blood pressure, and cholesterol levels. Preventing diabetes or managing diabetes as soon as possible after diagnosis may help prevent diabetes health problems.

Take small steps toward healthy habits. Lifestyle habits such as planning healthy meals, being physically active, getting enough sleep, and not smoking may help you prevent diabetes or manage your diabetes. You don't have to do it all at once. Start slow and build healthier habits from there.

🗓️ Important Dates

Reminder: EPIC will be closed on the following dates

- [ ] Thanksgiving 11/26/2026
- [ ] Friday after Thanksgiving 11/27/2026
- [ ] Christmas Eve 12/24/2026
- [ ] Christmas Day 12/25/2026
- [ ] New Year’s Day 1/1/2027

👋 Until Next Month

Thanks for reading EPIC News. We will be back in December with more news to share.

Have something to share? EPIC Executive Director, Kat Luebke, kluebke@epicdelaware.org