



The NOODLE

Open up and say AHHHH!!!



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Welcome to the November 2025 edition of *The Noodle*, written and published by members of The Florida Youth Council! In this issue of *The Noodle*, members share their thoughts on different awareness days found in November. We hope you enjoy learning about our experiences and our thoughts and opinions in this edition of *The Noodle*!

Current Members:

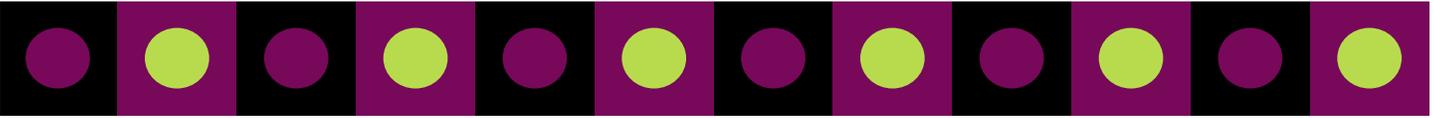
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Vanessa Muniz-Pellicer
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Miles Stewart
Josue Tapia
Lilibeth Carrion Vega
Serena Wetmore

World **KINDNESS** Day

November 13



This month, we decided to be a bit different in showing our gratitude. We are so thankful for all the things we are able to enjoy and the luxuries in our lives. We chose to find things the world is grateful for as well. As you read about the days we chose to recognize in this edition of *The Noodle*, maybe you can reflect on some things you could be thankful for this November!



Let Me Tell My Story

by James Kuhlman

In the month of November, there are many different awareness days that are celebrated, and I know it might sound a little cliché, but the one I would love to talk about is Autistics Speaking Day which is celebrated on November 1st. I chose this day because I feel that it's the one that impacts me the most.

A few months ago, I was finally diagnosed after fighting hard to receive that diagnosis. I have had to face many challenges in order to receive that diagnosis, and I feel that my story can be heard more on Autistics Speaking Day.

Not only do I feel that my stories of my challenges will be more heard on Autistics Speaking Day, but I also feel that it gives me more of an ability to share how things in life are different for me than others, and advocate about how life might be different for others with Autism, and that everyone with autism is different from each other.



I love to say that all of us with Autism have different flavors. Those flavors can run from little things like building bird houses while listening to songs to big things like building gigantic sculptures out of Legos. My flavor is Scuba diving while singing AJR songs in my head! I feel that it's easier for me and others with Autism to share what our flavor is with the world on Autistics Speaking Day.



National Family Caregivers Month – Honoring Silent Heroes

by Lilibeth Carrion Vega

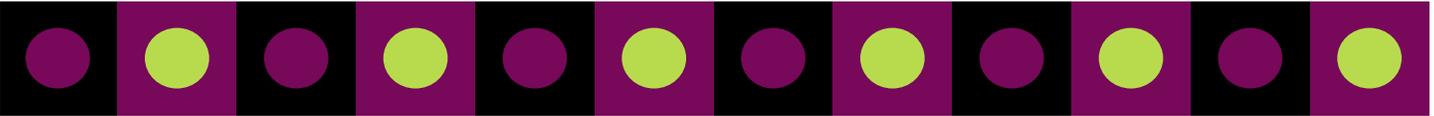
Every November, the United States observes National Family Caregivers Month, a vital time to honor the millions of individuals who provide care and support to family members with disabilities, chronic illnesses, or age-related conditions. These caregivers are often unpaid and can be spouses, parents, children, or friends who step into this important role out of love and necessity. Their contributions are crucial yet frequently go unnoticed.



Family caregivers, a diverse group that includes spouses, parents, children, and friends, take on a wide range of responsibilities. They manage medications, coordinate doctors' visits, assist with mobility, and offer emotional support. Many also balance these duties with full-time jobs, personal commitments, and their own health issues. The demands on caregivers can be overwhelming, leading to emotional, physical, and financial stress, often resulting in burnout and isolation.

National Family Caregivers Month is not just a time for appreciation; it is also a call to action. This month aims to acknowledge the dedication of caregivers, raise awareness of their challenges, and advocate for improved support systems. It offers an opportunity to promote self-care and mental health resources for caregivers. Positive changes in public policies, workplace flexibility, and access to respite care can significantly impact caregivers' lives.

By listening to caregivers' stories, offering support, and advocating for systemic change, society can uplift those who quietly hold families and communities together. This month reminds us that caring for the caregiver is not just a kind act; it is an essential one. The compassion and resilience of caregivers deserve recognition every day, not just in November.



All We Need is a Little Space

by *Vanessa Muniz-Pellicer*

One important awareness day in November that means a lot to me is National Personal Space Day, which is observed on November 30th. This day is about recognizing and respecting each person's right to control their personal space and decide when and how they want to be touched.

For me, this day is meaningful because personal space is something that isn't always talked about openly, yet it can deeply affect how safe and comfortable a person feels. Personal space is not just about physical boundaries—it's also about emotional respect. Many people have sensitivities, are going through personal struggles, or simply prefer not to be touched. This awareness day reminds everyone to pause, pay attention to body language, and respect unspoken boundaries.

The company For the Love of Peach, LLC, founded National Personal Space Day in 2019 to promote and support an awareness of personal space boundaries. Whether recovering from surgery, an illness or anxiety, the Peach symbol communicates the wearer's need for an extended boundary. National Personal Space Day increases awareness of the symbol and provides an opportunity to alter the way we show we care. The peach symbol is a gentle and powerful way to communicate the need for extra space without having to explain or feel uncomfortable. Instead of a handshake or hug, offering a smile or kind words can show care and respect in other ways.



As someone that cannot handle physical touch and needs time and patience when it comes to open spaces and large crowds, personal space is a big part of my personal identity. To me, National Personal Space Day represents respect, empathy, and compassion; it is a reminder that kindness can be shown in many ways—and sometimes, the kindest thing we can do is give someone the space they need.

It Takes Teachers and More

by Serena Wetmore

I looked up a list of Awareness days in November, searching for inspiration. Then I found it. National Education Support Professionals Day, on Wednesday during American Educators Week. I think everyone has heard of Teacher Awareness Day but may forget about all the people who helped us along the way and still make our schools run.

For schools to work, they need teachers, of course, but they also need janitors to keep the school clean, cafeteria workers to provide food for students who don't bring food from home, and guidance counselors to advise students on what classes they need and maybe provide some support along the way. There are also principals, assistant principals, and other office staff who keep the school running, school resource officers to keep us safe, and even the school bus drivers and their helpers and crossing guards who get kids to school.

If you are an ESE student like I was, there is another group of people who are essential to some students being in school. They are the paraprofessionals. Personally, I needed one all through school to support me with my schoolwork, and all my ADLs (Activities of Daily Living.) For some students that was the same person all through their school years, but for me I had many different ones, but they were all essential for my success at school. I think that all the staff in the ESE department, from the director, teachers, assistant teachers, classroom aides, paras, nurses, and tutors should all be acknowledged for everything they did, and continue to do, for students in our schools.





Epilepsy Awareness

by Sydney Lainer

Throughout the months, we have important events that are called “awarenesses” where people with a specific issue they face daily try to have others understand their struggles and support them. Awareness months are another way of advocating for people with disabilities and even diseases. The awareness event I want to talk about is one that’s set in November and it’s Epilepsy Awareness. Even though I may not have epilepsy, my cousin does and because of that I want to talk about it and how much this awareness means to me.

Epilepsy Awareness is an event that happens in November where people advocate and try to spread knowledge and understanding towards others about epilepsy. Like autism, epilepsy is a challenge that people who have it face daily. For example, whenever a movie, a party, or a ride has flashing lights, people with epilepsy have to avoid it, otherwise, the strobe lights can set off seizures, which strongly require medical attention. There could be easier options or solutions for them that can help them reach towards their career. One of the biggest tools that helps with that is treatment, whether it’s by medicine or a new strategy that is similar to the one that others do.

Despite this though, we still try to have people be aware of epilepsy so that more improvements can happen for those with this daily issue, especially for my cousin. So, that’s why we come together as a group to make these systems happen. The more people and supporters we have and receive, the higher chance we can get to make a huge difference for everyone with disabilities in the world so that they can live a typical, yet easier life.





How Do I Become Part of The Florida Youth Council?

The Florida Youth Council is a group of youth (between the ages of 15 and 17) and emerging leaders (between the ages of 18 and 30) with disabilities or special health care needs that live in Florida.

The Florida Youth Council is all about getting youth and emerging leaders involved in self-advocacy, peer mentoring and other activities that will improve the quality of life for youth and emerging leaders with disabilities in Florida. The program empowers youth and emerging leaders to decide what issues are important to their generation, to discuss those issues in their state and local communities, and to develop strategies to address them.

We are seeking a group of enthusiastic, motivated youth and emerging leaders to participate. If you would like to take a leadership role in advocating for youth and emerging leaders in Florida, please visit The Florida Youth Council website at www.floridayouthcouncil.com. The program is open to application year round.

We hope to hear from you soon!



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