



Breast Cancer Awareness and Detection

According to breastcancer.org,



"Every three minutes a woman in the United States is diagnosed with breast cancer."

Breast cancer is a serious illness that affects a significant population of American women. The good news is that, if detected early, breast cancer can often be successfully treated.

Breast cancer occurs when cells in breasts called "tumors" grow out of control, causing damage to the nearby tissues and spreading throughout. Tumors which are cancerous are known as "malignant tumors" and can cause lot of damage to your body. As it takes lot of time for a tumor to grow, it may not be easy to detect the tumor during self exam, but can be detected with mammograms.

The best treatment of breast cancer

is early detection. By the age of 20, all women should start doing Breast Self Examination (BSE), as it is one of the most easiest and earliest ways of detecting cancer. These check ups should be done at least once a month, and a clinical breast exam should be done at least once a year.

Some of the signs to look for include:

- Change in size or shape
- A lump found in and around the nipple or underarm
- Nipple discharge or nipple turning inward
- Redness of skin or warmth
- Formation of dimple or change in skin texture
- Causes of breast cancer can include:

Gender: Women are about 100 times more likely to develop

breast cancer than men.

Age: As you grow older your chances of having breast cancer increases.

Family history: If somebody in your family has suffered from breast cancer, your chances can be significantly greater.

Lack of exercise or obesity: Lack of any physical activity or obesity can increase likelihood of breast cancer.

Alcohol: Long-term overconsumption of alcohol can increase your risk of breast cancer.

For more information about breast cancer detection and prevention, please visit breastcancer.org.



Chocolate Cake

Ingredients:

- 3 ounces unsweetened chocolate squares
- 1/2 cup water
- 3/4 cup butter
- 2 1/2 cups brown sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2 cups flour
- 1 teaspoon baking soda
- 1 cup water

Directions:

1. Melt chocolate and 1/2 cup water together (can be done in microwave if you are careful not to burn it) and set aside to cool.
2. Cream butter and brown sugar until light and fluffy. Add eggs and vanilla extract to butter mixture and beat well. Blend in cooled chocolate.
3. Mix together flour and baking soda, and add alternately with 1 cup water on low speed. Pour batter into two 9-inch greased layer pans or two 8-inch square aluminum foil pans, or one 9 x 13-inch sheet cake pan. Bake at 350F degrees for 25 minutes or until inserted wooden pick comes out clean. Cool 10 minutes before removing from pans for layering.
4. Ice with your favorite icing.

Note: This cake is very moist; take care to line the bottoms of the cake pans with parchment or wax paper before pouring in the batter, as the cake has a tendency to stick to the pan. (Even if you're using non-stick!)

Now Accepting Candy Donations

Now taking Halloween Candy donations for our Annual Halloween Party and Costume Parade! Please hand in Halloween Candy to Shonda in Activities. All Candy must be individually wrapped.



Oct. 28 is National Chocolate Day

If you always like to accompany your cup of coffee with a chocolate cookie or other chocolate-based treat, you should probably be familiar with at least its three main categories:

Most notably used for cooking, **Dark Chocolate** can contain anything from 30% to 75% cocoa solids. It has a slightly sweet, slightly bitter flavor and a dark color. This chocolate is often called luxury or continental chocolate.

Milk Chocolate, as its name suggests, contains milk and has lovely creamy, mild, and sweet flavor. It is mostly used as an eating chocolate. However it does have its place in chocolate cookery, especially for decorations, and when a milder, creamy flavor is required.

White Chocolate contains lower cocoa butter content and cocoa solids. It can be quite temperamental when used in cooking. Always choose a luxury white cooking chocolate to avoid problems and take great care not to overheat when melting it.

What Kind Of Difference Are You Making?

Do you wake up every morning and say "I'm going to change the world today"? Most of us would feel a bit grandiose saying that, yet many of us really DO want to change the world, and we DO want to make a difference. And we often feel discouraged and disheartened at our inability to do that.

But the truth is you DO make a difference. The question is "What kind of a difference do you make?"

Positive or Negative?

Every day you have many opportunities to make a difference. When you're driving down the freeway and someone pulls in front of you, do you yell and shake your fist? Or do you send them a kind thought? When someone in your family interrupts your work, do you let them know that they're bothering you? Or do you set aside what you're doing and listen? When you've waited in line a long

time to order your morning latte, are you crabby when it's finally your turn? Or do you say something empathetic to the barista?

How you choose to respond to and interact with others will determine whether the difference you are making is positive or negative—but you are making a difference!

Other people are affected by your thoughts, words, and actions. Your smile, kind word, or warm gesture could make all the difference to your family, friends, coworkers, or even to a stranger.

You may be thinking that it's no big deal; smiling at someone or saying something nice doesn't make much of a difference. However, as Mother Teresa said, **"It is not the magnitude of our actions but the amount of love that is put into them that matters."** We never know what the magnitude of our impact on someone will be or how it might ripple out into the world.

Oral Hygiene: Goes Beyond a Good Smile and Fresh Breath

Oral hygiene is very important, as we have been told since we were young.

In fact, brushing our teeth and gargling were usually among the first practices many of us were taught as kids. Most of us probably learned how to brush our teeth well before we could utter words clearly or speak straight. If asked about the significance of oral health, we usually think of cute smiles and fresh breath. Who would want to risk their reputation by smiling in front of friends or the camera with unclean teeth? Or imagine how embarrassing it would be when you suddenly notice that your friend has intentionally, yet subtly stopped breathing while you are talking.

The need to maintain oral health far exceeds the desire for a confident smile or sweet smelling breath.

Poor oral hygiene and untreated oral problems can greatly affect the quality of people's lives. If the eyes are the window into people's innermost being, the mouth is

a mirror that reflects the health condition of their body. Recent research indicates that there is a link between periodontal (gum) disease and heart diseases such as stroke. **Moreover, 90% of all systemic health problems have manifestations in the mouth.**

Based on the latest Surgeon General's report regarding oral hygiene, the quality of life of many Americans is often reduced due to oral health diseases and pain. The disturbing pain is usually caused by gum infections, which can also result to loss of teeth. **The study also said that 75% of the American population suffers from gingivitis or periodontal disease.** These oral infections can seriously affect major organs of the body, leading to diseases such as bacterial endocarditis (an inflammation of the lining of the heart and its valves), intestinal failure, irritable bowel syndrome, and oral cancer.

Since maintaining good oral health is vital, please observe the proper ways of oral hygiene. Aside from personal practices such as brushing, gargling mouthwash, and using dental floss, we recommend visiting your dentist every six months. You should inform your dentist not only of your dental history, but also your medical history or recent health problems. Your dentist is usually one of the first individuals to detect and diagnose a health problem and he can help you in identifying these diseases in their earliest phase.



October 6th is World Smile Day!

11 Great Reasons Why Smiling Makes Us More Successful!

FIRST: Our smile shows others people that we are friendly.

SECOND: A smile can make people happy.

When you smile at someone who is not already smiling and they smile back, you have brought a moment of happiness into their lives which, who knows, could last all day.

THIRD: Smiling is infectious.

It is hard not to return a smile; most of us do it at a subliminal level without thinking.

FOURTH: Smiling can make you popular.

FIFTH: Smiling can help you to make new friends.

SIXTH: A smile is usually returned.

SEVENTH: Smiling makes you positive and happy inside.

EIGHT: A smile makes you look far more attractive.

NINTH: Smiling also helps make you memorable to others!

You are three times more likely to remember the person that is smiling over the one that isn't.

TENTH: Most importantly, smiling is good for your health!

Smiling releases stress, worry and tension that you may have built up throughout the day.

ELEVENTH: The effects of smiling can last for hours.

LASTLY: Smiling is FREE!

You are never going to run short of smiles and will always have enough to go around.

KEEP SMILING!



EASTLAKE —TERRACE—

3109 East Bristol Street

Elkhart, IN 46514

Office: 574-343-1980

eastlaketerracealc.com

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OCTOBER – WORD SEARCH

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AWARENESS

BREAST

BREATH

CAKE

CHOCOLATE

DEPRESSION

DIFFERENCE

HALLOWEEN

HYGIENE

PHYSICAL

POSITIVE

PUMPKIN

SMILE

SPIDERS

SUCCESS