

# THE WESTLAKE WHISTLER



## Breast Cancer Awareness and Detection

According to [breastcancer.org](http://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](http://breastcancer.org).

*Garden Square at Westlake*  
ASSISTED LIVING





Leta N.	October 11
June	October 12
Annemie	October 23
Jessica	October 23

# HAWAIIAN DAY HIGHLIGHTS

Some of the RA and Elders enjoying Hawaiian day



Yvonne, Subini and Annemie



Florence



Dale



Helen



Cassie and Jackelyn



Jennifer



Lisa

## Garden Square Halloween Information!

We will be trying something new this Halloween. We will be open to the public for trick or treating. So if anyone can donate candy to the cause it will be greatly appreciated.



# Welcome To Garden Square!



Loryen



Doris

## Upcoming Activities at Westlake



### Music & Singing by *James Kellerman*

Wednesday, October 4<sup>th</sup>  
1:00pm – 2:00pm

### *Depression in the Elderly*

Wednesday, October 25<sup>th</sup>  
at 1:30pm

*Suncrest Hospice will be  
leading this in-service.*



### Trick or Treat

Tuesday, October 31<sup>st</sup>  
from 4:30pm - 5:30pm

*Come do some tricks and  
we will give you some treats!*

*All events will be held at Garden Square at Westlake.*



### *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!)

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## GARDEN SQUARE AT WESTLAKE MANAGEMENT TEAM

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Yvonne Mejia

### HEALTH SERVICES DIRECTOR

Linda Glenndenning

### SALES & MARKETING

Kristen Sigg

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### BUSINESS OFFICE MANAGER

Lisa Ford

### ADMINISTRATOR

Jennifer Brunner



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## OCTOBER – WORD SEARCH

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

AWARENESS

BREAST

BREATH

CAKE

CHOCOLATE

DEPRESSION

DIFFERENCE

HALLOWEEN

HYGIENE

PHYSICAL

POSITIVE

PUMPKIN

SMILE

SPIDERS

SUCCESS