

BRENTWOOD AT NILES



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 a lot of damage to your body. As it takes a 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 increase.

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 the likelihood of breast cancer.

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

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



Happy Birthday

RESIDENTS

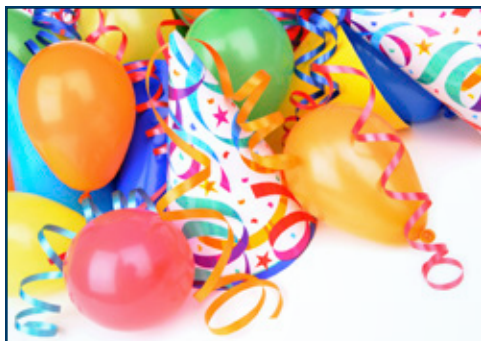
Louise R	October 10
Jean L	October 12
Roger D	October 13
John F	October 30
Rosemary E	October 30
Millie D	October 30
Anita D	October 31

STAFF

Kristina S	October 2
Amy P	October 13
Iris G	October 14
Destiny J	October 20
Kevin K	October 20
Ashley W	October 22



Brentwood at
NILES



Staff Anniversaries

Carol S	October 4
Mary S	October 8
Amy W	October 18

Memory Lane Spotlight: CECILE C.

Moved to Brentwood in January of 17, she has been a ray of sunshine ever since. Never passing up a moment to share her beautiful smile and kind words.

In her early life Cecile was a homemaker who loved to play Bingo, Bake, and Shop. She had 3 brothers two of which are still living and one sister. Cecile has 2 daughters Patt and Jann as well as 3 grandchildren, she enjoys all types of music and always attends the social gatherings. Cecile is also a big hit with her neighbors during exercise she is always encouraging everyone to keep going, as well as always offering to help out. We appreciate her good vibes and energy. We are so grateful to be a part of her life.

UPCOMING EVENTS:

OCTOBER 3RD

Fill H at 6pm

OCTOBER 10TH

Brian Eddington at 6pm

OCTOBER 17TH

Kathy Leek at 6pm

OCTOBER 19TH

Chili Cook off

OCTOBER 23TH

Sheila Varda at 6pm

OCTOBER 31ST

Family Night

STAFF SPOTLIGHT

Heaven D. is a Resident Assistant/Med Tech and has worked at Brentwood for quite some time now. Heaven is from South Bend but moved to Niles when she was 8 years old. She attended Niles schools through the 12th grade and now attends SMC in there nursing program set to graduate in 2018. Prior to Brentwood Heaven worked in fast food at popular restaurants like Taco Bell and Wendy's she has 3 brothers and is the only girl. She has a 2 years old pit Shepard mix named Abbott. Her favorite foods are pizza and Mexican. In her spare time she likes to take walks and camp with her boyfriend of 3 years. Heaven makes an awesome effort to live our mission statement everyday by listening to our residents' concerns and always greeting everyone with a smile. We are truly blessed to have her as part of our team.

PHOTO HIGHLIGHTS



Welcome New Residents

Sara Van M.

Richard S.

Marilyn P.

MORE PHOTO HIGHLIGHTS



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!)



ASSISTED LIVING

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nilesalc.com

BRENTWOOD MANAGEMENT TEAM

ADMINISTRATOR

JENNIFER ANDREWS

SALES AND

MARKETING DIRECTOR

STEPHINE LISENKO

WELLNESS DIRECTOR

MELISSA HOCHSTETLER, LPN

ACTIVITY DIRECTOR

CINDY MILLER

MEMORY CARE

COORDINATOR

ANDREA EVANS

BUSINESS OFFICE

MANAGER

CATHERINE MARSH

DINING SERVICES

DIRECTOR

JERRY LAWSON

MAINTENANCE

DIRECTOR

KELVIN WILSON



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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
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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
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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