



LETTER FROM THE ADMINISTRATOR

Welcome Fall! October is going to be a busy and exciting month for our community. Cooler weather is on the way and we plan on taking advantage of those wonderful outdoor opportunities. **On the 12th and the 13th we will be raising money for the activities department.** If you have any home goods lying around that you would like to donate please see Denise Corvin. This will be our only yard sale for

the year, so we hope to make it memorable! **Also, Shawna and Denise are getting all the team together and hosting a Fall Carnival on October 31st,** this will be during the day so the kiddos can come have fun! Watch for our special events posted in the Activity Calendar and flyers on the front desk. We are planning a couple of field trips also! We look forward to making treasured memories with you all!

Packages Received

The Ghost Rider Platoon D received their first packages!!

I will be pushing a Christmas box before too long!

OCTOBER IS BREAST CANCER AWARENESS MONTH

What is breast cancer?

Breast cancer occurs when cells in our breast grow out of control creating tumors that cause damage to the nearby tissues.

Breast cancer has always been a dreaded disease, but in recent years things have changed. With the increasing knowledge about cures and treatment, breast cancer can usually be easily treated, but early detection is key to prevention. Research has shown by the age of 20 everyone should start doing Breast Self Examination (BSE). This method is one of easiest and earliest ways of detection. Doctors usually recommended to check yourself at least once a month. A clinical breast exam by your physician should be done at least once a year. Depending on the age of the patient or results from your physician, they may recommend or require mammogram.

Some of the signs to look for while doing BSE:

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

When in doubt, schedule a visit with your physician.

Activities and Shenanigans



Memory Care Knows How to Have Fun!



NATIONAL FIRE PREVENTION WEEK STARTS OCTOBER 7TH

In the U.S. alone, there are more than 500,000 residential fires every year that are serious enough to require a call to the fire department. Stay safe with these fire safety tips:

Plan an Escape Route

If a fire does break out, you must get out fast. Being awakened by a smoke alarm at 2:00 a.m. is not the time to have to think through how to get to safety. You must plan ahead.

Beware of Smoking

The leading cause of fire deaths is careless smoking. Cigarettes can smolder under and around upholstered furniture unnoticed only to ignite into a full blaze minutes later.

Take Care Cooking

Never leave your cooking unattended. To avoid accidental spills of hot oil or boiling water, be sure the handles of pots and pans are turned inward on the stove so they can't be bumped or grabbed by anyone.

Space for Space Heaters

Whether electric, kerosene or some other fuel, space heaters need space. They should be kept at least three feet away from anything that can burn. Never leave them unattended when you leave home.

Use Electricity Carefully

Promptly replace cracked or frayed cords on appliances. If an appliance sparks, smells or smokes, unplug it immediately and have it repaired or replaced. Never run extension cords under rugs and never use an extension cord to overload a circuit.

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OCTOBER – WORD SEARCH

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

BRAIN
CANCER
DESSERT
FIRE
HALLOWEEN

PREVENTION
PUMPKIN
PUZZLE
SLEEP
SPIDER

STRETCH
SUDOKU
SUGAR
THERAPY
WALK