

## From the Nurses Desk

### October is Breast Cancer Awareness Month

The most common risk factors for breast cancer are being a woman and getting older. That's why it's important to remember the facts.

All women are at risk of getting breast cancer. Men can also get breast cancer but it is not as common.

#### 1. Know Your Risk

Talk to both sides of your family to learn about your family health history. Talk with a doctor about your risk of breast cancer. Risk factors do not cause breast cancer, but they increase the chance you may get it.

2. If you know your risk of breast cancer, you can do things that may reduce your risk.

Talk with a doctor about which screening tests are right for you if you are at higher risk.

A mammogram is an X-ray of the breast. For most women mammography is the best test we have today to detect breast cancer early. It can detect breast cancer when it is very small and chances for survival are highest. Have a mammogram every year starting at age 40 if you are at average risk.

#### 2. Clinical Breast Exam:

A clinical breast exam is done by a doctor or nurse in an office or clinic. He or she will look at and feel your breasts and under your arms to look for changes or signs of breast cancer. Sometimes breast cancer can be felt, but not seen on a mammogram. Have a clinical breast exam every year starting at age 40.

#### 3. Know What is Normal for You

Learn how your breasts normally look and feel and report any change to a doctor. The signs of breast cancer are not the same for all women. If you notice any of these breast changes, see a doctor:

- Lump, hard knot or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away

#### 4. Make Healthy Lifestyle Choices

Maintain a healthy weight.

Add exercise into your routine.

Limit alcohol intake.

Limit menopausal hormone use.

### October Birthdays

Pam- October 5  
Richard – October 13  
Janelle – October 18  
Cindy – October 20  
Beverly – October 22  
Ariene – October 29

Bud Abbott (comedian) – October 2, 1895  
Jackie Collins (author) – October 4, 1937  
Desmond Tutu (archbishop) – October 7, 1931  
John Lennon (musician) – October 9, 1940  
e. e. cummings (poet) – October 14, 1894  
Bela Lugosi (actor) – October 20, 1882  
Annette Funicello (actress) – October 22, 1942  
Minnie Pearl (comedian) – October 25, 1912  
Emily Post (author) – October 27, 1872  
Julia Roberts (actress) – October 28, 1967

October 2024

# Select Senior Living

11350 Martin St NW, Coon Rapids, MN 55433

## Celebrating October

### Staff Directory

**Main Number**  
**763-767-1127**

**Vanessa Nguyen**  
**Executive Director**

**Patti Dufresne**  
**Marketing Director**

**Buffy Reinmuth**  
**Director of Nursing**

**Renee Voyce**  
**Director of Life Enrichment**

**Eric Gebel**  
**Director of Maintenance**

**Jameel Robertson**  
**Director of Culinary**



October is nature's last hurrah before winter sets in. The best way to kick off October is **National Pumpkin Spice Day** (Oct. 1st) or **National Cinnamon Roll Day** (Oct. 4th). It's the first snows fall and then melt away, because of Second Summer days and cold nights with breezes that nip at your nose, and everyone is getting ready to hunker down for winter.

Slip on your favorite slippers, grab a cup of hot cocoa and let your mind warm up to some of these great ideas.

#### October holidays — 2024

- **October 1st** — International Coffee Day. A great day to share a free cup of coffee with your readers, or to share recipes, memes, and tips about this morning staple.
- **October 6th** — National Mad Hatter Day. Ever wondered what the 10/6 on the Mad Hatter's hat means? 10 shillings and 6 pence — the cost of the hat!
- **October 7th-13th** — The Children's Trust Pyjama Week. This comfortable week is held annually in the UK to raise funds for children with brain injuries.
- **October 7th** — National Inner Beauty Day. Recognize the inner beauty of your customers and employees.
- **October 10th** — World Mental Health Day. Raise awareness with your readers about mental health and community resources.
- **October 16th** — Dictionary Day. Share fun, little-known words related to your business. Make a game of it in your shop or offer a discount if your customers know the "word of the day".
- **October 21st** — Back to the Future Day. Celebrate the day Doc and Marty landed in the future by doing fun flashbacks or sneak peeks from your business.
- **October 25th** — International Artist Day. Support a local artist by showcasing their work in your shop, your newsletter, and on your social media.
- **October 31st** — Halloween, National Caramel Day, and Magic Day.

Pick a holiday, any holiday.

## Resident of the Month for October



Our resident of the month of October is Beverly.

She was born in Crosby, Minnesota.

She has 3 kids and 7 grandchildren.

When in high school her nickname was “Snooky”, and her husband’s name was “Jug”.

She knew her husband since kindergarten. On the day she graduated high school they also got married.

She worked as a secretary at Farmers Insurance for many years.

Her favorite meal is spaghetti and meatballs, garlic toast and a side salad.

If she has any superpowers, she wants to be Wonder Woman and be able to fly. But her weakness is desserts.

One evening, while ice fishing on Mille Lacs, she fell into the ice hole, and they had to pull her out. Luckily, she was just wet and cold.

She loves being here at Select Senior Living because she has a wonderful apartment, feels comfortable living here and it has nice people that are here.

## Life Enrichment Updates



Fall is here and I couldn't be happier! The sights and sounds are all around us. The leaves are changing colors and the air is brisk. Make sure to take a walk outside before it gets too cold and enjoy the outdoors.

This month we will have our last VFW Bingo for the year. Everyone that goes always has fun and the activity is free. You get a free lunch and then we play some games of Bingo. Make sure to sign up for it!

**Also, if you sign up for an activity, please know people are counting on you coming to that event.** We plan crafts based on how many people sign up for it. The VFW plans meals based on the number signed up. So, when you don't come to an activity that you signed up for, it affects others.

Also, **Active Therapy** will be having an exercise class every Thursday at 2:00. This starts on October 10. Make sure to come down and participate in this exercise class.

We will also be continuing our attendance drawing. Each time you come to an activity that is underlined, you get your card punched. Once you fill up your card you can enter a monthly drawing.

At the end of this month we will be having a magician here on **Wednesday, October 30**. On **Thursday, October 31** we will be having Candy Bar Bingo in the morning. In the afternoon we will be having costume contest, trivia and treats. So, make sure to save the dates!

### Outing-

**Sign up is Required - If you sign up, please be courteous and show up!**

Walmart – October 3 at 9:45

Dollar Tree- October 16 at 9:45

VFW Bingo- October 22 at 11:15

### Entertainment-

Thursday, October 3 – Octoberfest with Bill Koncar

Friday, October 18 – Happy Hour with John Daniel

Wednesday, October 30 – Magician Marcus Clegg

### Crafts-

**Sign up is Required- If you sign up, please be courteous and show up.**

Friday, October 4 – 10:00 Ghosts

Friday, October 11 – 10:00 Painting with Edie

Friday, October 18 – 10:00 Clothespin Bats

Wednesday, October 23 – 2:00 Witches craft

Friday, October 25 – 10:00 Painting with Edie