

October 2020

# Hearth @ Southbury



*Happy 103<sup>rd</sup>  
Birthday Gene!*

## Celebrating October

- 1<sup>st</sup>- Full Moon
- 2<sup>nd</sup>- Sukkot Begins
- 2<sup>nd</sup>- Scenic Ride w/ Sally
- 4<sup>th</sup>- Afternoon Matinee: Autumn in New York
- 5<sup>th</sup>- Boo! Door Décor Craft
- 6<sup>th</sup>- German Heritage Day
- 7<sup>th</sup>- Scenic Ride w/ Sally
- 8<sup>th</sup>- Balloon Competition
- 9<sup>th</sup>- Apple Butter Day
- 9<sup>th</sup>- Scenic Ride w/ Sally
- 10<sup>th</sup>- Simchat Torah
- Afternoon Matinee: When Harry Met Sally
- 12<sup>th</sup>- Columbus Day
- 13<sup>th</sup>- That's Italian Tuesday
- 14<sup>th</sup>- Scenic Ride w/ Sally
- 16<sup>th</sup>- Boss's Day
- 16<sup>th</sup>- Scenic Ride w/ Sally
- 18<sup>th</sup>- Afternoon Matinee: Mystic Pizza
- 19<sup>th</sup>- Cinnamon Roll Waffles w/ Maria
- 21<sup>st</sup>- Scenic Ride w/ Sally
- 23<sup>rd</sup>- Breast Cancer Awareness Day
- 25<sup>th</sup>- Afternoon Matinee: Resident's Choice
- 26<sup>th</sup>- Wheel of Fortune Day
- 28<sup>th</sup>- Scenic Ride with Sally
- 29<sup>th</sup>- Halloween Spook-tivities!!
- 30<sup>th</sup>- Haunted Halloween Puzzlers
- 30<sup>th</sup>- Scenic Ride w/ Sally
- 31<sup>st</sup>- Happy Halloween!



## Pasta's Path to Italy

Pasta is a food beloved by cultures all over the world. While many associate this pantry staple with Italy (thanks to gorgeous visions of spaghetti mounds topped with meatballs), nearly every country has its own version of noodles made from flour, water, and eggs. On October 25, World Pasta Day, enjoy spaghetti from Italy, lo mein from China, ramen from Japan, orzo from Greece, or spaetzle from Germany.

Many myths describe how pasta was brought from China to Italy during the 13th century by explorer and merchant Marco Polo. Historians believe it is more likely that noodles originated in central Asia thousands of years prior. Noodles reached East Asia and even moved westward to Europe long before the triumphant return of Marco Polo. Yet none can dispute that in Italy pasta was transformed and refined, thanks to the cultivation of durum wheat, which is high in gluten and long-lasting on the shelf. The Mediterranean climate was suited to growing vegetables and herbs, which led to the development of the many tomato-based sauces that are today synonymous with pasta.



*Jack G. – 3rd*

*Annemarie K. – 3rd*

*Eugene C. – 10<sup>th</sup> (103<sup>rd</sup>)*

*Virginia B. – 15th*

*Stephen S. – 30th*

*Robert P. – 30th*

*Sally F. – 30th*



**Wear **PINK** to Show  
your Support for  
Breast Cancer  
Awareness!**

**Friday, Oct. 23<sup>rd</sup>!**



## Breast Cancer Awareness Month!

Every October, you likely see a wealth of information about breast cancer. And that is a good thing. Awareness surrounding breast cancer is incredibly important as early detection, often through screening, can catch the disease when it is most treatable. According to the [American Cancer Society](#) (ACS), breast cancer is the most common cancer in American women, except for skin cancers. The average risk of a woman in the U.S. developing breast cancer sometime in her life is about 12%, or a 1 in 8 chance. The chance that a woman will die from breast cancer is about 2.6%, or a 1 in 38 chance. The ACS estimates that about 41,760 women will die from breast cancer in 2019. Every woman should know how her breasts normally look and feel, so she can recognize any changes that may occur. “While knowing what to look for is important, a woman should still get her regular mammograms and clinical breast exams, as these tests can help detect breast cancer before she even has symptoms,” said Tuite.

### Signs of breast cancer may include:

- Lump in the breast or underarm (armpit)
- Swelling or thickening of all or part of the breast
- Dimpling or skin irritation of breast skin
- Localized, persistent breast pain
- Redness, scaliness or thickening of the nipple or breast skin
- Nipple discharge (other than breast milk)
- Any change in the size or shape of the breast

### Risk Factors:

The main risk factors for breast cancer include being a woman and getting older (most breast cancers are found in women ages 55 and older). Uncontrollable factors that may increase risk include personal/family history, race, breast density and menstrual period history. In addition, having changes in certain [breast cancer genes \(BRCA1 and BRCA2\)](#) increases the risk of developing breast cancer. Certain risk factors are lifestyle-related, including the use of birth control pills, hormone therapy after menopause, having children, drinking alcohol, being overweight or obese, and not being physically active. Having one or several risk factors does not mean a woman will develop breast cancer. “Women need to become familiar with all of the risk factors. For those they can control, they need to make smart lifestyle decisions that can lower the risk,” said Tuite.

### To lower risk of breast cancer:

- Get to and stay at a healthy weight. Balance your food intake with physical activity to avoid excess weight gain.
- Be physically active. Every week, get at least 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity (or a combination of these).
- Limit or avoid alcohol. The ACS recommends that women have no more than one alcoholic drink per day.

### Breast Cancer Screening

Fox Chase Cancer Center follows breast cancer screening guidelines set forth by the American College of Radiology (ACR) and Society of Breast Imaging (SBI).

- All women should have a risk assessment at age 30 to see if screening earlier than age 40 is needed.
- Women at average breast cancer risk should begin screening at age 40.
- Women previously diagnosed with breast cancer may also benefit from supplemental screening with magnetic resonance imaging (MRI), especially if their cancer was diagnosed at or before the age of 50.
- “Three tests are typically used in detecting breast cancer. Each has its own benefits and risks. Women should talk with their doctor regarding the best option for them,” said Tuite.
  - A mammogram is an X-ray exam of the breast used to detect and evaluate breast changes. Its detection ability depends on tumor size and breast tissue density. Three-dimensional (3D) mammography is a type of [digital mammography](#) in which X-ray machines are used to take pictures of thin slices of the breast from different angles and computer software is used to reconstruct an image. Breast ultrasound is often used along with mammography for high-risk women who cannot undergo MRI, and women with dense breast tissue.
  - A breast MRI (magnetic resonance imaging) may be used to screen high-risk women and gather more information about a suspicious area found on a mammogram or an ultrasound.
  - Men should also get tested if they feel any abnormalities. There is such thing as male Breast Cancer!!!

(information provided by American Cancer Society)



### Transportation Schedule

#### Mondays:

9am-12pm- Local Drs. Appts.  
1pm-3:30pm- **Keepsake Outing**

#### Tuesdays:

9am- 2pm- **Waterbury Appointments Only**

#### Wednesdays:

9am-12pm- Local Drs. Appts. ONLY  
2pm-3:30pm- **AL Outing**

#### Thursdays:

9am-1pm- Local Drs. Appts. ONLY  
1pm-3:30pm- **Keepsake Outing**

#### Fridays:

9am-12pm- **Danbury Drs. & Hospital appts. ONLY**  
2pm- **AL Outing**

\*\*Please submit all transportation requests directly to **Nursing**, within 24-48 hours of scheduled appointment. Thank you!\*\*

### Your Management Team:

Stasia Iwanski, Executive Director  
\*

Rose McMillian, Business Manager  
\*

Marci Carosella, Activities Director  
\*

Megan Kubik, Director Of Nursing  
\*

Chris Brant, Food Service Director  
\*

Toni King, Keepsake Wellness Director  
\*

Jennifer Lama, Marketing Director  
\*

Stephen Madore, Maintenance Director



An Afternoon at Bantam Lake

