



Healthcare Food Service Week: October 6-12

Please help ensure that healthcare food service workers know how much we appreciate them not just this week, but all year long.

Honor your food service workers and recognize the integral role they have played in helping us stay well-nourished and healthy.



OCTOBER IS PHYSICAL THERAPY MONTH

Physical Therapy –

Helps increase strength, balance and mobility while reducing pain and discomfort. A quality physical therapy program can help people return to regular activity, and is necessary before introducing exercise programs after an injury.

Physical therapists strive to help patients reach their maximum potential so they can live as independently as possible. Physical therapy benefits:

- Enhanced ability to walk
- Regain stamina
- Improved mobility
- Pain management
- Restoration of balance
- Enhanced ability to transfer
- Strengthen muscles

Thank you to all the incredible physical therapists whose care, dedication, and expertise help to restore strength, mobility, confidence, and quality of life to so many.

The Importance of Mental Health

Mental health is an important part of overall health and wellbeing. It affects how we think, feel, and act. It may also affect how we handle stress, relate to others, and make choices during an emergency. Here are three important ways individuals can improve mental health:

Practice Regular Self-Care:

Engaging in self-care activities can have a significant positive impact on mental health. Dedicate time to activities that bring you joy, relaxation, and a sense of accomplishment. This could include reading, taking walks, listening to music, or pursuing favorite hobbies.

Stay Connected: Social connections are vital for mental well-being. Spend time with friends and family, engage in meaningful conversations, and build a support network. Connecting with others can provide a sense of belonging, reduce feelings of isolation, and offer opportunities for sharing experiences and emotions.

Prioritize Physical Health:

Physical and mental health are interconnected. Engage in regular physical activity, eat a balanced diet, and ensure you're getting enough sleep. Physical activity releases endorphins, which are natural mood lifters, and a nutritious diet supports brain function.

Prioritizing sleep helps regulate emotions and improves cognitive abilities.



The Spooktacular Origin of Halloween

Halloween, originally known as "All Hallows' Eve," has its roots in ancient Celtic traditions.

It started over 2,000 years ago in what is now Ireland, where people celebrated Samhain, a festival marking the end of the harvest season and the beginning of winter. They believed that on this night, October 31, the boundary between the living and the dead was thin, allowing spirits to roam the earth. To ward off these spirits, people lit bonfires and wore costumes made of animal skins.

As time went on, Halloween evolved with the spread of Christianity. The church incorporated some of the Samhain customs into its own celebrations. November 1 became All Saints' Day, a day to honor saints and martyrs, with October 31 as its eve, hence the name "All Hallows' Eve." In the Middle Ages, people would go "souling," going door-to-door to receive food in exchange for prayers for the deceased. Over time, this practice morphed into modern-day trick-or-treating.

Today, Halloween has become a widely celebrated holiday in many countries, known for its spooky decorations, haunted houses, and costume parties. Children and adults alike dress up as various characters, monsters, and creatures, and they go from house to house, asking for candy.

Halloween has also inspired the creation of horror movies and television shows, making it a popular time for spooky entertainment. Whether you're dressing up as a zombie or princess, carving pumpkins, sharing ghost stories, or simply enjoying some sweet treats, Halloween continues to be a holiday that brings people together for some spooktacular fun and fright.



Train Your Brain Day on October 13



We always hear about the health benefits of adding physical exercise into our daily routine, but what about fitness for our brain? Keep your mind sharp by challenging yourself with brainteasers, trying new activities, and trivia. Here are some suggestions how you can start exercising your brain today!

- Solve word or number puzzles like crosswords or Sudoku
- Practice mindfulness or meditation
- Read books or articles regularly
- Learn a new hobby or skill, such as knitting or painting
- Play strategy games like chess or card games like rummy or cribbage
- Engage in social interactions and group activities
- Listen to music
- Stay physically active with activities like walking, tai-chi, or stretching
- Volunteer or participate in community service
- Practice journaling or creative writing
- Explore brain-training apps or games
- Prioritize quality and restful sleep
- Maintain a healthy diet rich in brain-boosting nutrients*
- *Be sure to consult with your physician before making any changes to your diet to know what is right for you.

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Start training your brain now! Complete the provided sudoku puzzle by filling in the 9x9 grid so that each row, column, and 3x3 subgrid contains the digits 1 through 9 without repeating any numbers within the same row, column, or subgrid.

Halloween Crafts

HANDPRINT SPIDERS:

Apply black paint to your palm and four fingers leaving out the thumb. Place palm onto a piece of paper. Turn the paper 180° and print again making sure the palm overlaps. Add some googly eyes using either paint or stickers.



PAINT A PUMPKIN:

Pumpkin carving can be messy, difficult, and sometimes dangerous. Instead, use some permanent markers or acrylic paint to make your pumpkin look like a monster, clown, or other Halloween character. The smaller "pie pumpkins" or even the mini-pumpkins will work perfectly for this craft.

Don't have any pumpkins?

PAPER PLATE PUMPKINS

Grab some paper plates to use as your pumpkin and paint them orange, yellow, or green. Once the plates are dry, cut out shapes from additional plates or colored paper and glue them on for the eyes, nose, and mouth to create scary, happy, or wacky faces. Don't forget to add a green stem to complete your pumpkin!



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Oral Health Tips

Here are some things you can do to maintain a healthy mouth and strong teeth:

Practice good oral hygiene.

Brush your teeth thoroughly twice a day with fluoride toothpaste and floss daily between the teeth to remove dental plaque.

Visit your dentist at least once a year, even if you have no natural teeth or have dentures.

Do not use any tobacco products. If you smoke, make a plan to quit.

Limit/avoid alcoholic drinks.

If you have diabetes, work to maintain control of the disease. This will decrease risk for other complications, including gum disease. Treating gum disease may help lower your blood sugar level.

If your medication causes dry mouth, ask your doctor for a different medication that may not cause this condition. If dry mouth cannot be avoided, drink plenty of water.

See your doctor or a dentist if you have sudden changes in taste and smell or notice any sores in and around your mouth.

Source: cdc.gov



BREAST CANCER AWARENESS MONTH



Breast Cancer Awareness Month is essential for raising awareness about breast cancer and encouraging proactive measures like regular screenings, self-exams, and treatment options,

which can significantly improve survival rates. It also emphasizes the importance of continuing research, funding, and education and offering hope and support to those affected.

According to the CDC, no breast is typical. The way breasts look and feel can be affected by getting your period, having children, losing or gaining weight, age, or by taking certain medications.

There are different symptoms of breast cancer and some people have no symptoms at all. **Some symptoms of breast cancer could include:**

- Any change in the size, thickness, or the shape of the breast
- New lump in the breast or underarm (armpit)

- Pain in any area of the breast
- Redness or flaky skin in the nipple area or the breast
- Nipple discharge other than breast milk (including blood)

If you have any signs that worry you, be sure to see your doctor right away.

Facts:

- Each year in the United States, about 240,000 cases of breast cancer are diagnosed in women and about 2,100 in men.
- About 5% to 10% of breast cancers are hereditary.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.
- Mammograms are the best way to find and treat breast cancer early. If left untreated, breast cancer can spread to other parts of the body, making it harder to treat.

Source: cdc.gov

OCTOBER – WORD SEARCH

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!



Word List

BRAIN
CANDY
EXERCISE
FOOD
HALLOWEEN
HEALTH
MENTAL
PHYSICAL
PUMPKIN
SPIDER
SPOOKY
TEETH
THERAPY
VEGETABLE
WELLBEING