

# PARK MANOR QUAIL VALLEY



## NATIONAL HEALTHCARE FOOD SERVICE WEEK

During Oct. 5-11, please help ensure that healthcare food service workers know how much we appreciate them not just this week, but all year long. Celebrate your food service workers and recognize the integral role they play in helping us stay well-nourished and healthy.



## LONG-TERM CARE PLANNING MONTH

October is recognized as **National Long-Term Care Planning Month**, a time dedicated to highlighting the importance of preparing for future healthcare needs. While it may not always be easy to think about, taking steps today can make a world of difference tomorrow.

Seniors and their families are encouraged to start conversations early and make thoughtful, informed decisions about long-term healthcare options. Planning ahead not only reduces stress during unexpected situations but also ensures that personal preferences

are respected and financial security is better maintained.

Whether it is discussing care options, setting up advanced directives, or exploring financial planning resources, this month is a reminder that preparation brings peace of mind. By addressing these important decisions now, seniors and their loved ones can look forward to a more comfortable and secure future.

**National Long-Term Care Planning Month serves as a gentle reminder that thoughtful planning today can help ensure comfort, confidence, and peace of mind for tomorrow.**



# THINK PINK THIS OCTOBER



## October is Breast Cancer Awareness Month,

a time to focus on education, early detection, and support.

When found early, breast cancer can often be treated successfully.

Be mindful of changes such as new lumps, swelling, dimpling, redness, nipple discharge, or pain. While changes may not indicate cancer, it is strongly recommended that you check with your physician.

Regular self-exams, clinical exams, and mammograms are important:

- Women 40–49 should talk with their physician about when to begin screening.
- Women 50–74 at average risk should have a mammogram every two years.
- Mammogram Day, the third Friday in October, is a reminder to schedule your screening.

Prevention steps include staying active, keeping a healthy weight, limiting alcohol, not smoking, and keeping up with routine check-ups.

Show your support this month by wearing pink. **Wear Pink Day is October 25** this year and many people take part in **"Wear Pink Wednesdays."** It is a simple way to honor survivors, remember loved ones, and spread awareness.

Source: cdc.gov



## ACTIVITY PHOTO HIGHLIGHTS





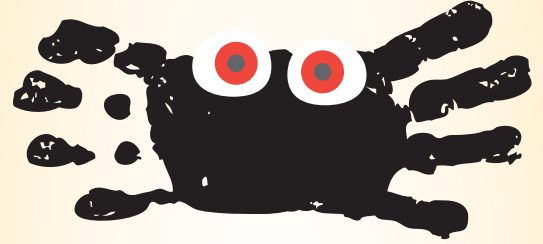
# ACTIVITY HIGHLIGHTS CONT.



## Spooktacular Arts & 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?*  
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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**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!

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

AUTUMN  
AWARENESS  
CONNECTION  
DECISIONS  
EMOTIONAL  
FOOD  
PHYSICAL  
PINK  
PLANNING  
PUMPKIN  
SELFCARE  
SPOOKY  
SUPPORT  
THERAPY  
WELLNESS