



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.

Happy Birthday!

STAFF

Kimberly W. 10/05

Sheila B. 10/20

Anna S. 10/28

RESIDENTS

Justin W. 10/03

Carla M. 10/06

Larry S. 10/07

William H. 10/17

John O. 10/25

Welcome New Residents

Welcome to your new home! We're so glad you've joined our community. Here, you'll find a supportive and caring environment where everyone is treated like family. Our staff and residents are excited to get to know you and help make this transition as smooth and comfortable as possible. Whether you need assistance, a friendly chat, or just want to participate in our activities, we're here for you.

Welcome to our family—we're looking forward to creating wonderful memories together!

Tyrome R. 08/13

Charles P. 08/28

Alonzo J. 09/04

October Brings Cozy Comfort and Autumn Spirit

As the leaves change and the air grows crisp, October offers us a beautiful time to reflect on the beauty of the seasons and enjoy the many delights of fall. This month brings us cooler weather, but it's also the perfect time for cozy activities and festive fun.

We have several exciting events and activities planned, including Halloween celebrations, pumpkin decorating contest, and fall crafts. For those who enjoy the outdoors, we'll also take some time to appreciate nature's beautiful transformation with walks or

window views of the changing trees.

October is also a time to prioritize our health. With flu season upon us, it's important to get vaccinated and take care of our immune systems by staying active and eating nutritious, hearty meals. Our kitchen will feature seasonal favorites like hearty soups, roasted vegetables, and of course, pumpkin treats!

Let's embrace this season of change together and find joy in the little moments of warmth and togetherness.

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:

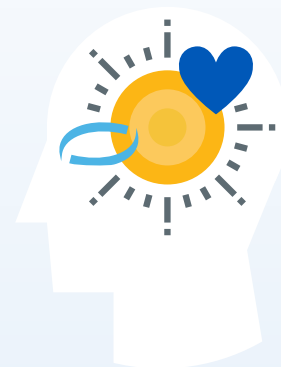
Engaging in self-care activities can have a significant positive impact on mental health. Dedicate time to activities that bring you joy, relaxation, and a sense of accomplishment. This could include reading, taking walks, listening to music, or pursuing favorite hobbies.

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.



National Foodservice week for the Canal Pointe Dining Services Team in the Month of October!

We have the Foodservices Week October 6th through the 12th. Some fun facts about Foodservices Week.

The Association for Healthcare Foodservice (AHF) created Healthcare Foodservice Week.

The History

The Professional Holiday was first created by an organization that would go on to become part of the AHF in 1985. The US Congress would officially recognize Health Care Foodservice Workers Week and recognize all the hard-working individuals that work in the Dietary Department's in the nation.

To help Celebrate our staff we have several things happening that week. We will be giving the staff several themed goodie bags, a basket raffle day and to end up with lunch to complete the week.

Meet our Dining Services Staff.

Mary Koberlein Dietitian Person in Charge Certification has been with the facility for 1 year. She also oversees our sister Facility Hall of Fame in Canton. Does education on a regular basis to keep up with the Dietary trends.

Mike Lowther CDM/CFPP (Certified Dietary Manager/Certified Food Protection Professional) has been with this facility going on 16 years. Also, Servesafe Certified. Continues education to keep apprised of all Dietary Standard in the Healthcare Food Business. Nominated for the ANFP (Association of Nutrition and Foodservice Professionals) CDM/CFPP of the Month.

Head Cook Leslie Davis, Person in Charge Certified been with the facility 23 years and cooking for 7 years

Lead Dietary Aid Laura Laird, ServeSafe Certified, has been with

the facility for 17 years.

Cook /Dietary Aid Justin Lofton, Person in Charge Certified 11 years with the facility.

Dietary Aid Connie Book, Person in Charge Certified. Been with the facility 2 years.

Evening Cook Kiler Robertson, Person in Charge, been with the facility 3 years.

Rebecca Logan Dietary Aid, with the facility 2 years

Ron Hightower Dietary Aid, 1 year

Our Newest Members

Keya Brown Cook Reia Valentine
Cook Akilah Brown Dietary Aid
Elijah McNight Dietary Aid

Tyjohn Gary Dietary Aid Kristen Trehame Dietary Aid Mason Jeffries Dietary Aid Mylasha King Dietary Aid Alease Cooper Dietary Aid

EMPLOYEE OF THE MONTH: LAURA LAIRD (DIETARY)



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