

# Kalos Corner Quarterly Newsletter



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## **OCTOBER IS BREAST CANCER AWARENESS MONTH— THE PINK RIBBON**

According to the National Breast Cancer Foundation, Inc., every one in eight women will be diagnosed with breast cancer in their lifetime. They also state that “breast cancer is the second leading cause of death among women” (NBCF).

This disease does not only affect women, but can affect men as well.

It is important to perform a breast self exam monthly to detect any abnormalities or “lumps”.

Women should also have a mammogram done once a year beginning around the age of 40.

If you do happen to notice any lumps, pain, or abnormalities on your breasts, see your doctor right away- do not wait.

Always be aware of changes within your body; if you think something is wrong, get it checked out.



BREAST CANCER  
AWARENESS

**WELCOME** to the Kalos Corner Quarterly Newsletter. We are hopeful that each edition will provide information and knowledge to improve your quality of life.

## **THE LEAVES ARE FALLING; KEEP YOURSELF FROM DOING THE SAME**

Autumn is here; the leaves are changing colors, the air is crisp, and Thanksgiving is just around the corner.

All of these beautiful things in the fall season are enjoyable, so be certain to stay safe so that you can enjoy them.

According to the National Council on Aging, “one in three older Americans fall every year” (NCOA). Leaves falling from the trees can often cover items that can be tripped over, such as shoes, sticks, or gardening tools. The National Council on Aging says that “falls can result in hip fractures, broken bones, and head injuries. And even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active” (NCOA).

The National Council of Aging suggests six steps to help reduce falls; a few of them are:

1. Enlist support for staying safe- “Discuss it with their healthcare provider who can assess their risk and suggest programs or services that could help” (NCOA).
2. Get an eye exam- the NCOA suggests having your eyes checked, because poor or blurred vision can cause imbalance. They also say “bifocals also can be problematic on stairs, so it’s important to be cautious. For those already struggling with low vision, consult with a low-vision specialist for ways to make the most of their eyesight.” (NCOA).

## FLU SEASON IS UPON US... HOW TO PREVENT GETTING SICK THIS FALL

The flu (or Influenza) is “a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death” (CDCP).

Flu season typically spans through the months of September to March.

The flu can be a dangerous virus, but using preventative measures can help to protect you.

### 1. Get Vaccinated!

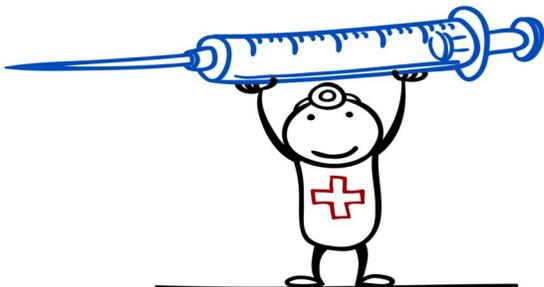
You can receive this shot at your Primary Care Physician’s office, or a local drug store, such as Walgreens or Rite Aid. It may even be free!

### 2. Protect Yourself from the Spread of Germs

According to the CDCP, “Try to avoid close contact with sick people”, “cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it”, and “avoid touching your eyes, nose and mouth. Germs spread this way”. Also, keep your hands washed!

### 3. Contact your Kalos Health Care Manager

If you need assistance making an appointment, or have any questions about the flu. Also, contact Kalos Health if you have received the flu shot so we can update your records.



## FUN FACTS: THANKSGIVING

- The Macy's Thanksgiving Day Parade began in 1924 with 400 employees marching from Convent Ave to 145th street in New York City. No large balloons were at this parade, as it featured only live animals from Central Park Zoo.
- The first Thanksgiving was held in the autumn of 1621 and included 50 Pilgrims and 90 Wampanoag Indians and lasted three days.
- Benjamin Franklin wanted the turkey to be the national bird, not the eagle.
- Americans eat 46 million turkeys each Thanksgiving.
- Female turkeys (called hens) do not gobble. Only the male turkeys gobble.
- Wild turkeys can run 20 miles per hour when they are scared, but domesticated turkeys that are bred are heavier and can't run quite that fast.

## THANKSGIVING TREAT: NO-BAKE CARAMEL APPLE PIE

### Ingredients

- 1 store bought pie crust
- 2 green apples (can be red if you choose)
- 1/4 cup of caramel sauce (ice cream topping)
- 15-20 mini Snickers bars, chopped (or 2-3 large bars)
- 2 1/2 cups of Cool Whip topping
- 1/4 cup of sweetened condensed milk
- 4 ounces of cream cheese

\*Spread the chopped Snickers bars inside the pie crust. Place the apples on top of the candy bars, and drizzle the caramel sauce on top.

\*Combine the Cool Whip, cream cheese, and sweetened condensed milk together in a small bowl; scoop it into the pie crust.

\*Drizzle more of the caramel sauce on top of the cream mixture, and top with more of the chopped Snickers bars.

\*Refrigerate for about 4 hours, and then enjoy! (Serves 4-6)

### REFERENCES

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