

October 2021

Healthcare Food Service Week

Food is one of the great unifiers of the human condition; we all need sustenance to survive. When we go out to eat, it is an indulgence to be able to relax while a chef skillfully prepares a meal just for us. As we age, we once again rely on others to help us with the cooking and the shopping. Being taken care of feels good; it really is a gift.

From October 3-9, please help ensure that healthcare food service workers know how much we appreciate them during Healthcare Food Service Week. Honor your food service workers and recognize the integral role they have played in helping us stay well-nourished and healthy.



Take Care of Your Mental Health – World Mental Health Day: October 10

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.

People with pre-existing mental health conditions or substance use disorders may be particularly vulnerable in an emergency. Mental health conditions (such as depression, anxiety, bipolar disorder, or schizophrenia) affect a person's thinking, feeling, mood or behavior in a way that influences their ability to relate to others and function each day.

Mental and physical health are equally important components of overall health. Mental illness, especially depression, increases the risk for many types of physical health problems, particularly long-lasting conditions like stroke, type 2 diabetes, and heart disease. Similarly, the presence of chronic conditions may increase the risk for mental illness.

It's important to remember that a person's mental health may change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms. If you think this could be you, contact your physician today. *Source: cdc.gov*

Train Your Brain: Sudoku

Sudoku was created in 1979 and published in an American puzzle magazine. The game was created by Howard Garns, a former architect. The craze hit Japan in 1986, but did not become mainstream until the early 2000s, when the puzzles were featured in more activity books, newspapers, and online games. Sudoku is actually an abbreviation of the Japanese phrase *suuji wa dokushin ni kagiru*. Translated, it means “the digits remain single.”

A standard Sudoku game is usually comprised of a 9x9 grid divided into nine 3x3 subgroups. Some of the cells have numbers as clues in them. Others are empty. The goal of the game is to pencil in the missing numbers in a logical fashion, but remember, each number one through nine can be used only once.

The difficulty levels vary. Puzzles can be crafted to fit highly experienced players or pure novices. People of every age can get in on playing Sudoku. On October 13, Train Your Brain Day give it a try and exercise your brain!

Sudoku

		8		4	9			
		5	7	1		4	8	
1	4			8	2	3		
9	8			7	5			
4	1			6			9	
					9		2	3
					3		8	9
8		4	9	1	7		3	
			8		6	5		



Bone and Joint Health Week

Bone and Joint Health Action Week (October 12-18) focuses on improving quality of life and advancing the understanding and treatment of bone and joint disorders through research, prevention, and education.

Did you know that as we age, we lose bone density and our cartilage thins? These factors are the leading causes of many bone and joint disorders that include arthritis, back pain, and osteoporosis, among others, which have a tendency to cause increased discomfort during aging.

Almost 15 million US adults live with severe joint pain related to arthritis. Severe joint pain can limit a person’s ability to do basic tasks and may affect their quality of life. Severe joint pain is more common among adults with arthritis who also have other chronic conditions including but not limited to diabetes, heart disease, and obesity.

Weight loss, golf, walking, tai-chi, yoga, swimming, or other water activities (*ie: water aerobics or walking laps*) are several effective ways to reduce joint pain, improve balance and mobility, and also prevent falls. Speak with your physician or physical therapist to know what methods are right for you before adding something new to your routine. During your appointment, be sure to ask about scheduling a bone density test; early detection is the key to prevention and living a longer pain-free life!

Source: cdc.gov

National Physical Therapy Month

Did you know that physical therapy may be a safe, effective alternative route to treat chronic pain conditions? According to the American Physical Therapy Association, physical therapy is “the safer way to manage pain” without using potentially harmful and addictive medication.

If you’re wondering if physical therapy might be a good treatment for you, now might be the perfect time to do some research! Physical therapy may require a lot of work, but with the help of certified physical therapists, people all around the world have seen improvements in their daily lives. Be sure to talk to your physician today to see if physical therapy might be right for you!

Try Meatless Mondays during Vegetarian Month

This October, encourage your family and friends to try "Meatless Mondays." Treat your taste buds to well-balanced meals that feature fresh leafy greens, colorful vegetables, plant-based meat or other protein-packed foods. It's a great time to have fun with food and try something new! Search online, browse cookbooks, swap recipes with friends or ask your dietitian for ideas.

Studies suggest that switching at least some of your weekly meals to vegetarian may be beneficial to your health by assisting in weight maintenance or loss, reduce the risk of colorectal cancer, prevent type 2 diabetes and cardiovascular disease. However, be sure to consult with your dietitian or physician before making any changes to your diet or meal plan to know what it right for you.



Q & A: Hand Washing Global Hand Washing Day: Oct. 15

Why should I use soap and water to wash my hands?

Germs get onto your hands and items you touch throughout the day. When your hands may be dirty, it's best to wash with soap and water to remove whatever germs, grime, and chemicals may be on them.

Warm or cold water?

Either is fine, as long as it's clean.

Bar soap or liquid?

Either is fine.

Does the soap have to be antibacterial to work?

No. Plain soap and water work just as well.

What if I don't have soap, but I have access to water?

Using soap to wash hands is more effective than using water alone, but if water is all you have, rub your hands together under it and wipe off with a clean towel or air dry.

How long do I need to scrub when washing my hands?

Scrubbing your hands for at least 20 seconds is most effective.

Do I have to clean under my fingernails?

Yes, germs like to hide under fingernails. Make sure to clean there, too.

What if I don't have soap or water to wash my hands?

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers are said to kill most types of germs on the hands but may not kill certain bacteria and viruses that cause diarrhea. You should wash your hands before eating or after using the restroom.

Source: cdc.gov

Bite-Size Candy Corn Facts & Fun

Invented in the late 1880s by George Renninger, the sweet treat originally named "chicken feed" was manufactured by the Wunderle Candy Corn Company in Philadelphia. Due to the kernels' unique layers of yellow, orange, and white, the original creation process was very costly and time-consuming, however, over 100 years and a name change later, the holiday favorite is currently mass produced by Jelly Belly Company and Brach's.

Commonly associated with fall because of its colors, candy corn is now produced in various shapes, flavors, colors and given specialty names in celebration of other holidays, such as *Cupid's Corn* for Valentine's (red, pink, and white), *Reindeer Corn* for Christmas (red, green, and white), *Bunny Corn* for Easter (two-tone pastels) and features an additional chocolate (brown) layer for Thanksgiving.

Fun ways to celebrate Candy Corn Day on October 30:

- Fill a large jar with candy corn (make sure you know how many pieces you've added) and have friends and family take turns guessing the number of pieces. Award the jar to the person with the closest answer.
- Use candy corn as markers for bingo.
- Make a candy corn inspired craft, *ie: paint jars or flower pots in three colors*
- Use candy corn as a seasonal decoration in the bottom of vases, candles, or votives.
- Make a dessert (cupcakes, cakes, popsicles, or gelatins) look like candy corn by layering three colors.
- Make a batch of your favorite cookies or trail mix and add some candy corn for a colorful seasonal treat.



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Breast Cancer Awareness

Breast cancer is a disease in which cells in the breast grow out of control. There are different types of breast cancer, and people can experience different symptoms. Some do not have any signs or symptoms at all.

Symptoms may include but are not limited to:

- New lump in the breast or underarm (armpit).
- Nipple discharge other than breast milk, including blood.
- Any change in the size, thickness, color or the shape of the breast.
- Pain in the breast area.



Keep in mind these symptoms may occur with other non-cancer conditions.

Some breast cancer risk factors like aging, gender, or family health history can't be changed, but these healthy habits may help reduce your risk:

- Keep a healthy weight.
- Exercise regularly.
- Limit or avoid alcohol.
- Quit smoking.

If you have any signs or symptoms that worry you, be sure to see your physician right away and be sure to mention any changes to your health, diet, or body.

Source: cdc.gov



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Newsletter Production by PorterOneDesign.com

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!

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

ARTHRITIS
AWARENESS
BONES

BRAIN
BREAST
CANDY

CORN
EXERCISE
FOOD

HEALTH
JOINT
MENTAL

SUDOKU
THERAPY
VEGETABLE