



# Kayla's Korner



## Breast Cancer Awareness Month

October is Breast Cancer Awareness Month. Many people know someone who has had breast cancer, or been affected by it in some way. I myself, lost a maternal grandmother at a young age to Breast Cancer, so I feel it is important to let you know risk factors and screening options to be aware of.

### Breast Cancer Facts

Breast cancer is the most commonly diagnosed cancer in women. Breast cancer in men is rare however an estimated 2,470 men will be diagnosed with breast cancer. In the United States today there are over 3.3 million breast cancer survivors.

### Good News About Breast Cancer Trends

In recent years, there has been a gradual reduction in female breast cancer incidence rates among women aged 50 and older.

### Genetic Factors for Breast Cancer

Gender, Age, Race, Family History, Personal History, Menstrual and Reproductive History, Gene mutations

### Other Risk Factors

- Not being physically active.
- Being overweight or obese after menopause.
- Taking hormones. Some forms of hormone replacement therapy taken during menopause can raise risk for breast cancer when taken for more than five years.
- Reproductive history. Having the first pregnancy after age 30, not breastfeeding, and never having a full-term pregnancy can raise breast cancer risk.  
**Drinking alcohol.**

### Screenings

**Self-examinations.** Monthly self breast exams are encouraged for women of all ages.  
**Clinical exams.** When you go to your doctor for routine visits or annually for physical examinations, ask for a breast exam.  
**Mammogram.** A regular mammogram is the best method to detect breast cancer early, often years before symptoms can be detected. The American Cancer Society recommends an annual mammogram beginning at age 45, and a mammogram every two years after 54 years of age

Information from nationalbreastcancer.org



~ Kayla Carter,



BAKA presents  
**BEAVER DAM**  
 ASSISTED LIVING & MEMORY CARE

104 Fakes Ct.  
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 Phone: (920) 356-9818

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## October Celebrity Birthdays



**John Lennon**  
 10/9/1940



**Eleanor Roosevelt**  
 10/11/1884



**Pablo Picasso**  
 10/25/1881



**Teddy Roosevelt**  
 10/27/1858



**Hillary Clinton**  
 10/26/1947



**Bill Gates**  
 10/28/1955



**Jimmy Carter**  
 10/1/1924



**Jeff Goldblum**  
 10/22/1952



Halloween, the spookiest night of the year, is celebrated in a number of countries on October 31, the eve of All Hallows' Day. It is believed that on this day the spirits can wander the earth freely and children can hop for treats in the neighbourhood in the guise of various costumes. Interestingly, in terms of expenditure, Halloween is second only to the Christmas.

## Housekeeping Items

- Focus on balance. Exercise regularly to maintain strength, and rise slowly after eating, sitting or lying down to help avoid dizziness and loss of balance.
- Don't put too many electric cords into one socket or extension cord.
- Declutter your house to make sure you have plenty of space to walk around. Less clutter also means less falls!



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## RESIDENT SPOTLIGHT



### Vern W.

Vern was born September 14<sup>th</sup> 1948 at Hartford Hospital in Hartford Wi. He grew up on his grandpa's farm in rural Iron Ridge and stayed there until he was about 13yrs old when his grandpa retired. Vern has always looked at his grandpa as a mentor of sorts, and he always referred to Vern as Junior because he was named after his father. Junior ended up being shortened to J.R. down the road. While on the farm Verne enjoyed things like butchering, he even contemplated becoming a farmer himself for a while.

Vern used to take the bus to & from school and was always the 1<sup>st</sup> person to get picked up and the last person to get dropped off which made it a little difficult to get involved in sports. In 1966 Vern graduated from Horicon High School, and ever since he's loved going to class reunions to show he still cares about his old high school & seeing his old friends. His 55<sup>th</sup> class reunion is coming up and he's looking forward to it!

Vern's 1<sup>st</sup> job was for a lumber company, which he did for awhile until he worked for a feed mill. He was also a carpenter in Iron Ridge and would build homes, repair, & do remodeling in Horicon, Mayville, and Juneau.

That's how he got his nickname "Hammer", which is also why the license plate on his walker says "Hammer." The last 20 years he worked for the Department of Public Works in Horicon up until he retired.

Vern met the love of his life Ellie while at a bowling alley in Iron Ridge. Ellie was an excellent cook & loved to make wedding cakes. Vern and Ellie dated for about a year before marrying on 2/12/72. They were members of the Kiwanis Club of Horicon & did numerous activities to help get scholarships for high school children & many other people in need. They were also the head of Fine Dining Books for many years, which is a coupon book for supper clubs & restaurants. She was an Elementary School Teacher for 33yrs! Unfortunately, Ellie passed away in 2001.

Nowadays Vern loves sports; especially the Packers, Brewers, Badgers, and NASCAR. When he can he also enjoys playing cards, especially Hearts & Sheep's Head. Being the night owl that he is he's usually up late at night watching tv, usually nature shows of which he finds fascinating. From time to time you can also catch him dressing up in his western clothes, which he's done since high school. He really loves westerns.

Vern loves the community here, both the caregivers and staff as well as all of the residents too. He's always up for a good conversation & is one of the friendliest people you could meet. When you see Vern, or "Hammer", strike up a conversation with him. He's got so many interests that there's bound to be something in common between you two.



## October Birthdays at Beaver Dam!

10/2 - Corinne L. & Laura K. , 10/13 - Ethel R. ,  
10/18 - Paul R. , 10/19 - Margaret L. , 10/20 -  
Jim C. , 10/27 - Laverne J. & Evelyn S.



## Dates to Remember in October

**October 1** International day for the elderly

**October 3** Pizza Party

**October 6** Green Bay Packers @ Dallas Cowboys

**October 8** Resident Council Meeting  
Food Council Meeting

**October 10** Flu Shots

**October 14** Green Bay Packers vs Detroit Lions  
Columbus Day

**October 16** Learn a word day

**October 20** Green Bay Packers vs Oakland Raiders

**October 22** Fire Drill

**October 24** Swinging Beavers Square Dancers

**October 27** Green Bay Packers @ Kansas City Chiefs  
Trick or Treating with local kids

**October 31** Halloween Party and Costume Contest



October was originally the eighth month of the Roman calendar. It comes from the Latin word "octo" meaning eight. Later, it became the 10th month when January and February were added to the Calendar.