

SILVER SPRING



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.



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.



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](https://www.cdc.gov)



EMOTIONAL WELLNESS MONTH: Simple Self-Care Tips

October is Emotional Wellness Month, a time to focus on caring for your mental and emotional health. It is also worth noting that **October 10 is World Mental Health Day**, a reminder that mental well-being is essential at every stage of life.

Mental health is just as important as physical health. It shapes how we think, feel, and act each day. It also influences how we manage stress, connect with others, and make decisions in challenging moments. Here are three simple ways to support your mental well-being:

1. Make Time for Self-Care: Little moments of joy can make a big difference. Read a good book, take a walk, listen to music, practice mindfulness, or enjoy a favorite hobby. Activities that bring relaxation and fulfillment can boost your mood and restore balance.

2. Stay Connected: Strong social connections are essential for emotional health. Spend time with family and friends, share meaningful conversations, and seek out community. Feeling connected helps ease loneliness and provides encouragement during difficult times.

3. Support Your Body to Support Your Mind: Your physical and mental health go hand in hand. Aim for regular exercise, a balanced diet, and plenty of rest. Moving your body releases feel-good endorphins, healthy foods fuel your brain, and good sleep keeps emotions steady.

Remember that mental health improvement is an ongoing process. **This October, take time to nurture your emotional wellness and encourage loved ones to do the same.** If challenges ever feel overwhelming, reach out to a trusted professional for guidance and support.





TRAIN YOUR BRAIN DAY ON OCTOBER 13

We always hear about the health benefits of adding physical exercise into our daily routine, but what about fitness for our brain? Keep your mind sharp by challenging yourself with brainteasers, trying new activities, and trivia. Here are some suggestions how you can start exercising your brain today!

- Solve word or number puzzles like crosswords or Sudoku
- Practice mindfulness or meditation
- Read books or articles regularly
- Play strategy games like chess, rummy or cribbage
- Learn a new hobby or skill, such as knitting or painting
- Engage in social interactions and group activities
- Listen to music
- Stay physically active with activities like walking, tai-chi, or stretching
- Volunteer or participate in community service
- Practice journaling or creative writing
- Explore brain-training apps or games
- Prioritize quality and restful sleep
- Maintain a healthy diet rich in brain-boosting nutrients*

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

**Be sure to consult with your physician before making any changes to your diet.*

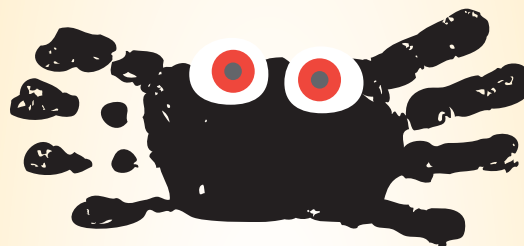
Start training your brain now!

Complete this sudoku puzzle by filling in the 9x9 grid so that each row, column, and 3x3 subgrid contains the digits 1 through 9 without repeating any numbers within the same row, column, or subgrid.

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!

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

WORD LIST

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