

October 1, 2020

Issue | 012

## News from Babette

Greetings!

2020 has flown by! Just a few more months to go. Once again, we would like to thank you all for your patience and cooperation as we adjust to the many surprises and changes that 2020 has brought.

We have good news to wrap up this year! We are happy to announce our new Holiday Program: Pathlight Seasons. Pathlight Seasons will be an annual program that includes Thanksgiving Dinner, gifts and other activities related to the holiday season.

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## Get Healthy with Audrey: Breast Cancer Awareness Month

Each year, the month of October is dedicated to highlighting the importance of breast cancer awareness, education, and research.

According to the American Cancer Society, breast cancer is the most common cancer diagnosed among U.S. women. After lung cancer, it is the second leading cause of death among women.

While researchers continue to make advancements in cancer detection and treatment, one of the most effective screening tools is mammography.

**A mammogram** is a low dose x-ray picture of the breast that allows a doctor to see glandular tissue and determine the presence of abnormalities. This procedure can detect breast cancer before there are any signs or symptoms.

Early disease usually does not cause pain. As the cancer grows, symptoms may include a lump or thickening in or near the breast or in the underarm area, change in the size or shape of the breast, or tenderness, or nipple changes.

If you're over 40, you should schedule a mammogram every year. You can do it on your birthday, during breast cancer awareness month, Mammography Day (3rd Friday of October)-- whatever helps you remember.

Consider a mammogram even sooner if you have a personal or family history of breast, ovarian, or prostate cancer. As with many other diseases, the risk of developing breast cancer also increases with obesity, inactivity, alcohol intake, hormonal contraceptives, and smoking.

**Talk with your health care provider for more information about your personal risk of breast cancer and scheduling a mammogram.**

## Garden & Terrace News



### Pathlight Seasons

In an effort to protect our residents, volunteers and staff the Thanksgiving meal will not be served as a buffet this year. Instead, a hot meal will be delivered to your door. In addition to your meal, get ready to participate in a few socially distanced activities.

Activities:

- All residents at both properties will be entered into certain raffles automatically
- Participate in the Pathlight Seasons Scavenger Hunt. Along with your meal, a guide to participate in your property's scavenger hunt will be provided to you.
- Enjoy a Thanksgiving Activity Booklet and more raffle opportunities. More information to come!

Food will be delivered to **Maxwell Terrace** on November 18<sup>th</sup>. Food will be delivered to **Maxwell Garden** on November 19<sup>th</sup>. **Ballots will be distributed in all mailboxes with drop-off time choices and an option to opt-out of the Thanksgiving Meal.**

Stay tuned for the November Newsletter for information on more Pathlight Seasons activities & raffles.

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## Haircuts

### Free Haircuts are back starting in October!

We are excited to welcome back volunteers from our local Hair Cutterys.

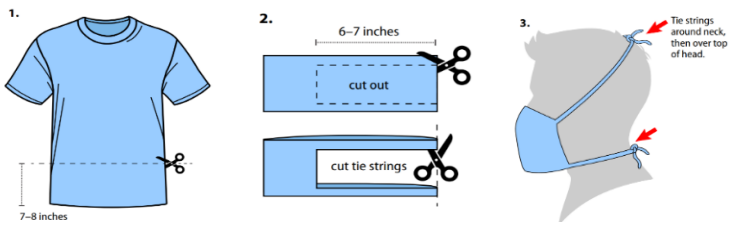
To practice social distancing, haircuts will be offered by appointment only. We will send out an announcement when appointments are available, so keep an eye on your mailbox.

Volunteers will visit both properties. Appointment is required. All residents must wear a mask and come into their appointment with clean hair.

## Quick Cut T-shirt Cloth Face Covering (no sew method)

### Materials:

- T-shirt
- Ruler
- Scissors



## Need Help? Know Someone Who Does?

**National Suicide Prevention Lifeline**  
800-273-8255 or chat now.

**Domestic Violence Hotline**  
1-800-799-7233 or  
TTY 1-800-787-3224 or chat now.



## Housing Updates

### Property Management Staff:

In our efforts in practicing social distancing, our property management staff will complete all applications, move in leases, lease renewals and other business from behind our glass. If you have something you would like to discuss in private, please call the number below and use the extensions provided.

**Maxwell Garden: 407-477-1211**

Juanita x112

Diana x101

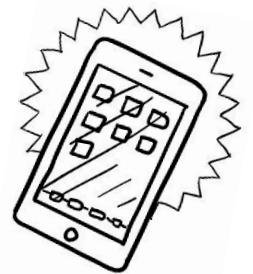
Sandra x109

**Maxwell Terrace: 407-521-6335**

Crisetty x111

Clarissa x107

Sandra x109



## October 2020 Calendar of Events

SUN	MON	TUES	WED	THUR	FRI	SAT
				<b>01</b>	<b>02</b>	<b>03</b>
				Rent Due		
<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>
		Pumpkin decorating @ MT 1:30 pm*		More Bang for Your Buck @ MT 1:30 pm*		
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	Office Closed	Haircuts @ MG	Cooking Demo @ MT	Arts & Crafts @ MT 1:30 pm* Resume Writing Seminar @ MT	Haircuts @ MT	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	Marketplace Open		Marketplace Open	Marketplace Open		
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
		Get Healthy @ MT 1:30 pm* Haircuts @ MT	Cooking Demo @ MT	Financial Literacy Seminar @ MT		

\* Must sign up in the lobby the week before