

October

Breast Cancer

Awareness Month

The American Cancer Society (ACS) reports that:

- About **13%** (about 1 in 8) of **U.S. women are going to develop invasive breast cancer** in the course of their life.
- In 2023, an estimated **297,790 new cases of invasive breast cancer are expected to be diagnosed** in U.S. women, along with **55,720 new cases of DCIS**.
- In 2023, an estimated **2,800 new cases of invasive breast cancer are expected to be diagnosed in men**. A man's lifetime risk of breast cancer is about 1 in 833.
- About **30% of all newly diagnosed cancers** in women each year **are breast cancer**.

Get involved, help end cancer.



BREASTCANCER.ORG



At this time there are more than **4 million** breast cancer survivors in the United States.

Take the **Mammogram Pledge** to prioritize your health through annual screenings and mammograms today!

Early detection is critical for the successful treatment of breast cancer.

National Mammography Program provides grants for free breast screening and diagnostic services to those in need (low-income, uninsured, or underinsured).

Other Oct. Awareness Campaigns

- **Domestic Violence Awareness Month:** "Break the Cycle" and raise awareness. www.adhdawarenessmonth.org
- **National ADHD Awareness Month:** "Moving Forward with ADHD." www.adhdawarenessmonth.org
- **National Down Syndrome Awareness Month:** "Stand Out" <https://ndss.org> and <https://www.nads.org>
- **Pregnancy and Infant Loss Awareness Month:** Healthy pregnancy outcomes and stillbirth prevention. <https://starlegacyfoundation.org>
- **Spina Bifida Awareness Month:** "Walk-N-Roll for Spina Bifida" <https://www.spinabifidaassociation.org>
- **Sudden Infant Death Syndrome Awareness Month:** "Safe to Sleep" <https://safetosleep.nichd.nih.gov>

Save The Date

Town Hall & Cookout

Oct. 18, 2023 from 11:30 am - 1:00 pm

12th Street Warehouse & Zoom

Submit questions to no later than Oct. 11.

<https://www.surveymonkey.com/r/ADVQ3TownHall>

Cozy up with some Beef Taco Soup



Ingredients

- 2 tbsp. olive oil
- 1 pound ground beef
- 1 medium onion, diced
- 1 jalapeño pepper, finely diced
- 1 tbsp. garlic, minced
- 1 tsp. paprika
- 1 tsp. ground cumin
- 1 tsp. crushed red pepper (optional)
- 2 (14 ounce) cans crushed tomatoes
- 1 + ¾ cups beef broth)
- 1 teaspoon salt (or to taste)
- ½ tsp. ground black pepper
- 1 (28 ounce) can black beans, drained
- 1 cup frozen corn

1. In a large stock pot or Dutch oven, heat oil over medium high for 2 minutes until the oil is sizzling hot. Add ground beef and cook for 5-7 minutes until browned.
2. Add onion, jalapeño, and garlic. Stir well to combine and continue to cook for 3-4 minutes until tender. Stir in paprika, cumin, and crushed pepper.
3. Add crushed tomatoes and beef broth. Season with salt and pepper to taste. Cover and let it simmer over medium heat for 10 minutes, stirring occasionally.
4. Add black beans and corn. Stir well to mix and cook until heated through, about 2 minutes. Serve immediately and add toppings.

Suggested Toppings:

tortilla chips or strips, fresh cilantro, lime, sour cream, greek yogurt, avocado, or shredded cheddar cheese.

16 fall garden vegetables perfect for late-season harvests.

- Beets
- Broccoli
- Green Beans
- Cabbage
- Carrots
- Cauliflower
- Kale
- Winter Squash
- Peas
- Radishes
- Swiss Chard
- Turnips
- Arugula
- Green Onions
- Leeks
- Zucchini

Expect longer growing times: As temperatures drop, this can influence growing times.

Add mulch: Mulch helps keep soils cool when falls are unseasonably warm and insulates plant roots when early frosts arrive.

Succession planting: As the growing season is coming to an end, staggering the planting of your fast-growing fall vegetables, like arugula and zucchini to maximize crop outputs and extend harvest times.

Timing is everything when it comes to a fall garden. Know your hardiness zone, find vegetables that thrive in the expected fall temperatures, and work out how long it takes for them to harvest.

THE HEALTH BENEFITS OF GARDENING

- Stress Relief:** Gardening can help reduce the level of stress hormone Cortisol.
- Immunity Booster:** Direct exposure to dirt and plants can help boost your immune system.
- Work Out:** 3 hours of moderate gardening could equal a 1 hour gym session.
- Bacteria Friends:** Soil contains a natural antidepressant that can make us happier.
- Green Diet:** Those who grow veggies are more conscious about having a healthy diet.
- Brain Health:** One study revealed that daily gardening can reduce risk of dementia by 36%.