



October is Breast Cancer Awareness Month

American Cancer Society Guidelines for the Early Detection of Cancer

- **Women ages 40 to 44** should have the choice to start annual breast cancer screening with mammograms (x-rays of the breast) if they wish to do so.
- **Women age 45 to 54** should get mammograms every year.
- **Women 55 and older** should switch to mammograms every 2 years, or can continue yearly screening.
- Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.
- **All women** should be familiar with the known benefits, limitations, and potential harms linked to breast cancer screening. They also should know how their breasts normally look and feel and report any breast changes to a health care provider right away.

Some women – because of their family history, a genetic tendency, or certain other factors – should be screened with MRIs along with mammograms. (The number of women who fall into this category is very small.) Talk with a health care provider about your risk for breast cancer and the best screening plan for you.



Anniversaries

Mindy - 5 years
Candy - 4 years
Ann - 4 years
Terri - 1 year
Breanna - 1 year
Wendi - 1 year

**Thank you for your dedication and service to
24-Hour Care and our clients!**



**Oct. 1st
Noon -10pm
Depot Park**

**Dubuque Farmer's Market runs through
October, every Saturday - 7am-noon**

**Galena's Country Fair and Art
Festival is Oct. 8-9**

**Autumn Craft Fair
Oct. 8-9
River Ridge School**



**Galena Halloween Parade
Oct. 29th at 6:30pm**



Welcome To Our New Employee



Michelle, CNA

A Message to Our Clients....

We would like to remind all of our clients and families that our after hours answering service is for immediate scheduling issues and emergencies only, please.

Also, it is important to have a back up plan in case staff are unable to make it to an appointment. We will contact you as soon as possible to let you know if staff will be late or are unable to get to their visit.

Thank you! *Agency Administrator,
Emmy Hinton*

HALLOWEEN

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

Autumn
 Bogeyman
 Bone
 Carve
 Cobweb
 Frightful
 Ghostly
 Grisly
 Horrify
 Pumpkin
 Scary
 Trick
 Vampire
 Witchcraft
 Petrify
 Troll
 Treat
 owl
 candyapple
 blackcat



CHOOSE *Happy*



Social Security—The Compassionate Allowances List

Several years ago, it became apparent to Social Security officials that the long waiting time for decisions on disability applications was causing particular hardship for people who were seriously ill. So the agency established the Compassionate Allowances List, with the goal of swiftly granting disability status to people who suffer from any of the serious medical conditions on the list. Currently, there are 225 such conditions. In putting together the list, Social Security held seven public hearings around the country to review the best available medical information on rare diseases, cancers, traumatic brain injury, stroke, early onset Alzheimer's disease and related dementias, schizophrenia, cardiovascular disease, multiple organ transplants and autoimmune diseases. Many medical and scientific experts provided input, including professionals at the National Institutes of Health. The resulting fast-track list begins with acute leukemia and adrenal cancer and ends with X-linked myotubular myopath and Zellweger syndrome. Social Security says that people who can show they suffer from any of these will get approval in a matter of weeks as opposed to months or even years.

October Birthdays

Clifford D. on the 5th
 Evelio M. on the 9th
 Leroy K. on the 10th
 Sandra H. on the 13th
 Ruth G. on the 15th
 Esther H. on the 31st

Mollie on the 6th
 Melissa H. on the 11th
 Michelle on the 20th
 Andrea on the 24th



Happy Birthday



PUMPKIN CHILI

PUMPKIN CHILI

Brown 1 chopped onion, 1 chopped bell pepper and 1 1/2 pounds ground beef (or turkey or mixture of turkey and beef) in oil in a pot. Stir in one 15-ounce can each pumpkin, diced fire-roasted tomatoes, one 15 oz. can of tomato sauce, black beans (drained), and 1-2 cups water. Add 2 tablespoons each chili powder (or more to taste) and adobo sauce (from a can of chipotle chiles). Simmer 30 minutes.

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**In remembrance of our friend,
 Bill McArdle.**

**March 11, 1945–September 24, 2016
 He will be missed by us all.**