



October 2023

*Helping caregivers through their journey one step at a time.*

## Female Breast Cancer

### Overview

#### Breast anatomy

Breast cancer is cancer that forms in the cells of the breasts.

After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States. Breast cancer can occur in both men and women, but it's far more common in women.

Substantial support for breast cancer awareness and research funding has helped create advances in the diagnosis and treatment of breast cancer. Breast cancer survival rates have increased, and the number of deaths associated with this disease is steadily declining, largely due to factors such as earlier detection, a new personalized approach to treatment and a better understanding of the disease.

### Symptoms

#### Nipple changes

Signs and symptoms of breast cancer may include:

- A breast lump or thickening that feels different from the surrounding tissue.
- Change in the size, shape or appearance of a breast.
- Changes to the skin over the breast, such as dimpling.
- A newly inverted nipple.
- Peeling, scaling, crusting or flaking of the pigmented area of skin surrounding the nipple (areola) or breast skin.
- Redness or pitting of the skin over your breast, like the skin of an orange.

#### When to see a doctor

If you find a lump or other change in your breast — even if a recent mammogram was normal — make an appointment with your doctor for prompt evaluation.

For More information: <https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness>





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# Male Breast Cancer

## Overview

Male breast cancer is a rare cancer that begins as a growth of cells in the breast tissue of men.

Breast cancer is typically thought of as a condition that happens in women. But everyone is born with some breast tissue. So anyone can get breast cancer.

Male breast cancer is rare. It happens most often in older men, though it can occur at any age.

Treatment for male breast cancer typically involves surgery to remove the breast tissue. Other treatments, such as chemotherapy and radiation therapy, may be recommended as well.

## Symptoms

### Nipple changes

Signs and symptoms of male breast cancer can include:

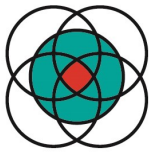
- A painless lump or thickening of the skin on the chest.
- Changes to the skin covering the chest, such as dimpling, puckering, scaling or changes in the color of the skin.
- Changes to the nipple, such as changes in the skin color or scaling, or a nipple that begins to turn inward.
- Discharge or bleeding from the nipple.

### When to see a doctor

Make an appointment with a doctor or other health care professional if you have symptoms that worry you.

For More information: <https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness>





October 2023

## Powerful Tools FOR Caregivers

# POWERFUL TOOLS FOR CAREGIVERS PROGRAM

**October 19 - November 30**

**EVERY THURSDAY 4:30 PM-6:00 PM**

**Doug Otto United Way Center, 1531 13th St., Columbus**

Date	Topic of Class
October 19 <sup>th</sup>	“Taking Care of You”
October 26 <sup>nd</sup>	“Identifying & Reducing Personal Stress”
November 2 <sup>th</sup>	“Communicating Feelings, Needs, & Concerns”
November 9 <sup>th</sup>	“Communicating in Challenging Situations”
November 16 <sup>th</sup>	“Learning from our Emotions”
November 30 <sup>th</sup>	“Mastering Caregiving Decisions”

*Powerful Tools for Caregivers* is an educational series designed to provide you with the tools you need to take care of yourself. This program helps family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful resources.

This program is designed for those who are long-distance caregivers, caregivers to individuals with disabilities, grandparents raising children, caregivers of older adults, and those living with dementia.

**Program is Free, but registration is required.**

**Call (812) 372-6918 ext. 2403 to register.**

**Deadline to register: October 12, 2023**



**Thrive Alliance**  
Enhancing lives. Building communities.

Do you have an email address? Want to receive your newsletters electronically? Submit your email address to me for future correspondence! You can email me at [asimo@thrive-alliance.org](mailto:asimo@thrive-alliance.org). If you desire a listing of caregiver support groups whether live or virtual please e-mail or call me at **812-372-6918**. We also have a Thrive Alliance Caregiver Resources Facebook group. Email or call if you would like to be a part of the group.



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# Gingered Pumpkin Bisque

## Total Time

Prep: 15 minutes    Cook: 35 minutes

Makes 4 servings.



*Gingered Pumpkin Bisque Recipe photo by Taste of Home*

## Ingredients

- 1/3 cup chopped shallots
- 1/4 cup chopped onion
- 1 teaspoon minced fresh gingerroot
- 1 tablespoon canola oil
- 2 tablespoons all-purpose flour
- 1 can (14-1/2 ounces) chicken broth
- 1/3 cup apple cider or juice
- 3/4 cup plus 2 tablespoons canned pumpkin
- 2 tablespoons plus 1-1/2 teaspoons maple syrup
- 1/8 teaspoon dried thyme
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon pepper
- Dash ground cloves
- 1/2 cup heavy whipping cream or half-and-half cream
- 1/4 teaspoon vanilla extract
- Additional heavy whipping cream, optional

## Directions

1. In a small saucepan, saute the shallots, onion and ginger in oil until tender. Stir in flour until blended; cook and stir for 2 minutes or until golden brown. Gradually stir in broth and cider. Bring to a boil; cook and stir for 2 minutes or until thickened.
2. Stir in the pumpkin, syrup and seasonings. Return to a boil. Reduce heat; cover and simmer for 10 minutes. Remove from the heat; cool slightly.
3. In a blender, process soup in batches until smooth. Return all to the pan. Stir in cream and vanilla; heat through (do not boil). If desired and drizzle individual servings with additional cream.





# HAPPY OCTOBER WORD SEARCH

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

AUTUMN  
BATS  
BLACK CAT  
CANDY  
CIDER  
COSTUMES  
FALL  
FOOTBALL  
GHOST  
HALLOWEEN  
HAPPY

HAYRIDES  
JACK O LANTERN  
OCTOBER  
ORANGE  
PUMPKIN PATCH  
PUMPKINS  
SCARECROWS  
SCARY  
SPOOKY  
TRICK OR TREAT

