

Autumn carries more gold in its pocket than all other seasons.

—Jim Bishop

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Prevent The Flu

As the summer ends, the leaves change and temperatures begin to slowly drop, the holiday season is not the only season on the horizon. With flu season activity increasing in October, it is imperative to know the basics of influenza, how it spreads, and how to keep yourself flu free.

Flu is a respiratory illness caused by various influenza viruses and it is highly contagious. Those who are at a high risk for catching the flu are older and younger people. And those with health conditions. The illness can range from mild

to severe with the most severe cases causing hospitalization or death.

Those who have the flu



may spread it to others through coughing, sneezing, or talking. It is also possible to pass on the flu

to someone else before you know you are sick. Others can be infected by the flu one day before symptoms develop and up to seven days after becoming sick.

Flu shots are available to BRHA residents on :

October 10, 2018 from 10am until 11am at Stant Hall Lounge and from 1pm until 2pm at the RSB.

Vaccination is FREE with most insurance. They are also available at most primary care facilities and local pharmacies.

Smoke Free Policy

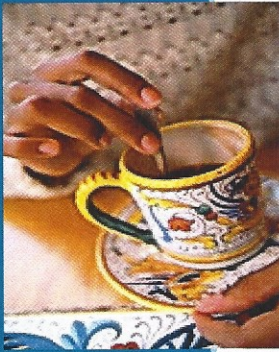
BRHA has implemented a Smoke Free Policy for all property's managed by the agency. Smoking is not permitted in any buildings, parking lots or on any grounds. You must be off BRHA property to smoke. BRHA does have information on Smoke Free Assistance. Please call the FAW or FAWP offices and we will be glad to share this information with you at 276-821-6270 or 276-821-6269.



**This is a
Smoke-Free
Property**

**Thank You for
Not Smoking**

October is Breast Cancer Awareness Month



“One in eight women in the US will be diagnosed with breast cancer in her lifetime.”

One in eight women in the US will be diagnosed with breast cancer in her lifetime. Breast cancer is the most commonly diagnosed cancer in women and second leading cause of cancer death among women. This is why it is important for women to be aware of breast cancer signs and symptoms, and learn what the key is to early detection of breast cancer. We encourage women to take the time this month to educate yourself on breast cancer awareness.

- Know the symptoms and signs. The discovery of a new lump or any change in the breast tissue or skin is a telltale early warning sign.
 - Know how to perform a breast self-exam. It is important for women to perform a routine breast self-exam each month.
 - Schedule a mammogram annually.
- Lead a healthy lifestyle—
- Maintain a healthy weight
 - Stay active
 - Eat fruits and vegetables
 - Do Not Smoke
 - Limit alcohol consumption
- We encourage women to take the time this month to become educated on breast cancer awareness.

Recipe of the Month: PUMPKIN SPICE LATTE

Ingredients:

- 1 cup Milk
- 2 Tablespoons pure pumpkin puree
- 1 Tablespoon sugar

- 1/4 teaspoon pumpkin pie spice, plus more for sprinkling
- 1/4 teaspoons pure vanilla extract
- 1/4 cup hot espresso or strong brewed coffee
- Sweetened whip cream, for serving

Directions:

1. Combine the milk, pumpkin puree, sugar, pumpkin pie spice and vanilla in a medium microwave safe bowl, cover the bowl with plastic wrap and vent with a small hole.
2. Microwave until the milk mixture is foamy, about 30 seconds.
3. Pour the coffee into a large mug and add the foamed milk.
4. Top with whipped cream and a sprinkle of pumpkin pie spice.



Announcements

Loom Knitting

AT RSB
(709 Clinton Ave)
October 11th and 25th
2:00 PM

Computer Lab

At RSB
Monday
1:00pm—3:00 pm
Thursday
3:00 pm—5:00pm

GED Classes

At RSB (709 Clinton Ave.)
Mondays and Wednesday
9:00 am until 12:00 Noon



Postponed- Bristol First Annual Senior Day

Appalachian Independence Center has announced Senior Day planned for October 5, 2018 at Cumberland Square Park, in Bristol VA has been postponed.

A new date will be set and will be posted.



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Happy Halloween

October 2018

Devils
and
Angels

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



If you would like to see your birthday here give me a call at 276-821-6269.

Be Safe

Artwork by - Marthy Preis