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Maitland Manor News

Message from Rylee Bechard, Interim Program Manager



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Maitland Manor LTC

National Boss Day—October 17, 2022

Big thank-you goes out to the Leadership team. Your hard work and dedication is truly appreciated!!

October is National Breast Cancer Awareness Month

October focuses on the challenges associated with breast cancer in men and women during National Breast Cancer Awareness Month.

About Breast Cancer

Breast cancer is the most common cancer among Canadian women. It is the second leading cause of death from cancer in Canadian women. It is estimated that in 2022:

- 28,600 Canadian women will be diagnosed with breast cancer. This represents 25% of all new cancer cases in women in 2022.
- 5,500 Canadian women will die from breast cancer. This represents 14% of all cancer deaths in women in 2022.
- On average, 78 Canadian women will be diagnosed with breast cancer every day.
- On average, 15 Canadian women will die from breast cancer every day.
- 270 Canadian men will be diagnosed with breast cancer and 55 will die from breast cancer.



Tips for Everyday Health

Learn more about the changes you can reduce within your current lifestyle.

- **Limit alcohol.** The more alcohol you drink, the greater your risk of developing breast cancer. The general recommendation — based on research on the effect of alcohol on breast cancer risk — is to limit yourself to no more than one drink a day, as even small amounts increase risk.
- **Maintain a healthy weight.** If your weight is healthy, work to maintain that weight. If you need to lose weight, ask your doctor about healthy strategies to accomplish this. Reduce the number of calories you eat each day and slowly increase the amount of exercise.
- **Be physically active.** Physical activity can help you maintain a healthy weight, which helps prevent breast cancer. Most healthy adults should aim for at least 150 minutes a week of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly, plus strength training at least twice a week.

October 2022

Our deepest sympathy
is extended to the families of

Gerard B.
Paul H.
Yvonne F.



Resident Council Meeting

October 17, 2022
At 2pm
Poplar Dining Room

SPECIAL EVENTS

Oct 4—National Taco Day
Oct 7—World Smile Day
Oct 10—Thanksgiving
Oct 12—The Price is Right Game
Oct 14—Pub Night and Music
Oct 18—2022 Municipal Election Voting
Oct 19—Music with Ron Allin
Oct 20—Birthday Party
Oct 24—Music with Bernie Gilmore
Oct 25—Halloween Scavenger Hunt
Oct 26—Decorating Pumpkins
Oct 27—Spooky Trivia
Oct 31—Halloween, Halloween Social, Handing out Candy