

BREAST CANCER

AWARENESS

The month of October recognizes breast cancer and helps people become more aware of the facts and prevention methods that are behind this disease. Learn more!

1/8

women have a chance of invasive breast cancer during a lifetime.*



1/37

women will die from breast cancer.*

“Breast cancer death rates have been going down. This is probably the result of finding the cancer earlier and better treatment.”

3.1 million survivors



Help Eliminate Risks

There are certain measures you can take to stay healthy and reduce your risk of breast cancer.

1. Be Physically Fit
2. Eat Your Fruits & Vegetables – and Avoid Too Much Alcohol
3. Get a Mammogram** and Conduct Regular Self-Examinations

There are certain risk factors that cannot be changed such as age, gender, and family history, but you can take certain steps like those listed above to lower your risk and catch the disease early.**

Sources: *<http://www.cancer.org/cancer/breastcancer/>

**<https://siteman.wustl.edu/prevention/take-proactive-control/8-ways-to-prevent-breast-cancer/>



USANA

BULLYING FACTS

Bullying is unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance

The behavior is repeated, or has the potential to be repeated, over time (US Department of Health & Human Services)

FACT

1 in 5

high school students are bullied in the US



That's

8.2 Million

every year



Bullying Happens in Many Ways



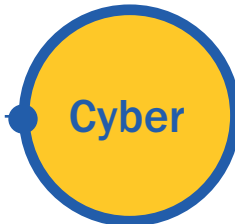
- Teasing
- Name Calling
- Inappropriate Sexual Comments
- Taunting
- Threatening to Cause Harm



- Being Purposefully Exclusive
- Telling Others Not to be Friends with Someone
- Spreading Rumors
- Embarrassing Someone in Public



- Hitting / Kicking / Punching
- Spitting
- Tripping / Pushing
- Taking or Breaking Someone's Things



- Takes Place Using Technology
- Includes Cell Phones, Computers, and Tablets
- Using Social Media Sites, Text Messages, and Websites

October is **Domestic Violence Awareness Month**

———— #NYGoesPurple4DV —————

**Contact the NYS Domestic and
Sexual Violence Hotline
for help **24/7****

TEXT. CALL. CHAT.

844.997.2121

800.942.6906

OPDV.NY.GOV

Be an Ally. Make the Call.



Office for the
Prevention of
Domestic Violence

Start the Conversation: Be a Better Ally

Family and friends can play a vital role in helping survivors of intimate partner violence. This Domestic Violence Awareness Month, learn how you can be a better ally for the survivors in your life.

1. Initiate conversation

Talk with them *privately* about the abuse. Don't force them, and let them know it is safe to talk to you.



2. Believe them

Many victims fear not being believed. Express that you hear them and believe what they're telling you.

3. Listen without judgement

Survivors can feel shame for what's happened. Don't judge them for their past experiences or decisions.

4. Validate their experience

Survivors want to be heard. Practice active listening skills and validate what they are telling you.

5. Ask how they want to be supported

Be sure to *ask them* what they want and need. Don't impose your thoughts and feelings on them.



6. Build on their strengths

Survivors are strong! Point out the ways in which they have adapted to solve problems, develop courage, and stay determined.

7. Support their decision

Show support for the decisions a survivor makes. They know their relationship best and the risks they feel comfortable taking.

If you're concerned about safety, you can say: "your situation sounds dangerous and I'm concerned about your safety, how can I help?"

8. Give them control

Give survivors control and don't dictate what they should do. Empower them to make their own decisions.

9. Take it seriously

Domestic violence can be deadly. Always take it seriously and follow these tips when helping a survivor



Office for the
Prevention of
Domestic Violence

NEW YORK STATE DOMESTIC AND SEXUAL VIOLENCE HOTLINE

TEXT.

CALL.

CHAT.

844.997.2121

800.942.6906

OPDV.NY.GOV

FREE. CONFIDENTIAL. 24/7. AVAILABLE IN MOST LANGUAGES.



CONGRATULATIONS to the following employees who celebrate milestone years of service in **October!**

| | | | | | |
|----------|------------------|--------------------------------|----------|-------------------|------------------------|
| 33 Years | William Gray | Lead Butcher | | | |
| 31 Years | Kevin Hammond | Heating Plant Supervisor | 10 Years | Patrick Norton | Custodian |
| 27 Years | Molly Rhoad | Administrative Assistant III | 5 Years | Tyler Brock | Sous Chef |
| 26 Years | Edwin Hill | Laborer A/Heavy Equip Operator | 5 Years | David Sprague | Custodian |
| 23 Years | David McGrath | Custodian | 5 Years | Chad Morig | Senior Project Manager |
| 23 Years | Buckley Lawrence | Custodial Squad Leader | 5 Years | Andrew Mulligan | Master Carpenter |
| 22 Years | C Robert Lester | Culinary Operations Manager | 5 Years | Jamie Ware | Electrician A |
| 22 Years | Bruce Boudro | Laborer A/Heavy Equip Operator | 5 Years | Christopher Henry | Master Plumber/Fitter |
| 21 Years | Matt Trombly | Mgr Concession Activities | | | |
| 21 Years | Lynn Guthrie | Work Process Administrator | | | |
| 20 Years | William Bacon | Custodian | | | |
| 15 Years | Stephen Tisdale | First Cook | | | |
| 15 Years | Jeffrey Seamans | Custodian | | | |



For this purpose, milestones dates are based on Service Date, the start date of full-time benefited employment.

lgbtTM
HISTORY
MONTH
2023

WWW.LGBTHISTORYMONTH.COM

Free Icon Videos, Biographies, Resources and Downloads

OCTOBER
31 Days, 31 Icons.



Icons Featured Here, L to R, Top: Eddie Izzard, Penny Wong, Andre Leon Talley, Carl Nassib, Leslie Gore, Mpho Tuto.
Bottom: Jazmine Hughes, Allen Schindler Jr., Brittney Griner, Chasten Buttigieg, Maura Healey, Michael Stipe.



OCTOBER 2023

Monthly / Weeklong Events

- Breast Cancer Awareness Month
- Bullying Prevention Month
- Domestic Violence Awareness Month
- LGBTQ History Month
- Family History Month

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|---|---|---|---|---|---|------------------------------------|
| 1 | 2 <i>International Day of Nonviolence</i> | 3 | 4 | 5 <i>Robert Potter Retirement Party & Holiday Glove Order Deadline</i> | 6 <i>\$5 Lunch 53 Commons</i> | 7 <i>Football vs. Yale</i> |
| 8 | 9 <i>Indigenous Peoples Day & Harvest Dinner @ '53 Commons</i> | 10 <i>World Mental Health Day</i> | 11 <i>National Coming Out Day (LGBTQ+)</i> | 12 | 13 | 14 |
| 15 <i>Tuck Reunion</i> | 16 <i>Waste Reduction Week & Bosses' Day</i> | 17 <i>Town Hall</i> | 18 | 19 <i>Spirit Day (LGBTQ+ anti-bullying)</i> | 20 <i>Dartmouth night/Homecoming</i> | 21 <i>Football vs. Columbia</i> |
| 22 <i>International Stuttering Awareness Day</i> | 23 | 24 <i>Cider and Chili Event</i> | 25 | 26 | 27 | 28 |
| 29 <i>Holiday Photos on the Football Field</i> | 30 | 31 <i>Halloween & Halloween Dinner @ '53 Commons</i> | | | | |

NOVEMBER 2023

Monthly / Weeklong Events

- Diabetes Awareness Month
- National Native American, American Heritage Month

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|---|--|------------------------------------|---|--|----------------------------------|--|
| | | | 1 <i>All Saints' Day & National Stress Awareness Day</i> | 2 <i>Dia de Muertos & All Souls' Day</i> | 3 <i>\$5 Lunch 53 Commons</i> | 4 <i>Football vs. Princeton</i> |
| 5 <i>Rain Day for Holiday Photos</i> | 6 | 7 | 8 | 9 <i>World Freedom Day & World Adoption Day</i> | 10 | 11 <i>Veterans Day & Football vs. Cornell</i> |
| 12 | 13 <i>World Kindness Day</i> | 14 <i>Fall Term Classes end</i> | 15 | 16 <i>International Day for Tolerance</i> | 17 | 18 |
| 19 <i>International Men's Day</i> | 20 <i>Transgender Day of Remembrance & Universal Children's Day</i> | 21 | 22 <i>Fall Term Exams End</i> | 23 <i>Thanksgiving Day</i> | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |