



## October's National Awareness Month

### Breast Cancer Awareness Month

There is a one in eight chance for a woman in the U.S. to be diagnosed with invasive breast cancer. There is also a 1 in 1,000 chance for a man to develop breast cancer. Women living in the U.S. with breast cancer are more likely to die from breast cancer than any other cancer, besides lung cancer. Thus, how does one develop breast cancer, what are the signs and symptoms and what are the preventable actions?

There are some factors doctors and scientist have found that can increase a woman being diagnosed with breast cancer. They are diet/ lifestyle, age and family history. Therefore, any woman whose extended and or immediate family has had breast cancer is more likely to develop breast cancer. The older a woman becomes, the higher the risk becomes. Lastly, a woman who smokes, drinks, has a high-fat intake, and does not exercise regularly are also more likely to develop breast cancer. Consequently, what are the significant indicators one should look for?

There are several signs and symptoms of breast cancer, some are as followed. A change in how the breast or nipple feels, such as tenderness or a lump near the breast or underarm area. A change in the breast or nipple appearance, such as an inverted nipple, unexplained swelling of the breast, unexplained change in the size or shape of the breast or any recent disproportionateness of the breast. Lastly, any nipple discharged, specifically clear discharge or bloody discharge.

Thus it is imperative to detect the disease early. For this reason, with monthly self-breast exams, regular mammograms, breast exams by one's health care provider and spreading the importance of early detection can assist you, a family and friend stay health. However, contact your family doctor if you notice anything unusual.

### Domestic Violence Awareness Month

Domestic violence is defined as any pattern abusive behavior, within any relationship, that results in intentional harm by a partner to gain or maintain power and control over another partner. In the U.S., every 15 seconds a woman is beaten by her spouse or partner.. Thus, what are the warning signs and what can one do if they are a victim?

There are several classifications of domestic violence. They are, but not limited to, physical, sexual, emotional and economic abuse. Therefore, some of the warning signs of domestic violence are, pushing, unwanted sexual touching in public or in private, making partner feel guilty, belittling partner, providing an allowance, confiscating partner's money, preventing partner from obtaining or keeping a job, using children to relay messages, destroying property and controlling. Consequently, there are several things a victim can do if they have experienced one or all of these signs.

There are several steps a victim of domestic violence can do. They are, call law enforcement and report the incident. Obtain an Order of Protection. If necessary, seek medical attention to have injuries documented and photographed. Go to a safe place, such as a domestic violence shelter. Tell someone you trust about the abuse. Lastly, have a safety plan. For more resources on domestic violence, call the National Domestic Violence Hotline at (800)799-7233.

## What's Happening at True To Life

### Life of a Child Kick Off

Life of a Child is a community based prevention initiative program which identifies and addresses the early developmental needs of infants and toddlers from ages zero to three. Life of a Child is currently within four Chicago High Schools and four Chicagoland shelters. Therefore, in September we kicked off our program within the four Chicago High Schools informing staff and students about our program and the assistance we can provide to our participating families.



### TTL Pilot Mentoring Program

True To Life Foundation is excited to launch their TTL Oh Shift! Teen Mentoring Program. The teen mentoring program enables TTL to support the teenage population within the Chicagoland community. The mentoring program is a co-ed mentoring program for teens ranging from ages 13 to 15 years of age. The program will consist of group mentoring with the usage of the well known Oh Shift! For Teens curriculum, as well as two supplemental evidence based curriculums. The program will also have peer to peer mentoring, mentor-mentee meetings/ matching, and a Teen Advisory Council. We are currently in the recruitment phase. Therefore, if you would like to nominate a teen, please feel free to contact the True To Life Foundation main office at (773) 374-7046.

## Trick-or-Treating Safety Tips for Parents

"Trick-or-Treat, give me something good to eat!" Halloween is the time of the year where your little ones dress up as their favorite cartoon character, princess, super hero and etc. But before you send off your child (ren) off this year, parents should consider the following precautionary safety tips.

1. Have your child carry or wear something lit (i.e. glow bracelet, light-up shoes)
2. Plan out a route in advance
3. Be sure your child's mask enables them to see and breathe
4. Trick or treat only at houses that are lit
5. Keep track of time and don't trick or treat after 9pm
6. Check your child's candy. Sort and throw away any candy that is not in its original wrapper or wrapper appears to be tampered with



## October Family Fun in Chicago

### Haunted House at Navy Pier

Fear Haunted House  
Night Show: \$20  
Day Show: \$12  
October 2-Nov 2, 2014

### Boo! At the Zoo

Brookfield Zoo  
October 18-19 & 25-26, 2014  
Cost

### Halloween at the zoo

Spooky Zoo Spectacular  
Lincoln Park Zoo  
Cost: Free

### Clark Street Spooktacular

October 25, 2014  
Time: 1:00pm-5:00pm  
Cost: Free

### Halloween at Navy Pier

October 24-31, 2014  
Saturday Fireworks at 9:30pm  
Costume contest and trick-or-treating for ages 12 and under  
Cost: Free

## Upcoming TTL/ Life of A Child Events

### October 2014

#### True To Life Foundation Halloween Group

When: October 30, 2014  
Location: True To Life Foundation Main Office  
Time: 5:00pm-6:00pm

### November 2014

#### Family Time at the Zoo

When: November 7, 2014  
Location: Brookfield Zoo  
Time: TBA

#### Client Appreciation Dinner

When: November 13, 2014  
Location: Avalon Park Library  
Time: 3:00pm-5:00pm

### December 2014

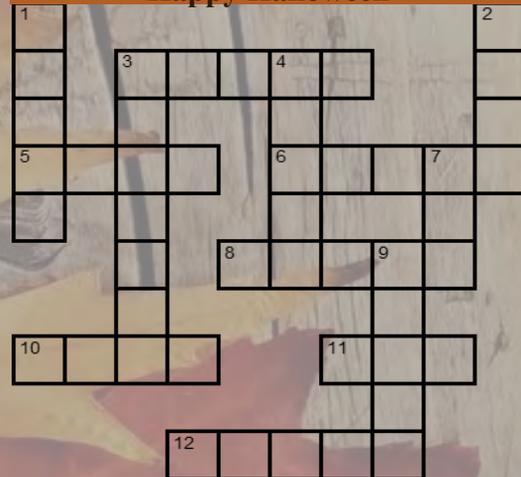
#### Night at the Museum

When: December 23, 2014  
Where: Kohl's Children Museum  
Time: TBA

#### Movie Night

When: December 30, 2014  
Where: Avalon Park Library  
Time: TBA

## Happy Halloween



### Across

3. A funny costume.
5. What do you wear on your face?
6. \_\_\_\_-or-treat!
8. Scary thing that says boo.
10. Roasted pumpkin \_\_\_\_.
11. Small black animal that can fly.
12. Kids get lots of this.

### Down

1. A monster with many bandages.
2. \_\_\_\_-o'-lantern
3. What do you wear on Halloween?
4. A woman with a pointy black hat.
7. A witch's pet.
9. Spooky Costume