



# WEALTH IN WELLNESS

## OCTOBER WELLNESS NEWSLETTER

Brought to you by the Monroe County Personnel and Health Departments

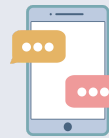
### IMPROVE YOUR COMMUNICATION THROUGH LISTENING

Being a good listener fosters a sense of connection and belonging when communicating with others. Although the words hearing and listening are often used interchangeably, they can mean very different things. Hearing refers to the passive intake of sounds, while listening is an intentional act to better understand the sounds you hear. When listening with intent to respond, rather than understand, you may be relying more on hearing than listening. To become a better listener, try some of the strategies below.



#### Be Mindful

Notice where your attention is in the moment. If you catch it wandering, gently redirect your focus to be more present.



#### Ditch Distractions

Use small gestures, such as putting your phone face down or turning away from your computer, to stay focused and attentive.



#### Stay Curious

Ask open-ended and prompting questions to show curiosity, convey interest, and learn more.



#### Validate Emotions

Avoid trying to solve a problem or give advice. Instead, acknowledge and affirm the other's thoughts and feelings.



#### Express Interest

Give non-verbal cues like eye contact and head nodding to stay connected while also taking note of the other person's body language.

### DO YOU HAVE A FIRE ESCAPE PLAN FOR YOUR HOME?

October is Fire Prevention Month! Now is the perfect time to practice your home fire escape plan with your family and loved ones. If you don't have a fire escape plan, now is a great time to make one. Developing a fire escape plan for your home is crucial to ensure the safety of your family in case of a fire.

- Start by identifying all possible exits from each room, including windows and doors. Make sure that all family members know how to unlock and open windows and doors, especially if they have security bars.
- Assign a meeting place outside the house where everyone can gather after evacuating.
- Practice the fire escape plan regularly with your family and update it if necessary.



Remember that every second counts in a fire, so be prepared and stay safe. Learn more about fire prevention and safety at [redcross.org](https://www.redcross.org).

**Sign up for free Adult CPR/AED/First Aid classes throughout October-December. Contact Personnel for more information. \*Available to Monroe County employees only.**

## OCTOBER IS BREAST CANCER AWARENESS MONTH

Breast cancer is the most common cancer among women worldwide and early detection is key to improving survival rates. The American Cancer Society recommends that women should start getting mammograms yearly from the age of 45, while women aged 40-44 should have the option to start annual mammograms if they wish. Those with a higher risk of breast cancer, such as those with a family history of the disease, should start screenings earlier and consider additional tests such as MRIs.



Regular screening can help detect breast cancer in its early stages, when treatment is most effective. It's important for women to discuss their individual risk factors and screening options with their healthcare provider.

In addition to regular screenings, there are many lifestyle steps you can take to help reduce your risk of developing breast cancer. Maintaining a healthy weight, aiming for 150 minutes of moderate physical activity or 75 minutes of vigorous activity per week, eating a balanced diet, and limiting alcohol consumption can all help contribute to maintaining a healthy lifestyle and reducing your risk for developing disease.



## WHAT'S HAPPENING THIS MONTH?

### VIRTUAL LEARNING TABLE

Attend our monthly virtual "Learning Table" sessions to learn more about improving your health and well-being:

- **October:** Suicide Prevention Awareness with Charles Weaver from the Monroe County Veterans Services and Suicide Prevention Taskforce

Thursday October 12th at 8:15am or  
Thursday October 26th at 3:30pm

- **November:** Tobacco and Vaping Prevention with Sue Danielson, RN Public Health Nurse from Monroe County Health Department

Thursday November 9th at 8:15am or  
Thursday November 30th at 3:30pm



### Join our Zoom Meeting:

<https://bit.ly/3Hr1Ztn>  
Meeting ID: 872 7191 0533  
Passcode: 690755



**Is your bingo card filling up?** Make sure to keep completing activities on your Wellness Bingo card. The end of 2023 will be here before we know it! Keep an eye out for end-of-year wrap up instructions coming next month.

**We value your feedback!** Help us improve next year's wellness program by taking our short survey at <https://www.surveymonkey.com/r/FCHKKWZ>