



## Wellness Matters



### SUMMIT ESC's WELLNESS PROGRAM

Energize, Socialize, Come Alive!

## October 2020

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### October Focus- Breast Cancer Awareness

#### What Is Breast Cancer?

Breast cancer is a type of cancer that starts in the breast. Cancer starts when cells begin to grow out of control. Breast cancer cells usually form a tumor that can often be seen on an x-ray or felt as a lump. Breast cancer occurs almost entirely in women, but men can get breast cancer, too. It's important to understand that most breast lumps are benign and not cancer (malignant). Non-cancerous breast tumors are abnormal growths, but they do not spread outside of the breast. They are not life threatening, but some types of benign breast lumps can increase a woman's risk of getting breast cancer. Any breast lump or change

needs to be checked by a health care professional to determine if it is benign or malignant (cancer) and if it might affect your future cancer risk.

## Breast Cancer Signs and Symptoms

Knowing how your breasts normally look and feel is an important part of breast health. Although having regular screening tests for breast cancer is important, mammograms do not find every breast cancer. This means it's also important for you to be aware of changes in your breasts and to know the signs and symptoms of breast cancer. The most common symptom of breast cancer is a new lump or mass. A painless, hard mass that has irregular edges is more likely to be cancer, but breast cancers can be tender, soft, or round. They can even be painful. For this reason, it's important to have any new breast mass, lump, or breast change checked by an experienced health care professional. For more information about signs and symptoms, click [here](#).

## What's New in Breast Cancer Research?

Researchers around the world are working to find better ways to prevent, detect, and treat breast cancer, and to improve the quality of life of patients and survivors. Researchers have discovered new possible causes, preventions, testing, and treatments. Click [here](#) for more information.

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### Fall Wellness Challenge

The Summit ESC Wellness Committee is challenging you to join the Summit Metro Parks Fall Hiking Spree!



Click [here](#) for information and to register.

Once you have completed the Hiking Spree, submit your form [here](#) to be entered into a prize drawing.

### Fall Hiking Spree Brochure

*Take photos of your hiking adventures and send them to Tracie Collins at [Traciec@summitesc.org](mailto:Traciec@summitesc.org). You might see yourself in our next newsletter or on our social media!*

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**Summit ESC Flu Shot Clinics**  
**October 16 & 23, 2020**  
**11:00 a.m. – 1:00 p.m.**



Please complete this form to secure the day and time you would like to receive your flu shot.

Flu Shot Appointments: <https://forms.gle/tQ2pZWVhBtkmr2fD8>

The Summit ESC is offering our annual Employee Flu Shot Clinic. The flu shots are free for employees who have ESC provided health insurance, including any dependents\*\* listed on your insurance. \*\*Please complete the form for each dependent that you are making an appointment for.

Employees can still schedule an appointment to receive the flu shot if your insurance is not provided by the ESC. The cost of the flu shot is \$29.00 each.

The flu shot clinics will be held IN ROOM 22 at the ESC Central Office, 420 Washington Ave. in Cuyahoga Falls.

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# Walking

## Wednesdays

**Put on your walking shoes!**

**EVERYONE WELCOME!**

**When:** Wednesdays at 10:00am

**Where:** Meet at the Reception Desk. We'll walk outdoors (weather permitting) .  
rainy.

**Walking is a low-impact exercise that promotes cardiovascular health, can boost productivity, and improves mood.**

**Take a break, stretch your legs, enjoy the fresh air, and enjoy some social distanced social time!**



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### Healthy Autumn Recipes

- [Apple-Lemon Breakfast Bowl](#)
- [Apple Overnight Oats](#)
- [Apple-Walnut Breakfast Bread](#)
- [Apple-Maple Cinnamon Rolls](#)
- [Kale, Apple, Quinoa Salad](#)



- [Autumn Mixed Greens Salad](#)
- [Buddha Bowls](#)
- [White Chicken Chili](#)
- [Balsamic Glazed Chicken](#)
- [Harvest Chicken Casserole](#)
- [Spicy Salmon Bowl](#)
- [Pumpkin Alfredo](#)
- [Harvest Bowls](#)
- [Stuffed Acorn Squash](#)
- [Raspberry-Apple Crumble](#)
- [Raw Apple Crumble](#)

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