



October 2025

NEWSLETTER



 **October is Breast Cancer Awareness Month** 

Breast Cancer and Aging: Why Awareness Matters

Breast cancer risk increases with age, and nearly one-third of diagnoses occur in women over 70. Unfortunately, outcomes for older patients are often poorer, partly due to delayed diagnosis and less intensive treatment. Factors such as additional health conditions, transportation challenges, limited social support, and concerns about quality of life may influence care decisions.



Research gaps also contribute, as older women are often underrepresented in clinical studies. Raising awareness of these disparities is vital to ensure older women receive timely screenings, appropriate treatment, and the support they need for better outcomes.

Strategies for a Mentally Healthy Halloween

- Know Your Boundaries
- Opt for Lighthearted Alternatives
- Plan Transitions & Exit Strategies
- Avoid Triggering Costumes and Stereotypes
- Keep Routine & Self Care in Mind
- Use Reflection & Grounding Tools
- Reach Out if You Need Support



Halloween often gets painted as a lighthearted holiday of costumes, candy, and spooky fun — but beneath the surface, it carries deeper emotional and psychological implications for many people. Halloween doesn't have to be all gloom or all glitter. It can be a season of playful transformation, shared experiences, and even personal growth — if approached thoughtfully and with awareness of your mental landscape.



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Meet our Transportation Specialist, TRP



Meet Carl, our transportation specialist. From a young age, Carl was fascinated by cars. After high school, he followed his passion and became a self-taught auto mechanic. By the age of 19, he was managing an auto repair shop. After a decade in the automotive world, Carl transitioned into a new role as a General Foreman. Over the next 15 years, he supervised operations across several industrial and nuclear power plants, overseeing more than 150 union workers. Seeking a new chapter, Carl moved his family from New York to Florida, where he launched Carl's Delivery Service, partnering with Pier 1 Imports to deliver furniture throughout the region. After successfully running the business for 25 years, Carl sold it and entered retirement. But retirement didn't quite suit Carl. He began driving for Uber. One day, he transported a client from Twin Rivers Pathways and was inspired by the impact the organization had on those it served. He heard how wonderful the program was in helping people work through life's stressors and knew instantly it was somewhere he'd like to be a part of—and the rest, as they say, is history.



- October is Breast Cancer Awareness Month
- Oct. 5-11 Mental Illness Awareness Week
- October 10th is World Mental Health Day
- October is Substance Use & Misuse Prevention Month
- October 31st is Halloween

Every October, communities across the nation observe Substance Use & Misuse Prevention Month to raise awareness about the dangers of drug and alcohol misuse and to highlight the importance of healthy choices. Prevention efforts focus on education, early intervention, and building strong support systems that empower individuals to live substance-free lives. By promoting coping skills, resilience, and open conversations, we can reduce risk factors and strengthen protective factors that keep individuals and families safe. Together, prevention helps create healthier communities and brighter futures.



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