

The Right at Home Herald

Guelph Wellington

October 2015
Volume 1/Issue 5

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Month

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Laugh..The Right Way



October Health Issue: Breast Cancer Breast Cancer Awareness Month

Currently in Canada, screening for breast cancer is recommended for women of average risk between the ages of 50 and 69. Regular screening for breast cancer is recommended for this age group because about half of all new cases of breast cancer occur in women between 50 and 69 years of age. **The most reliable way to find breast cancer early is screening mammography.** Talk to your doctor about your personal risk of breast cancer and take advantage of screening tests or programs in your area.

Signs and Symptoms of Breast Cancer

The signs and symptoms of breast cancer can also be caused by other health conditions. It is important to have any unusual symptoms checked by a doctor. Signs and symptoms of breast cancer can include (but not limited to):

- a lump in the breast – the most common first sign
- a lump in the armpit (axilla)
- changes in breast shape or size
- skin changes
- nipple changes

Events Coming Up

CIBC Run for the Cure Sunday October 4

This year promises to be an exciting, powerful, and memorable experience for everybody involved. We invite you to run or walk with us on October 4 for the 2015 CIBC Run for the Cure.

Contact 519-341-4101 or vol_guelph@cbcfrun.org for more information on how to register or get involved.

Canadian Breast Cancer Foundation
CIBC Run for the Cure

Pink in the Rink

Friday October 23 at 7:30pm

Guelph Storm vs. Niagara IceDogs

Have some fun while supporting Breast Cancer Awareness and the Canadian Cancer Society during a Guelph Storm game!

Call or email Michelle Horwood for tickets at mhorwood@ontario.cancer.ca or 519-824-4261

At Right at Home, we are here to help.

Contact us for more information: Phone: 519-265-7887 Email: careguelph@rightathomecanada.com

Upcoming Community Events

Guelph GoGo Grandmothers (4Gs) "Fabulous Fabric and Fibre Frenzy Sale"

Saturday, October 3, 2015, 9:00 AM - 2:00 PM

Dublin Street United Church, 68 Suffolk St. W

The 4Gs are holding their second annual "Fabulous Fabric and Fibre Frenzy Sale;" bargain prices on donated fabric, yarn. Visit <http://gggg.ca> for more information.

Evergreen Resturant Thanksgiving Dinner

Thursday October 8, 2015

\$15 +HST

Guelph Wellington Seniors Association

683 Woolwich Street, Guelph

For more information call 519-823-1291

Knit Together Community

Wednesday, October 7, 2015, 10:30 AM - 12:00 PM

Hespeler Library: 5 Tannery St. E., Cambridge

Coffee, tea, conversation and time to knit; for beginners to advanced; bring own needles, wool and project; drop-in every Wednesday until December 30. For more information call 519-658-4412

Kitchener Waterloo Oktoberfest

October 9-17, 2015

<http://www.oktoberfest.ca>

9th Annual FGPL Used Book Sale

October 23-25, 2015

Location: the former JL's Home Hardware at 389 Speedvale Ave. W. To contact a member of the book sale team email fgplbooksale@gmail.com



GWSA Halloween Howl Dance

Friday October 30 1:15 PM-3:15 PM

Evergreen Seniors Community Centre (683 Woolwich St) Tickets are \$7 purchased in advance from the front desk. For more information call 519-823-1291

Recipe Roundup

Pumpkin Muffins



INGREDIENTS

- 3/4 cup vegetable oil, plus more for pan
- 1 1/2 cups whole-wheat flour, spooned and leveled
- 1 1/2 cups all-purpose flour, spooned and leveled
- 2 teaspoons baking powder
- 1 tablespoon pumpkin pie spice
- 1/2 teaspoon baking soda
- 2 cups pumpkin puree
- 1 cup plain low-fat yogurt
- 3 large eggs
- 1 cup turbinado sugar, plus 2 tablespoons more for sprinkling
- 1 1/2 cups coarsely chopped walnuts

DIRECTIONS

- 1 Preheat oven to 350 degrees. Brush 12 jumbo muffin tins with oil; set aside.
- 2 In a medium bowl, whisk flours, baking powder, pumpkin pie spice, and baking soda; set aside.
- 3 In a large bowl, whisk oil, pumpkin puree, yogurt, eggs, and 1 cup sugar to combine; add 1 cup walnuts and reserved dry ingredients. Mix just until moistened (do not overmix).
- 4 Divide evenly and spoon batter into muffin tins; sprinkle tops with remaining walnuts and sugar.
- 5 Bake until a toothpick inserted in the center of a muffin comes out clean, 35 to 40 minutes. Cool 5 minutes in pan.

Source: <http://www.marthastewart.com/355570/pumpkin-muffins#Pumpkin%20Recipes/274288/pumpkin-recipes/@center/276955/seasonal-produce-recipe-guide/355570>