



# This Month's News

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## Dear Families:

Summer has flown by, but we welcome these nicer temperatures as we have officially arrived in October. We look forward to many fun events in the coming weeks. We invite you out to our center Trunk or Treat on October 27th! Bring your little ones for some fun!

## Special Thanks:

A special thank you to all who made our Fall Festival in September a huge success! We appreciate you and have a wonderful time.

## Important Dates for October:

- National Healthcare Foodservice Week Oct 2nd - 8th
- NHC Bookkeeper's Day is October 14th
- Network Pharmacy week is the 16th -22nd
- National Breast Cancer Awareness Month

## Breast Cancer Awareness Month

October is Breast Cancer Awareness Month. Breast cancer is the most common cancer among women in the U.S. and the world. 1 in 8 women in the U.S. will be diagnosed with breast cancer within their lifetime. It is important to raise awareness in order to promote early detection when it is most treatable. If you would like to learn more [CLICK HERE.](#)





October



**Breast Cancer**

Awareness Month

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## Flu Vaccine

It's time to roll up your sleeves and get the flu shot. The CDC recommends receiving the flu vaccine, especially for your loved ones over 65. This population is at greater risk for complications from the flu virus such as pneumonia, sinus infections, and sepsis. To learn more about the flu vaccine, please [CLICK HERE](#).



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**Walk to End Alzheimer's**



NHC is joining 600+ communities in the Walk to End Alzheimer's. As the most common type of dementia, this disease affects approximately 5.8 million people. Join us in our effort to fight Alzheimer's! If you would like to learn more [CLICK HERE.](#)



**WALK TO  
END  
ALZHEIMER'S**

alzheimer's association

**WALK WITH  
US AS WE  
FIGHT TO  
END  
ALZHEIMER'S**

Thank you,

Kaitlin Bailey

Administrator, NHC HealthCare Moulton

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NHC HealthCare Moulton  
300 Hospital Street  
Moulton, AL 35650  
256-974-1146

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 256-974-1146 (TTY: 7-1-1). (Spanish)

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 256-974-1146 (TTY:7-1-1). (Portuguese)

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