

## OCTOBER 2023

Greetings Brothers and Sisters.

It appears fall like weather is settling in here in Central Oregon. This month, I would like to remind you that October it is breast cancer awareness month. Last year THREE of my friends were diagnosed with breast cancer. One of these women is still battling the disease a year after her diagnosis.

I am asking all my brothers and sisters of the Auxiliary to PLEASE, make sure to do your self exams. YES, men can get breast cancer too. If your doctor recommends that you get a mammogram, please, just go and get it done. I know that it is uncomfortable and embarrassing, but it could save your life. Breast cancer can be treatable, but the key is catching it quickly.

Every one of you is special to me and important. If you see or feel anything usual, please go to the doctor and get it checked out.

I am here for you. If you need a friend to listen or a shoulder to cry on, I am here for you.

As always, my thoughts and prayers are with you.