

# HAV-IT MONTHLY

**October 2025**



If you get a chance, stop by the Center on Brewster Street to check out our spooky doors! A lot of work, time, and artistic dedication went into these doors and we are enjoying them daily!

Thank you to our amazing team for sharing your talents!

You can vote for your favorite door and the winner will be announced on Halloween!

**Did you know...**October is **National Attention-Deficit/Hyperactivity Disorder Awareness Month**. An orange ribbon is the widely recognized symbol for ADHD awareness. ADHD is a neurodevelopmental condition affecting attention, hyperactivity and impulsivity. Many organizations aim to educate people of stereotypes and misconceptions surrounding ADHD while highlighting both the challenges and triumphs of people to promote better understanding of the complexities it plays in everyday life.

**Did you know...**October 15th is **Pregnancy and Infant Loss Remembrance Day**. This is a day of remembrance for pregnancy loss and infant death-including miscarriage, stillbirth, SIDS, and the death of a newborn. If you have experienced such a loss, our prayers are with you.

**Did you know...****Breast Cancer Awareness Month** is also in October. The key messages of breast cancer awareness focus on encouraging early detection, primarily through regular mammograms, knowing and recognizing changes in your body, understanding lifestyle factors that may reduce risks. There is also a large community available to provide support for both patients and their families. Many organizations wear pink and spread the word to raise funds for research and patient care.

**Did you know...**October was first declared as **National Domestic Violence Awareness Month** in 1989. "An average of twenty people are physically abused by intimate partners every minute. This equates to more than ten million abuse victims annually. One in three women and one in four men have been physically abused by an intimate partner." (nctsn.org) If you or someone you know is silently struggling through this, please call 1-800-799-7233 or text BEGIN to 88788.

**Did you know...**October is also **National Book Month**! As an avid reader, I'm thrilled this is in my favorite month of the year. National Book Month celebrates reading, writing, and literature. Reading holds an immense amount of benefits:

- ⇒ Helps to increase your vocabulary
- ⇒ Improves your communication skills
- ⇒ Improves your focus and memory
- ⇒ Increases your creativity and expands your imagination
- ⇒ Increases knowledge as you expand your mind and learn new things

Best of all, reading can provide boundary breaking communication across cultures and generations. What has been your favorite read so far this year?

**Also...**Happy **Halloween** on October 31st!!

**"ALONE, WE CAN DO SO LITTLE; TOGETHER, WE CAN DO SO MUCH"**

**HELEN KELLER**

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**"We can't help everyone, but everyone can help someone."**

-RONALD REAGAN-

***Be somebody who makes everybody feel like a somebody.***

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## Contact Us

Please send feedback/ contributions regarding our monthly newsletter to:

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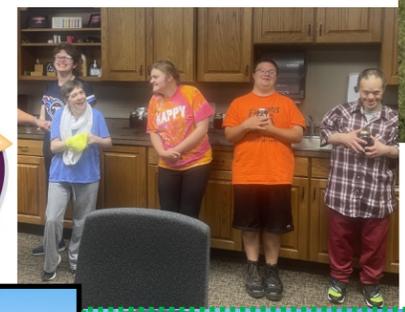
melodys@hav-it.org

**HOMECOMING**





A wonderfully sunny day enjoyed outside picking grapes together! Later, everyone made jelly to try-it was delicious!



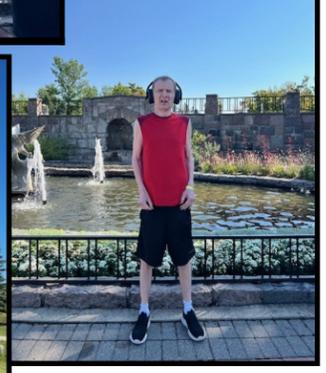
Taking advantage of a late summer at the local golf course and creating fun memories. What a great way to get moving in the sun with some fresh air.



Who doesn't love a fun visit to the park!



Berry Acres Pumpkin Patch, Dog Walking, Outdoor Experiments and Swing Time



Creating special memories at the Peace Gardens

