

# THE HEARTBEAT

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MEALS ON WHEELS COLLIN COUNTY

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## BREAST CANCER: MYTH BUSTING

**Myth:** A mammogram can cause breast cancer to spread.

**Truth:** A mammogram, or x-ray of the breast, currently remains the gold standard for the early detection of breast cancer. Breast compression while getting a mammogram cannot cause cancer to spread.

**Myth:** Men do not get breast cancer; it affects women only.

**Truth:** Each year it is estimated that approximately 2,190 men will be diagnosed with breast cancer.

**Myth:** Finding a lump in your breast means you have breast cancer.

**Truth:** Only a small percentage of breast lumps turn out to be cancer. But if you discover a persistent lump in your breast or notice any changes in breast tissue, it should never be ignored.

## SAFETY NET REQUESTS

Do you need incontinence supplies?

Do you need protein or extra food?

Do you need Pet Food?

Do you need hygiene products?

Do you need Masks and Sanitizer?

If you would like to make a request or learn more contact 972-562-6996.

## EMERGENCY MEAL BAGS

You should have received a weeks' worth of emergency meals October 17th. If you have not received emergency meals, please reach out to the front desk at the number below. Reminder: Use these for holidays or emergencies.



## Secret Santa Wishlist

We hope you are excited for the holiday season. We definitely are.

If you have not returned your list, please do so as soon as possible to a volunteer. If you have not received a list to fill out, please call the front desk at (972) 562 - 6996.

### Thanksgiving:

For those that request it, MOWCC will provide an additional hot meal to be delivered on Wednesday, November 25th. The meal can be refrigerated and heated up on Thanksgiving Day, November 26th. Be on the lookout for the form in the coming weeks.



## TALK TO US

Meals on Wheels Collin County wants to make a special effort to stay in touch with you during these unprecedented times. We are looking to talk to you in the form of virtual calls, more newsletters, and better two way communication.

If you would like to be a part of the virtual calls program please call (972) 562 - 6996 or your social worker. The virtual calls program includes: over the phone wellness checks, assessments, group calls, and meal enrollment eligibility,

What would you like to see in future newsletters? Call (972) 632 - 3114 or email [rossr@mowcc.com](mailto:rossr@mowcc.com) with your feedback!

Do you have any suggestions as to what Meals on Wheels can do better for you? Call (972) 562 - 6996 and leave a message or email [rossr@mowcc.com](mailto:rossr@mowcc.com) and we'll do our best to make Meals on Wheels a better program for you.

Are there any items you need? Just ask! We have our Senior Safety Net and are always looking to get the best items for you. Call (972) 562 - 6996

## WEEKEND DELIVERIES

To better serve you, Meals on Wheels Collin County will attempt to deliver meals and services more frequently on the weekends, especially with the holiday season coming up. Look forward to your emergency meals, secret santa, and more in the near future.