

# Stepping it Up

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## Upcoming Events

### Breast Cancer Awareness Month

October 2014

Help raise awareness on the importance of health screening in women.

### Red Ribbon Week

October 23-31, 2014

“Respect Yourself, Respect Your Health, Be Drug Free”

TLC Spirit Week will be held from October 27th through the 31st.

### Employee Potluck Lunch

October 28, 2014

Prevention, Nursing, Maintenance and Somerset Outpatient are happy to announce that in honor of Red Ribbon Week we will be hosting a variety of red colored food! Menu is posted in the Staff Lounge.

### TLC Spotlight

October 2014

Every month an employee will be recognized through TLC's Spotlight bulletin board. Last Month, our Director Brooke McKenzie was recognized and this month Tess Lowe is in the Spotlight!

*Know yourself, you are unique, priceless and a gift to this world.*

- Apoorve Dubey

## Red Ribbon Week

The 29th annual National Red Ribbon Week campaign is being held this week, October 23-31, 2014. The campaign originally started after Special Agent Enrique Camarena, an 11-year veteran of the DEA, assigned to the Guadalajara, Mexico, was kidnapped, brutally tortured and eventually killed because he was very close to unlocking one of the country's biggest marijuana and cocaine trafficking pipeline.

In honor of his dedication and courage, to the anti-drug cause, his family and friends started wearing red ribbons bringing awareness to his ultimate sacrifice of life. Now it is estimated that 80 million people participate in this campaign every year.

Twin Lakes Center celebrates this week by wearing red ribbons and participating in Spirit Week! Remember to wear your red, white and blue attire on Monday if you “Elect to be Drug Free”.

Tuesday: Wear your work out gear for “Living drug-free is no sweat.”

Wednesday: Wear your rockstar gear for “A drug-free life rocks”

Thursday: Wear your sports jersey for “Team up against drugs”

Friday: Costume Day! “Drugs are a trick. Life is a Treat!”

## Employee of the Quarter Congratulations Marilyn!



**Marilyn Miller** is part of our nursing staff at our Somerset location. She is recognized for her continued communication with all departments in times of change, reliability during times of low staff, maintaining a positive attitude during tricky times and giving the best possible care to all of our patients!