



## THE POWER OF PUMPKIN

The power of the pumpkin is found in its ingredients which consist of Vitamins A, C, and E, flavonoids, and antioxidants. This low calorie food is also a great source of beta-carotene, a carotenoid that your body converts into vitamin A. When consuming this piece of heaven, you need to know that they are available in all shapes and sizes. [www.healthline.com](http://www.healthline.com)



## IN OCTOBER....



Of course we all know October 31st is Halloween, but did you know October 1st is International Day for the Elderly? October 1st is also International Coffee Day which gives you the perfect reason to sit and have a cup of coffee with someone a little older and quite possibly even a little wiser. And the month of October is Breast Cancer Awareness Month so don't forget to wear pink along with your Halloween gear.

Local events in October include:

October 1st—ACLA's Latin Music Festival in Parc International from 4-10pm

October 14-16th Festival Acadien in Girard Park

October 22nd—Trunk or Treat at St. Julien Park in Brossard from 5-8pm

## DON'T FORGET TO HYDRATE!

The human body is made of at least 60% water. During the summer months, just stepping outside can cause some perspiring which is also a reminder to drink water. When the weather cools off, we often forget to stay hydrated, but here are a few benefits of drinking water that might keep you motivated to continue hydrating all year long:

- Helps lubricate joints and spinal cord so you can move easier and feel less discomfort.
- Helps break down food while eating which will assist in digestion and prevent constipation.
- Improves your performance in physical activity. Hydration affects your strength, power and endurance.
- Drinking water has a direct result on your focus, alertness and short-term memory.
- Water can help promote collagen production and help keep your skin hydrated.
- Helps circulate blood oxygen throughout your body which helps replace cells that wear out which supports our immune system functions.



## WELCOME (and welcome back) TO THE FONTANA FIT FAMILY

Tina Olivier, Donna O'Brien, Becky Rodrigue, Denise Nugent, June Hurdle, Karen Guidry, Elizabeth Gaspard, Wade Sparks, Kelly McManus, Lisa Mazza, Dennis Norman, Carol Delahoussaye, Mike Delahoussaye, Morgan Mendoza, Beronica Jourden, Frank Flato, Ginger Walker, Lee Brossard, Owen Risher, Khristy Hulin, Noah Hulin, Ann Crownover, Ellen Foret, Lee Countryman, Loretta Rush, Mary Stockstill, Marcelo Davis, Kelli Davis, Gwen Simon, and Mary Conner

## MEMBER SPOTLIGHT



We would like to introduce Ms. Hannah Vedrines as our spotlighted member this month. Hannah is 36 years old and a mother of two children. In July 2020, Hannah was diagnosed with breast cancer and had a double mastectomy shortly after her diagnosis. On the very same day Hannah became a member of the Fontana FitFamily, she received news from her doctor that her cancer had unfortunately returned. Not only had it returned, but it returned as the most aggressive form of cancer with very little treatment possibilities. Despite the devastating news, she started exercising because she felt like being fit was her only advantage over fighting cancer. And she was right!! Since July 2022, Hannah has made exercising a priority. She says she attempts to strength train and get in a good run 5 times a week but usually lands it at 3 days a week. Hannah confessed that when she runs, she feels like she is running for her life...literally. By the grace of God, Hannah's condition has miraculously improved from a triple negative to a

positive form of cancer with more treatment options that she has already started. SHE IS SUCH A WARRIOR!! Hannah's advice to anyone starting a fitness journey or just life in general is to, "Embrace failure. Failing is a part of the journey. Keep trying over and over until you reach your goal." Hannah, you are truly an inspiration and a remarkable young woman. Your positive outlook on life while dealing with cancer is unbelievable. Most people in your shoes would rightfully be upset and depressed but you manage to keep calm and fight on. Never lose that fire!

We always enjoy hearing everyone's success stories so please share them with us. You might be in next month's Member Spotlight.

## STAFF RECOMMENDATION

If it is taking you more time to recover from any type of sickness than you are willing to wait, try DRIP IV at Neuromend. It is located at 4906 Ambassador Caffery Parkway in Building B. After having a stomach virus, it is important to replenish electrolytes amongst other things to help you feel like yourself again. Drip IV Therapy will get your body back on track and feeling rejuvenated in no time.



## FALL HARVEST SQUASH ROLLS

RECIPE BY: THE OLD FARMER'S ALMANAC FAVORITE FALL RECIPES , BOYS TOWN 2022

### INGREDIENTS:

2 tablespoons active dry yeast	1/2 cup lukewarm water
Scant 3/4 cup vegetable shortening	1/2 cup sugar
2 eggs	1 cup cooked & mashed winter squash
1 cup warm milk	8 cups all-purpose flour, plus more as needed
1 teaspoon salt	

### INSTRUCTIONS:

Dissolve yeast in warm water. Set aside until foamy. In a bowl, cream shortening with sugar. Beat in eggs. Add squash and mix until blended. Add warm milk and yeast mixture. Slowly add flour and salt. Continue to mix until dough pulls away from side of bowl. Add flour as needed to make a soft dough, being careful not to add too much. Let dough rise, covered, until doubled in size. Punch down, cover, then let rise again until doubled.

Preheat oven to 375 degrees. Grease four 9-inch cake pans. Divide dough into 4 equal pieces, then divide each quarter into 12 pieces. Shape each piece into a ball.

Place balls in single layer, touching, in prepared pans. Cover and let rise until doubled. Bake for 20 minutes, or until lightly browned. Remove from pans and set aside to cool.

*\*Have an idea for the newsletter? Email [Jessica@fontanacenter.com](mailto:Jessica@fontanacenter.com) or call us at 337-234-7018.\**