
AUTISM NEWS NETWORK

By: Kristina Blake

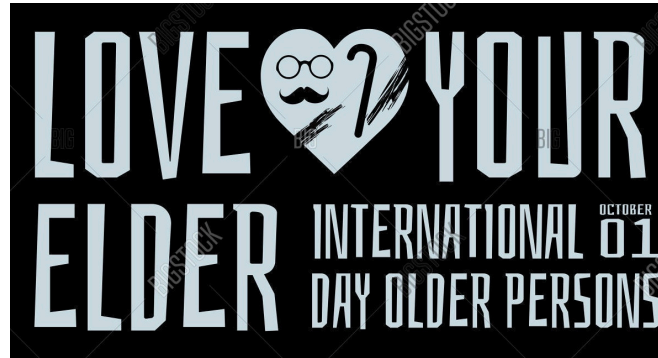
The month of October **International Music Day**

Since the first International Music Day on October 1, 1975, over 150 countries across the globe have celebrated the power of music to unite societies, communities, and people. The day offers people an occasion to celebrate music and contribute towards a more peaceful, joyful, and harmonious society. Events on this day include concerts, exhibitions, seminars on creating music, lectures, music conferences, and so forth.



International Day of Older Persons – October 1, 2022

Older people are fonts of wisdom, experience, and storytelling. They can inspire us to continue striving — or warn us of dangers we’re unaware of. We should look to them for guidance whenever and wherever possible. Unfortunately, far too often we tend to forget — or, worse, downright ignore — the older people in our lives.



Adopt a Shelter Dog Month

Community shelters make it a priority to match each dog with a compatible owner and environment to support the dog’s best second chance at a loving and stable forever home. Amazing Facts about dog ownership. 1. Increased physical activity and socialization. 2. Better Stress Management (Petting a dog has a calming effect on people by stimulating the release of relaxation hormones), 3. It can lower blood pressure and heart rate. (Humans experience a reduction in blood pressure and a decrease in heart rate when petting a dog).



National Fire Pup Day

It's time to honor their bravery, Animals have a long history of assisting humans in dangerous situations. Fire pups are just as brave — and deserve to be recognized — just as much as dogs who have worked in wars, during natural disasters, or at crime scenes.



National Bookshop Day – October 1, 2022

October is a good time for new books to come out in the run-up to Christmas. For National Bookshop Day and the start of the important fall selling season, bookshop owners are encouraged to hold parties, events, and book signings in their stores.



American Pharmacists Month

American Pharmacists Month is observed during the month of October. It is a celebration of the invaluable work done by pharmacists and the vital role that they play in society.

Healthcare providers
deserve all the
recognition that they




can get.

Blindness Awareness Month

An estimated 2.2 billion people around the globe suffer from some form of visual impairment or blindness – including everyone who simply wears corrective lenses. One billion of these cases could have been prevented or is yet to be addressed. So, we should all understand how to maintain optimal eye health and how to navigate life with visual impairments, whether for ourselves or loved ones.

Breast Cancer Awareness Month

A woman is diagnosed with breast cancer every two minutes. Innovations in research, surgical options and clinical trials give women many more options. With early detection, a woman’s survival rate goes up. That’s why breast self exams are an important way for women to give their “girls” a fighting chance.



Breast Cancer Awareness Month

Breast Cancer is most found in women who are 50 years old or older.

About 281,550 new cases of invasive breast cancer will be diagnosed in women.

The average risk of a woman in the United States developing breast cancer sometime in her life is about 13%.

At this time there are more than 3.8 million breast cancer survivors in the United States. This includes women still being treated and those who have completed treatment.

Breast cancer is the second leading cause of cancer death in women. The chance that a woman will die from breast cancer is about 1 in 39

Some risk factors for breast cancer are not being physically active, obesity, menopause, taking hormones, reproductive history, and drinking alcohol.

Anthony Portillo

Country Music Month

After classical music, country music was among the first genres of popular American music. It developed as a fusion of church music, folk music, and African-American blues in the southeastern states of America. The instruments used to play country music were the mandolin, fiddle, acoustic guitar, banjo, and autoharp. Country music went commercial in Tennessee, Dolly Parton reigns supreme!!! She holds the record for the most top 10 albums on the 'Billboard Top Country Albums' chart. At age 81, country singer Willie Nelson still sells out shows.



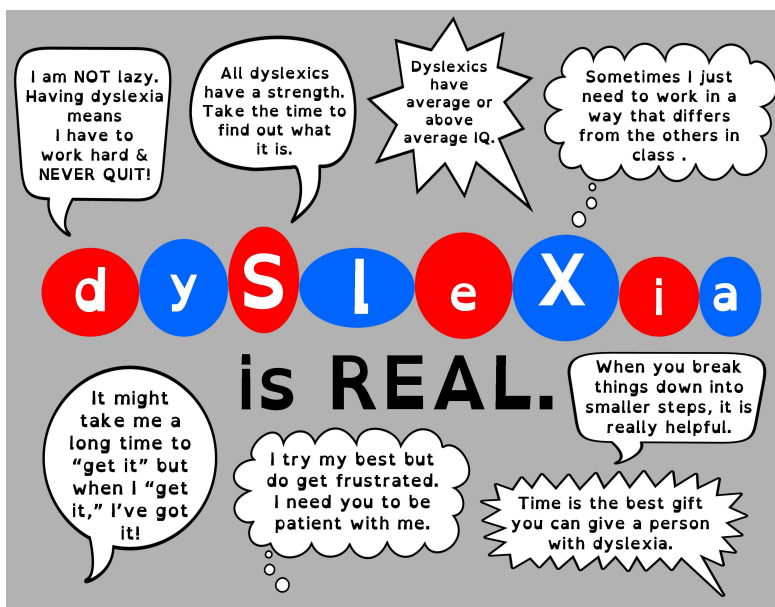
Down Syndrome Awareness Month

Down syndrome occurs across the human spectrum and is the most common chromosomal condition. Each year, about 6,000 babies are born with Down syndrome — a 1 in 700 chance. The prevalence of Down syndrome increases with the mother's age. It is associated with delays in physical growth, characteristic facial features and intellectual disability. In fact, the average IQ of an adult with Down syndrome is equivalent to that of an 8-year-old.



Dyslexia Awareness Month

Dyslexia is not a disorder of any kind; but is a learning impairment that causes problems with writing, reading, and spelling. The intelligence of dyslexic people is unaffected. Approximately 70% — 85% of children placed in special education for learning disabilities are dyslexic. Dyslexics don't 'see' words backward, it's the deficits caused by the interpretation of left and right.



Emotional Wellness Month


Mental and emotional stress can translate into negative physical reactions, a weakened immune system, and poor health.

“Emotional wellness” refers to our ability to process feelings in a healthy, positive way and manage the stress of everyday life. If you feel stressed or overwhelmed, try a soothing activity like meditation or yoga to slow down and clear your mind. Did you know good sleep and a healthy diet can have powerful effects on your emotions? If you’re feeling depressed or anxious, make sure you’re getting proper rest and eating nutritious food. High levels of stress can lead to physical complications like high blood pressure, headaches, and even chronic conditions like diabetes.



Halloween Safety Month

Halloween is a time for creative costumes, trick-or-treating, soul cakes, and jack-o'-lanterns. Unfortunately, it is also a time when accidents happen and, therefore, it is vital that we understand the dos and don'ts while celebrating Halloween. Road accidents increase during Halloween, There's a high risk of fire accidents, and the candy also may not be safe.





Adults:

- Slow down and be especially alert for kids in neighborhoods
- Turn on your headlights
- Take extra time...look for kids in intersections, medians and on curbs
- Enter and exit driveways and alleys slowly
- Popular trick-or-treating hours: 5:30pm-9:30pm

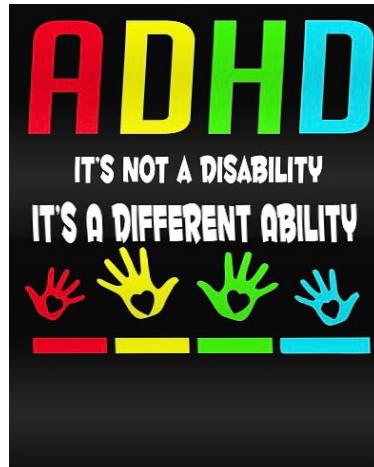
Kids:

- Always trick-or-treat with an adult
- Only trick-or-treat in well-lit, familiar areas
- Never enter a stranger's home
- If trick-or-treating after dark, fasten reflective tape to costumes/bags
- Only eat treats after they have been checked out by your parents



National ADHD Awareness Month

Difficulty with attention, concentration, memory, impulsivity, hyperactivity, and social skills — these are among the signs of attention deficit hyperactivity disorder, which affects millions of Americans.



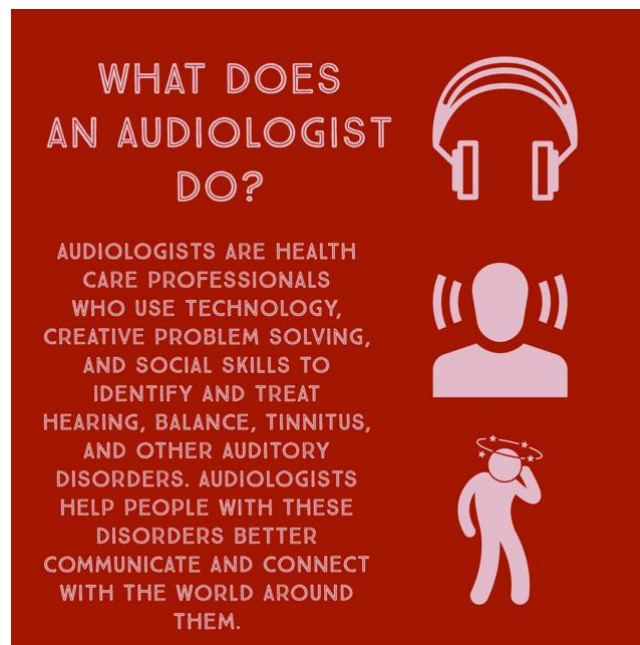
National Animal Safety and Protection Month

Animals are a part of many families and they have a history of making amazing sacrifices for their owners. This period reminds us to be mindful of the wellness of our pets and even wild animals. They are an important part of our lives



National Audiology Awareness Month

Noise pollution is worse than ever, and with our need to have earphones plugged in throughout the day, noise-induced hearing loss is a growing concern. Audiobooks, music, podcasts, calls, T.V. shows, YouTube videos, gaming, and more, Noise pollution negatively affects children Noise-induced hearing loss is preventable. Loud noises can impede brain development. Noise pollution is mentally exhausting, Irregular sleep patterns, fatigue, and a foggy state of mind are potential side effects.



National Depression Education and Awareness Month

Depression can wear you out at the exact time you need all of your strength to fight. Trying to cope is extremely tiring — and it's often difficult to know when others are suffering. This important holiday helps teach us about the signs, symptoms, and treatment options for depression. It also lets all of us know that seeking help — either from a counselor, a trusted friend, or your community — is a sign of hope and strength.

National Pregnancy and Infant Loss Awareness Month

What can you say to a grieving parent after the loss of their baby? How can you give gentle support? This October, discover ways to communicate gently and sensitively to grieving parents and anyone suffering the loss of an infant. There are activities and community resources available and closer than you think.



Animal Welfare Week

Animal Welfare Week is observed every year from October 3 to October 9, to campaign for and support animal rights. It focuses on promoting the humane treatment of all kinds of animals, including pets, farm animals, wildlife, and even those used for medical research and testing. Millions of people are still ignorant about the mistreatment of animals worldwide. All animals deserve love and affection. It is a week for spreading the message of kindness, justice, and protection for all living creatures.



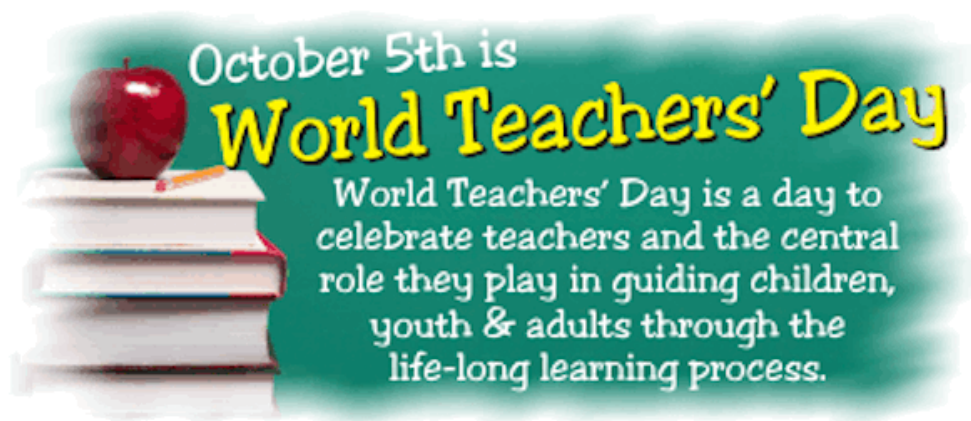
National Truckers Appreciation Day

We tip our hats, or rather our trucker caps, to them and salute an often unnoticed and under-appreciated profession that boasts some of the bravest, kindest men and women in the United States. Truck drivers provide an important societal service by transporting finished goods and raw materials to and from manufacturing plants, retail outlets, and distribution centers. Truck drivers must also inspect their vehicles for mechanical issues or safety concerns. Others, such as driver/sales workers, are in charge of sales, as well as cleaning, preparing and entertaining, and customer service. Truck drivers collaborate closely with warehouse associates and workers to load and unload shipments.



World Teachers' Day – October 5

Almost everybody has a favorite teacher, someone who went above and beyond to encourage you because they could see your potential. Considering that teachers mold future generations, taking one day every year to say “thank you” is the least we can do. No matter where you are in the world today, remember that teachers matter.



World Cerebral Palsy Day

Cerebral Palsy (CP) is an unwelcome global phenomenon. World Cerebral Palsy Day, which occurs annually on October 6, reminds us that there over 17 million people impacted by this disorder. CP is one of the most common physical disabilities affecting the most vulnerable among us — children. Additionally, CP occurs over the span of a child's entire lifetime with no cure. This year, become a catalyst for change to help improve the lives of those with cerebral palsy.



Navy Birthday – October 13

Recognize the brave men and women who have served our country — past and present. it's the largest and most capable navy in the world, with the highest combined battle fleet tonnage. The Navy also boasts the world's largest aircraft carrier fleet, over 300,000 active personnel, and nearly 100,000 in the Ready Reserve. It's a tribute to those who serve Celebrating the men and women who are currently enlisted shows our appreciation for what they do for us.



Vet Nurse Day – October 14/National Pets for Veterans **Day – October 21**

The objective of the holiday is to appreciate the work of veterinary nurses and technicians, and remember the positive impact of their work. It is the perfect time to recognize the irreplaceable work these professionals do.

Remembering Vets-It's important to remember and honor our Veterans as often as possible. Raise Pet Awareness-It raises awareness of how many animals in shelters could make wonderful pets. Mental Health Benefit of Having a Pet It emphasizes the benefits animals provide on a daily basis.



Halloween

Halloween on October 31 is undoubtedly the creepiest, most ghostly holiday of them all. Children dress up as Batman, the Joker, Wonder Woman, or some other favorite character; go to parties or walk their neighborhoods with jack o' lanterns full of sweets as they go trick-or-treating. Spooky decorations fill windows and porches and screams can be heard in living rooms up and down the country as we collectively binge our favorite horror movies.



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