

Did You Know?

WDFS

OF SEASIDE HEALTHCARE

pink october

BREAST CANCER
awareness month



ADHD Awareness Month	October 1
LGBTQ+ History Month	October 1
Breast Cancer Awareness Month	October 1
World Homeless Day	October 10
National Coming Out Day	October 11
World Hunger Day	October 16
Halloween	October 31

No matter who you are or where you live, breast cancer may touch your life. It's necessary to understand the warning signs of breast cancer, your risk of breast cancer, and what's normal for you so you can take action if there are any changes in your breasts or underarm areas.

The COVID-19 pandemic also highlighted the inequities in breast cancer treatments for under-resourced communities across the country, as well as the inequity in treatment between Black and white women. Black women in the U.S. are about 40% more likely to die from breast cancer than white women.

That's why Susan G. Komen encourages you to dedicate this October as a time of action — both for yourself and others.

HOPE

BELIEVE

What is the average risk for breast cancer? The American Cancer Society (ACS) says a woman is considered to be at average risk if they:

- **Have not had a personal history of breast cancer**
- **Do not have a strong family history of breast cancer with multiple people who have been diagnosed**
- **Do not have a genetic mutation that increases the risk of breast cancer, like the BRCA gene**
- **Have not had any chest radiation therapy before the age of 30**

The ACS provides the following guidelines for women at high risk for breast cancer:

Women between 40 and 44 years old can get a yearly mammogram.

- **Women between 45 and 54 years of age should get yearly mammograms.**
- **Women 55 years of age and older can switch to getting a mammogram every other year. Screenings should continue as long as they are in good health and are expected to live at least 10 more years.**
- **All women should know what a mammogram is. They should know what to expect during the test. They should also know what the test can and cannot do. Talk to your doctor or give us a call if you have questions about a mammogram test.**



LOVE

RESPECT

FREEDOM

TOLERANCE

EQUALITY

PRIDE

TRICK
OR
TREAT

CEO Message

Nothing is more "scary" than a community without mental health services. Thank you for being part of the MH field. Here at WD, we believe that mental health is everything. We encourage everyone to prioritize it. Make the time like your life depends on it because it does. We feel privileged to guide individuals and families in the Wright Direction.

- Dr. Ronda Stevens, CEO



HAPPY
Birthday

Freddie Clark 10/1

Sarah Rose Kwiatkowski 10/2

Dr. Danielle Beres 10/6

Julia Buckner 10/8

Katherine Kulick 10/9

Andrea Smoaks 10/12

Brittany Gabe 10/13

Treasure Vaughn 10/13

Asia Brabham 10/16

Shanata Legette 10/18

Teresa Hammond 10/19

Quanese Diggs 10/21



Spread
love
not
hate

Celebrate
small wins

Congratulations

Our very own Genie Brainerd, took on the June Issue Mental Health Challenge and is the winner, featured in the September 2023 Currents of Seaside Healthcare Newsletter!

WE HAVE A WINNER!



Genie Brainerd, CSP

Congrats to **Genie Brainerd**, CSP who took on the Mental Health Challenge from the June Issue. She is the winner of the Young Living Essential Oils Package.

Genie is with Wright Directions Family Services and lives in Beaufort, South Carolina.



BE
YOUR
SELF



Beaufort Shrimp Festival

Fri, Oct 6 – Sat, Oct 7

Henry C. Chambers Waterfront Park, Bay St
Beaufort, SC



Fish And Grits Music Festival

Sat, 1–7PM

Lowcountry Celebration Park, 94 Pope Ave
Hilton Head Island, SC

Habersham Harvest Festival '23

Fri, Oct 13 – Sun, Oct 15

Habersham Marketplace, 13 Market
Beaufort, SC

Eighth Annual Pat Conroy Literary Festival

Thu, Oct 26 – Sun, Oct 29

805 Carteret St
Beaufort, SC

LET
YOUR
LIGHT
SHINE

Fall
is in the
air



IN ALL
Things
GIVE
Thanks

annual **SURFSIDE BEACH**
FALL FAMILY FESTIVAL

October 7, 2023

LIVE MUSIC | FOOD TRUCKS
ARTS & CRAFTS VENDORS
KIDS ZONE

10AM-4PM
SURFSIDE DRIVE

IF BIRDS COULD FLY
JOSH BRANNON BAND

ENJOY THE FAMILY-FRIENDLY ACTIVITIES

1181 Celebrity Circle , Myrtle Beach, SC 29577
Myrtle Beach, SC 29577
Presented By: NS Promos & Events
Dates: October 28, 2023
Location: The Hangout
Time: 8:00 AM





If you or anyone you know may be interested in joining our team, please check out our updated website: <https://wrightdfs.com/>



Careers tab to see all the positions available, as well as the descriptions.

Contact Us

1000 2nd Ave. S. Suite 341
N. Myrtle Beach, SC
29582
843-890-4100
<https://wrightdfs.com>

 Follow



FOR UPDATED CONTENT!!!



WDFS
OF SEASIDE HEALTHCARE
We Give Help & Hope to Families

- Services for Children & Adults
- School-Based Services
- Community Based Services
- Therapy
- Medication Management
- Psychological Testing (Autism, ADHD, & more)

www.wrightdfs.com



BLUFFTON POLICE DEPARTMENT
SAFETY SPOOKTACULAR

OCTOBER 27, 2023 | 5:00PM - 7:00PM
OSCAR FRAZIER PARK

PLEASE JOIN US FOR A NIGHT OF HALLOWEEN FUN!
MEET LOCAL FIRST RESPONDERS WHILE TRUNK-OR-TREATING

 **bluffton** 



TRUNK OR TREAT
Saturday, October 28, 2023
3:00 PM - 6:00 PM
Hwy. 278 (Flea Market) ~ Fairfax, SC

Door prizes, refreshments, treat bags and more!
Monetary and candy donations are welcome!
THIS IS A FREE FAMILY EVENT!!

For vendor or more info contact:
Tiffine Forester (803) 842-0202
Tonia Capers-Jones (803) 686-0179
Crystal Isham (803) 842-0149

COSTUME CONTEST BEGINS AT 4:00 PM
TRUNK OR TABLE DECORATING BEGINS AT 1:00 PM