FOTM
Families On The Move of New York City, Inc. (FOTM)
Yesterday, Today, Tomorrow...Families On The Move.



Welcome to The FOTM October Newsletter!



October: A Month of Awareness, Advocacy, and Community

As we welcome October, we embrace a month dedicated to awareness, advocacy, and community connection. October reminds us of the importance of supporting one another through Breast Cancer Awareness Month and Domestic Violence Awareness Month, two observances that encourage education, compassion, strength, and hope. Together, we honor survivors, remember those we have lost, and reaffirm our commitment to creating safe, healthy, and supportive communities for all.

Amid these meaningful observances, October also brings the fun and excitement of the fall season. From colorful autumn days to festive Halloween celebrations, this month offers opportunities to come together, make lasting memories, and enjoy the spirit of the season. We invite you to join us throughout the month as we recognize important causes, celebrate community, and continue moving forward with purpose, support, and a sense of connection.

Breast Cancer Awareness Month: Hope, Strength, and Support

October is Breast Cancer Awareness Month, a time to raise awareness about the impact of breast cancer, honor survivors, remember those we have lost, and support individuals and families affected by the disease. This month serves as an important reminder of the value of early detection, regular screenings, and access to quality healthcare.



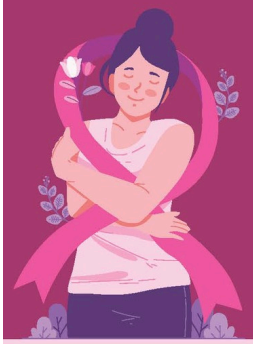
At FOTM, we stand in solidarity with those whose lives have been touched by breast cancer. Together, we can help spread awareness, encourage preventive care, and offer compassion and support to those on their journey. By educating ourselves and promoting healthy practices, we contribute to a stronger, healthier community where no one faces breast cancer alone.

"Hope, strength, and support make a difference."



Annual Mammograms: A Simple Step That Saves Lives

Early detection is one of the most powerful tools in the fight against breast cancer. An annual mammogram can catch changes in breast tissue before symptoms appear, often leading to earlier and more effective treatment. If you're 40 or older—or have a family history of breast cancer—talk to your doctor about scheduling your yearly screening. It’s quick, it’s essential, and it could be life-saving. Make your health a priority—book your mammogram today.



Breast Health Matters:

Knowledge That Empowers

Breast Cancer Facts

- 1 in 8 women will be diagnosed with breast cancer in their lifetime
- Regular self-checks can be done in just a few minutes
- Lifestyle factors like diet and exercise affect risk levels
- Early detection through self-exam and screening can save lives
- Breast cancer is the most common cancer in women worldwide
- Family history increases risk, but most cases occur without it



Over 90% survival rate if detected at an early stage

Breast Cancer Survival Rate

- More than 2 million new cases are reported globally each year
- About 30% of all cancers in women are breast cancer.
- Less than 1% of cases occur in men, but it is still possible

Breast Cancer Prevention Tips

1. Do regular self-breast exams
2. Schedule routine screenings/mammograms
3. Maintain a healthy weight & Exercise regularly
4. Eat a balanced, nutritious diet
5. Manage stress and get enough sleep



Breast Cancer Healthy Tips

Do Regular Self-Checks

Take a few minutes each month to check your breasts.

Routine Screenings

Mammograms and medical check-ups for early detection

Stay Active Everyday

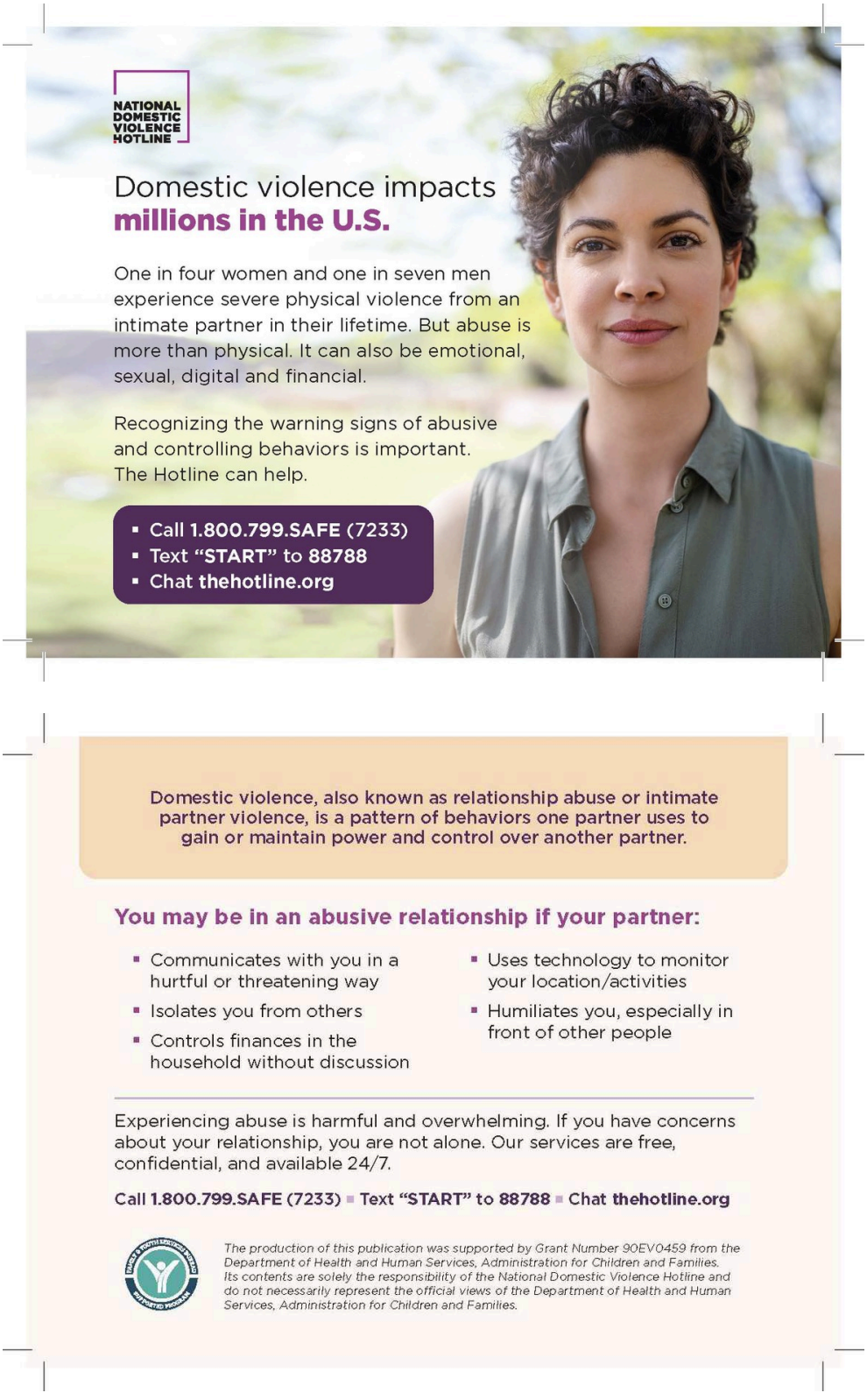
Exercise at least 30 minutes a day to maintain a healthy

Domestic Violence Awareness Month: Break the Silence, Support the Survivors



October is Domestic Violence Awareness Month, a time to raise awareness, support survivors, and promote healthy, safe relationships within our families and communities. Domestic violence affects individuals of all ages, backgrounds, and circumstances, and its impact extends far beyond the home.

This month, we stand together to educate, advocate, and encourage open conversations that help break the cycle of abuse and reduce stigma. By increasing awareness, supporting prevention efforts, and connecting individuals to available resources, we can help create safer environments where everyone feels valued, respected, and empowered. Together, we can make a difference by promoting hope, healing, and a future free from violence.



Halloween Safety Tips for a Spooktacular Night!

As Halloween approaches, excitement builds for costumes, candy, and community fun!

Whether you're trick-or-treating, attending a fall festival, or hosting a haunted house, safety should be part of the plan. Here are a few key reminders to keep the night festive and safe:

Costume Check

• Choose bright or reflective costumes to stay visible in the dark.

• Make sure masks don’t obstruct vision—face paint is a great alternative!

• Avoid long or loose clothing that could cause trips or falls.



Street Smarts

• Always walk on sidewalks and cross streets at corners or crosswalks.

• Carry flashlights or glow sticks to light the way.

• Stay in groups and keep younger children with a trusted adult.

Treats with Care

• Inspect all candy before eating—look for sealed wrappers and avoid homemade treats from strangers.

• Be mindful of allergies and choking hazards for little ones.

Home Safety

• Keep walkways clear and well-lit for visitors.

• Secure pets indoors to prevent stress or accidental escapes.

• Use battery-powered lights instead of candles in jack-o’-lanterns.

Let’s make this Halloween a safe and memorable one for all!

Stay alert, have fun, and enjoy the magic of the season.

A Season of Awareness and Community Care

As we close out this October edition, we encourage everyone to take a moment to reflect on the importance of awareness, compassion, and community.

FOTM

Families On The Move of New York City, Inc. (FOTM)

Yesterday, Today, Tomorrow...Families On The Move.

Throughout the month, we recognize Breast Cancer Awareness Month and Domestic Violence Awareness Month, honoring the strength of survivors, remembering those we have lost, and reaffirming our commitment to supporting individuals and families impacted by these challenges.

As families and communities prepare to celebrate Halloween, we also encourage everyone to prioritize safety by planning ahead, staying visible while trick-or-treating, supervising young children, and practicing good judgment throughout the festivities. Together, we can enjoy the fun and excitement of the season while keeping our loved ones safe.

Thank you for being part of our community and for helping create a culture of support, awareness, and care. We wish you a safe, healthy, and happy Halloween, and look forward to connecting with you in November!

Kind regards,
Families On The Move of New York City, Inc.

©2026 Families on The Move of NYC, Inc. | 358 St. Marks Place Suite 302, Staten Island, NY 10301

Web Version Forward Unsubscribe

Powered by
GoDaddy Email Marketing ®