

November
2022



Custom is our standard

November Newsletter "THINK PINK Edition"

Issue #6



Letter from ACE Team

October was Breast Cancer Awareness month. On October 13th, ACE employees wore pink to work to show their support for people impacted by breast cancer. Everywhere you looked you saw pink. The feeling of support and camaraderie was incredible.

1 in 8 women in the United States will be diagnosed with breast cancer in their lifetime. It is the most common cancer in American women, except for skin cancer. On average, every 2 minutes a woman is diagnosed with breast cancer in the United States. This year an estimated 43,550 women will die from breast cancer.

The good news is, there are over 3.8 million breast cancer survivors in the United States, including members of our ACE team!

The ACE family is committed to supporting and raising awareness for important causes such as this. With increased awareness, early detection, and improvement in treatment options, we hope that the survival rate for breast cancer will be 100% someday.

Thank you, Yessenia Cotto! She suggested we honor those affected by breast cancer by wearing pink to work on October 13th.



**Celebrating our Survivors,
Natasha Baldomero - 11 years
Christine Corcoran - 7 years.**



LET'S THINK PINK!



NOVEMBER BIRTHDAYS:

- Alvin Adams – November 3rd
- Carmen Martinez- November 8th
- Theodore Faircloth – November 12th
- Connor McKeever – November 17th
- Steven Rockefeller – November 17th
- Jeremy Haddock – November 27th
- Shannon Richter – November 28th
- Robert Julian – November 30th



NOVEMBER ANNIVERSARIES:

- Angelina Gonzalez- 1 year
- Thomas Salinsky – 1 year
- Theresa Breault – 1 year
- Lynne Thompson – 3 years



Employee Spotlight Belinda Boutot - Hamilton Molding

One of Belinda Boutot's strongest traits is her positive "can do" attitude. It was this positive attitude that got her through her breast cancer diagnosis 5 years ago. When she received the scary news, she was determined not to let it bring her down. She even worked at ACE the whole time she was going through treatment. She never gave up and is now cancer free.

Belinda has lived in Willimantic her whole life. She worked at the Keeper Company for 17 years, before joining the ACE team in 2011 in the Hamilton molding department. Belinda said that she loves her job, the atmosphere, and the people she works with.

In her free time, she enjoys crocheting, watching TV, taking naps, and spending time with grandchildren. She will be greatly missed when she retires in December.

"Belinda is one of the most hardworking people on our team. She will always say yes, no matter what the job."

- Hilary Lambert, Supervisor





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Fighting Cancer Starts in the Kitchen!

No single food can protect you against cancer by itself. But research shows that a diet filled with a variety of **vegetables, fruits, whole grains, beans and other plant foods** helps lower risk for many cancers. In laboratory studies, many individual minerals, vitamins, and phytochemicals demonstrate anti-cancer effect.

Foods that fight cancer:

- Apples, oranges, grapefruit
- Strawberries, raspberries, and blueberries
- Grapes and cherries
- Asparagus and Brussel sprouts
- Broccoli and Cauliflower
- Carrots
- Tomatoes
- Winter squash
- Kale and spinach
- Walnuts
- Coffee
- Flaxseed
- Soy
- Dry beans, peas and lentils

Foods to Limit:

- Alcohol
- Processed meat – sausages, ham, bacon, hot dogs, and salami.
- Red meat – beef, pork, and lamb.
- Sugar sweetened drinks.



