

NEWSLETTER

Monthly Innovator Newsletter

October 2026



HAPPY OCTOBER!

As the season changes, take the time to slow down and enjoy the calm fall breeze and falling leaves.

**“AND ALL AT ONCE,
SUMMER COLASPED
INTO FALL.” – OSCAR
WILDE**

NEW THIS MONTH:

- **National Breast Cancer Month**
- **Children Health Month**
- **National Do Something Nice Day**

- **Fun Fall Facts**
- **Pumpkin Hummus**
- **Innovator Spotlight**
- **Cowboy Cup**
- **Upcoming Events**

NATIONAL BREAST CANCER AWARENESS

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OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH. EXCEPT FOR SKIN CANCER, BREAST CANCER IS THE MOST COMMON FORM OF CANCER IN WOMEN. 1 IN 8 WOMEN WILL BE DIAGNOSED WITH BREAST CANCER IN HER LIFE TIME. THIS MONTH, TAKE TIME TO BECOME AWARE OF THE RISK FACTORS AND SIGNS AND SYMPTOMS OF BREAST CANCER BECAUSE THE BEST PROTECTION IS EARLY DETECTION.

FOR MORE INFORMATION VISIT: [BREAST CANCER](#)

CHILDREN'S HEALTH MONTH

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OCTOBER IS CHILDREN'S HEALTH MONTH, WHICH SEEKS TO RAISE AWARENESS OF CHILDREN'S HEALTH ISSUES AND HOW THEIR ENVIRONMENTS CAN IMPACT THEM. THIS MONTH SEEKS TO RAISE AWARENESS ON ALL COMPONENTS OF HEALTH, INCLUDING NUTRITION, EXERCISE, MENTAL HEALTH, AND MORE. JOIN US AS WE OBSERVE THIS SPECIAL MONTH AND SEEK TO PROVIDE EDUCATION AND AWARENESS ON CHILDREN'S HEALTH.



NATIONAL DO SOMETHING NICE DAY

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OCTOBER 5TH IS NATIONAL DO SOMETHING NICE DAY. GOOD DEEDS CAN BE CONTAGIOUS AND PROVIDE US AN OPPORTUNITY TO SLOW DOWN, COUNT OUR BLESSINGS, AND LEND A HELPING HAND TO OTHERS. SOME STUDIES SHOW THAT EXTENDING A KINDNESS TO OTHERS CAN EVEN HELP US TO RELIEVE OUR OWN STRESS, BOOST OUR SELF-ESTEEM, AND HELP IMPROVE OVERALL HAPPINESS. DOING SOMETHING NICE CAN BE FULLY TAILORED TO FIT YOUR PERSONALITY, ROUTINE, AND THE OTHER PERSON'S NEEDS AS WELL, SO DON'T HESITATE TO TRY NEW OPTIONS. JOIN US OCTOBER 5TH AS WE OBSERVE THIS SPECIAL HOLIDAY.

FOR MORE INFORMATION ON NATIONAL DO SOMETHING NICE DAY AND ACT OF KINDNESS IDEAS, VISIT [NATIONALTODAY.COM](https://www.nationaltoday.com)



FUN FALL FACTS

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1. THE VIBRANT COLORS IN LEAVES ARE ACTUALLY ALWAYS PRESENT, BUT THEY'RE OVERPOWERED BY THE ABUNDANCE OF GREEN FROM CHLOROPHYLL. AS LEAVES ARE EXPOSED TO LESS SUNLIGHT, THOSE COLORS COME OUT IN FULL FORCE.
2. MORE SINGLES START LOOKING FOR LOVE IN THE FALL. DATA COLLECTED FROM DATING APPS SHOW A STRONG INCREASE IN USERS DURING THE FALL, PARTICULARLY BETWEEN THANKSGIVING AND THE START OF THE WINTER SEASON.
3. THE LARGEST PUMPKIN EVER RECORDED WEIGHED 2,702 LBS. AND 13.9 OZ. IT WAS GROWN BY STEFANO CUTRUPI IN ITALY.
4. UNTIL AROUND 1500, AUTUMN WAS CALLED ""HAERFEST," OR "HARVEST" RATHER THAN AUTUMN OR FALL. BY THE 19TH CENTURY, AMERICANS HAD ADOPTED THE TERM "FALL" IN REFERENCE TO THE FALLING OF LEAVES DURING THE SEASON.



PUMPKIN HUMMUS

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INGREDIENTS

- 1 CUP PUMPKIN PURÉE
- 1 (15-OZ.) CAN CHICKPEAS, DRAINED AND RINSED
- 1/2 CUP TAHINI
- 1/4 CUP APPLE CIDER VINEGAR
- 2 TBSP. EXTRA-VIRGIN OLIVE OIL
- 1 CHIPOTLE PEPPER IN ADOBO SAUCE
- 1/2 TSP. GROUND CINNAMON, PLUS MORE FOR GARNISH
- 1/2 TSP. PAPRIKA, PLUS MORE FOR GARNISH
- KOSHER SALT
- 1 TSP. TOASTED SESAME SEEDS, FOR GARNISH
- PITA CHIPS, FOR SERVING

DIRECTIONS:

STEP 1 IN A LARGE FOOD PROCESSOR, BLEND ALL INGREDIENTS UNTIL SMOOTH. SEASON WITH SALT AND SPOON INTO A BOWL. GARNISH WITH SESAME SEEDS, PAPRIKA, AND CINNAMON.

YIELDS:

8 SERVING(S)

PREP TIME:

5 MINS

TOTAL TIME:

10 MINS

CAL/SERV:

235



INNOVATOR SPOTLIGHT

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Meet Lexie Gordon, this month's Spotlight Innovator! What excites Lexie most about being an Innovator is the opportunity to come up with new ideas for her department, take initiative, and find new ways to get involved. She has been an Innovator for a few months and works in the Mechanical and Aerospace Engineering (MAE) Department, where she has been for the past year after joining OSU three years ago. One of the highlights of her role has been feeling more empowered to share information, connect faculty, staff, and students with opportunities and resources, and help create events that bring the department community together. One of her favorite wellness initiatives has been encouraging her department to participate in the Cowboy Cup, a fun way to promote wellness while also encouraging collaboration and friendly competition.

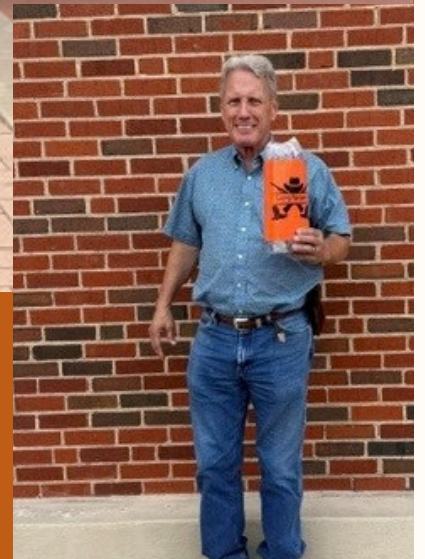


Lexie also makes her own mental and physical well-being a priority by staying hydrated, being mindful of her food choices, and making time to recharge so she can be her best both at work and at home. Outside of work, she loves trying something new around Stillwater each weekend, whether it's visiting The Hub, browsing Barnes & Noble, or checking out a new restaurant like Bao House. She also enjoys cooking and reading whenever she gets the chance. Most recently, Lexie has taken on an exciting new role as a mom. Her daughter, Phoebe, was born in May and has quickly become the highlight of her life. Becoming a mother has given Lexie a new perspective on work-life balance and the importance of appreciating life's everyday moments.

COWBOY CUP

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UPCOMING EVENTS

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WELLNESS WEDNESDAY

- OCTOBER 7 – MOVE BETTER, NOT JUST MORE
- NOVEMBER 4 – SUPPLEMENTS 101
- DECEMBER 16 – MINDFUL EATING FOR THE HOLIDAY SEASON

CLIMB & CONNECT

- OCTOBER 19TH
- NOVEMBER 9TH

WALK & TALK

- OCTOBER 6TH
- NOVEMBER 2ND
- DECEMBER 8TH

WALKS WITH WELLNESS

- OCTOBER 29 –
GREEK NEIGHBORHOOD

AFTER-WORK WORKSHOP

- OCTOBER 20TH – VISION
BOARD WORKSHOP

COWBOY CUP OCTOBER CHALLENGE: TRIVIA OCTOBER 30TH

ITS NOT TOO LATE TO REGISTER: REGISTER TODAY

