



World
Cancer Day

WORLD CANCER DAY

World Cancer Day is an international day marked on February 4th to raise awareness of cancer and to encourage its prevention, detection, and treatment. Take cancer prevention into your own hands, starting today. The rewards will last a lifetime. Here are some tips to reduce your risk:

1. **Don't use tobacco.** Smoking has been linked to various types of cancer, including cancer of the lung, mouth, throat, larynx, pancreas, bladder, cervix and kidney. Chewing tobacco has been linked to cancer of the oral cavity and pancreas. Exposure to secondhand smoke might increase your risk of lung cancer.

2. **Eat a healthy diet.** Although making healthy selections at the grocery store and at mealtime can't guarantee cancer prevention, it might reduce your risk. Consider these guidelines:

- Eat plenty of fruits and vegetables. Base your diet on fruits, vegetables and other foods from plant sources such as whole grains and beans.
- Avoid obesity. Eat lighter and leaner by choosing fewer high-calorie foods, including refined sugars and fat from animal sources.
- If you choose to drink alcohol, do so in moderation. The risk of various types of cancer increases with the amount of alcohol you drink and the length of time you've been drinking regularly.



3. **Maintain a healthy weight and be physically active.** Maintaining a healthy weight might lower the risk of various types of cancer, including cancer of the breast, prostate, lung, colon and kidney. Physical activity counts too. In addition to helping you control your weight, physical activity on its own might lower the risk of breast cancer and colon cancer.

4. **Protect yourself from the sun.** Skin cancer is one of the most common kinds of cancer and one of the most preventable. Try these tips:

- Avoid midday sun. The sun's rays are strongest between the hours of 10am and 4pm.
- Stay in the shade. When you're outdoors, stay in the shade as much as possible. Sunglasses and a broad-brimmed hat help too.
- Cover exposed areas. Wear tightly woven, loose fitting clothing that covers as much of your skin as possible. Opt for bright or dark colors, which reflect more ultraviolet radiation than do pastels or bleached cotton.
- Don't skimp on sunscreen. Use a broad-spectrum sunscreen with an SPF of at least 30, even on cloudy days. Apply sunscreen generously and reapply every two hours or more often if you're swimming or perspiring.



Avoid tanning beds and sunlamps. These are just as damaging as natural sunlight.

5. **Get regular medical care.** Regular self-exams and screenings for various types of cancers such as cancer of the skin, colon, cervix and breast can increase your chances of discovering cancer early, when treatment is most likely to be successful. Ask your doctor about the best cancer screening schedule for you.



Disability Days at the Capital

February 19th
9:00AM - 12:00PM

This event will be sponsored by Arc Minnesota. For more information or questions, contact Gene Martinez at genemartinez@arcminnesota.org or 952-920-0855.

Some winter activities to enjoy.....

→ Apple Valley Mid Winter Festival is on February 2. It is all free and there are many activities: medallion hunt, ice skating, bonfire with free s'mores, games, inflatable jumpers, horse-drawn wagon rides, face painting, plus much more. It is being held at the Apple Valley Community Center/Hayes Park, 14603 Hayes Road.

The Community Center also has free family open gym on Saturdays from 4-7pm and Sundays noon-3:45pm.

→ River Valley Project Explore is having a Valentine's Dance at Valley Middle School in Apple Valley on February 8th from 6:30-9PM. The cost is \$6, make sure to wear your pink and red!



→ Project Explore is having a Valentine treat bag class at Valley Middle School in Apple Valley on February 12th at 6:30pm. The cost is \$9 and you can make up to 10 treat bags to give away to your friends. Must register for the class.

→ Fare for All will be at the Diamondhead Education Center in Burnsville on February 27th from 3-5 pm.

→ The YMCA has a special needs program called Blazing Stars at the Woodbury location: 2175 Radio Dr. 651-731-9507. This is for children starting at 8 years of age. They have 7 sports throughout the year: swimming, basketball, bocce, golf, poly-hockey, softball and flag football. This is through Special Olympics MN. Until next month...Jim (client)



Winter Driving

For drivers, few things compare to that moment of panic when your tires lose traction and your vehicle starts to slide. Although you may feel helpless, you're not. Prompt action, combined with new automotive safety technologies, can help you quickly regain control of your car.



When you start skidding:

- ♦ Look and steer in the direction the car needs to go.
- ♦ Avoid slamming on the brakes. Instead, apply steady pressure on the brake pedal.

Most of today's vehicles are equipped with antilock braking and electronic stability control, two technologies that help you maintain control on slick roads. Antilock brakes keep your wheels from locking and instead pulse the brakes, improving traction and helping you regain control. Electronic stability control uses automatic braking of individual wheels to keep the vehicle going in the intended direction.

To avoid skidding:

- ♦ Drive slowly and steer smoothly.
- ♦ Allow extra room between you and the car in front of you.
- ♦ Never use cruise control on a wet or slippery road.
- ♦ If you have a rear-wheel drive vehicle, put several sandbags in the trunk to add weight and improve traction.



Don't Take Chances!



- | | |
|----------------|----------------|
| 01 - Hany | 14 - Judy |
| 02 - Kris | 14 - Charlotte |
| 02 - Monica | 15 - Patricia |
| 03 - Mary | 15 - Angela |
| 03 - Gina | 15 - Erica |
| 04 - Daralene | 18 - Austin |
| 04 - Laurie | 18 - Rachel |
| 06 - Lucinda | 19 - Tina |
| 06 - Susan | 20 - Amanda |
| 06 - Dawn | 21 - Kelly |
| 07 - Yolanda | 23 - Gael |
| 08 - Skye | 24 - LeaAnne |
| 10 - Lois | 24 - Angela |
| 10 - Jailine | 26 - Otis |
| 12 - Tira | 27 - Marissa |
| 12 - Deborah | 28 - Richard |
| 12 - Christine | 28 - Ansharah |
| 13 - Paula | 28 - Jesse |
| 13 - Janell | |

Valentine's Day Fun Facts

- ♥ Valentine's Day is the second most popular day of the year for sending cards. About 1 billion cards are exchanged each year.
- ♥ Worldwide, over 50 million roses are given for Valentine's Day each year.
- ♥ Approximately 73% of those who buy flowers are men, only 27% are women.
- ♥ Cupid is said to be the symbol of valentines. Cupid is the son of Venus. Venus is the Roman god of love & beauty.
- ♥ The red rose is a favorite flower of Venus. For this reason, the red rose is the symbol of Valentine's Day.
- ♥ The heart is associated with Valentine's Day as it is considered the source of all human emotions.
- ♥ 220,000 is the average number of wedding proposals on Valentine's Day each year.
- ♥ In the US, 64% of men do not make plans in advance for a romantic Valentine's Day with their sweethearts.

Deb Cook has been selected for Superior Home Care's Employee of the Month for February 2019. Deb has been a PCA with Superior Home Care for 8 years. We are grateful for her hard work and dedication.



Thank You Deb!



ACCREDITED
BUSINESS



SUPERIOR HOME CARE

10597 165th Street West, Lakeville, MN 55044

Phone: 952-898-4911 Fax: 952-898-3088

Email: info@superiorhomecare.org

www.facebook.com/superiorhomecareinlakevillemn/