Skin cancer can develop anywhere on the skin. Moles, brown spots and growths on the skin are usually harmless — but not always. Anyone who has more than 100 moles is at greater risk for melanoma. The first signs can appear in one or more atypical moles. That’s why it’s so important to get to know your skin very well and to recognize any changes in the moles on your body. If you notice a mole different from others, or that changes, enlarges, itches or bleeds (even if it is small), you should see a dermatologist. Look for the ABCDE signs of melanoma, and if you see one or more, make an appointment with a physician immediately:

A - Asymmetry - one half unlike the other half
B - Border - Irregular, scalloped or poorly defined border
C - Color - Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.
D - Diameter - While melanomas are usually greater that 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.
E - Evolving - A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

Melanoma is not the most common type of skin cancer, but it is the most serious because it often spreads and it causes the most deaths. Risk factors for melanoma include overexposure to the sun. If melanoma is recognized and treated early, it is almost always curable, but if it is not, the cancer can advance and spread to other parts of the body, where it becomes hard to treat and can be fatal.

Our Office will be closed on Wednesday, July 4th in observance of Independence Day. Have a safe and Happy Holiday!
Looking for something to do on the 4th of July? Check out Freedom Days in Apple Valley. Parade starts at 1pm on Pennock Ave and travels to 145th Street. Fireworks will start at 10pm at Johnny Cake Ridge Park East. While you are waiting for the fireworks, enjoy the carnival rides and great food vendors.

On July 6th, JD Steele is having a free concert at Kelley Park in Apple Valley, 6855 Fortino Street. Concert starts at 6pm.

Capable Partners has discount tickets to the St. Paul Saints vs Wichita Wingnuts on July 26th. The tickets are $20 each. Call Scott Linder at 763-486-3192 if interested.

Fare for All will be at the Diamondhead Education Center in Burnsville on July 25th from 3-5pm.

JULY FOURTH WORD SEARCH

Chris Johnson has been selected for Superior Home Care’s Employee of the Month for July 2018. Chris has been a PCA with Superior Home Care for 11 years. We are grateful for her hard work and dedication.

Thank You Chris!

SHC’s Recipe Box

Root Beer Baked Beans

3 bacon slices
1 small onion, diced
2 (16-ounce) cans pork and beans
1/2 cup root beer (not diet)
1/2 cup hickory-smoked barbeque sauce
1/2 teaspoon dry mustard
1/8 teaspoon hot sauce

Cook bacon in a skillet over medium heat until crisp, remove and drain on paper towel. Crumble bacon when cool. Saute diced onion in skillet until tender. Stir together onion, crumbled bacon, beans, and remaining ingredients in a lightly greased 1 quart baking dish. Bake, uncovered, at 400° for 55 minutes or until sauce is thickened.

JULY BIRTHDAYS

01 - Nermin 17 - Mary Ann
02 - Kristine 17 - Horl
03 - Joseph 17 - Sharon
03 - Phyllis 18 - Colton
04 - Lynn 18 - Kathryn
06 - Karter 19 - Haley
06 - Jimmy 19 - Kim
06 - Michelle 20 - Martha
07 - Denise 21 - Tony
07 - Sabrina 21 - Tresha
08 - Sandra 22 - Berlinda
08 - Hunter 23 - Christine
08 - Amanda 24 - Colleen
09 - Renee 26 - Andrea
10 - Hien 27 - Vanessa
11 - Quinnan 28 - Logan
13 - Andrew 28 - Tammy
15 - Berndt 30 - Barbara
15 - Maya 31 - Ray
15 - Susan 31 - Rena