

Do You Know Your ABCDE's?

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 than 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.

Happy 4th of July!

Our Office will be closed on
Wednesday, July 4th
in observance of Independence Day.
Have a safe and Happy Holiday!

TRAINING



Basic First Aid will be offered on July 11th at 10:00 AM and at 4:00 PM.



This training will last 1 hour. It will be in the Office and online. If interested, please contact Ellyn at: 952-898-4911 or ellyn@superiorhomecare.org

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.

Until next month ... Jim (client)

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 |

- Adams
- America
- Barbecue
- Colonies
- Congress
- Declaration
- Equality
- Fireworks
- Fourth
- Freedom
- Hotdogs
- Independence
- Jefferson
- July
- Liberty
- Nation
- Parade
- Revolution
- Rights
- States
- Thirteen
- United

JULY FOURTH WORD SEARCH

R D H X M S H J G A U N Z P V
 I M O D E E R F U M D O W L Z
 G H J T S K R O W E R I F Q W
 H O A M S E X U Y R E T P K Q
 T T A C Y C N R I I V A E H J
 S D E I B N O T L C O R V N X
 A O Y D A E S H U A L A J K N
 E G T T R D R C C J U L Y J H
 X S I M B N E Q O N T C T P G
 V O L V E E F Z I L I E R A E
 N F A D C P F T E D O D E R K
 Q Z U P U E E T Y S N N B A I
 D X Q R E D J X J W R I I D A
 S S E R G N O C P S F J L E M
 X W P T H I R T E E N U F K S

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.



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!



ACCREDITED BUSINESS



SUPERIOR HOME CARE

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