

February is National Cancer Prevention Awareness Month

Nearly everyone who receives a life-changing diagnosis asks if there was anything they could have done to prevent it. More than 40 percent of all cancer diagnoses can be linked to a preventable cause. While there is no certain way to prevent cancer, there are certain risk factors that increase the likelihood. Take action to lower those risks through healthy lifestyle choices, getting recommended cancer screenings and vaccinating against certain viruses.

Some factors that are known to increase the risk of cancer: cigarette smoking and tobacco use, infections, radiation and immunosuppressive medicines. Other factors that may affect the risk of cancer are: diet, alcohol, physical activity, and obesity. Tips for reducing your risk:

Maintain a healthy weight and active lifestyle

Limit processed meats and alcohol. Decrease your intake of higher calorie foods. Include at least 30 minutes of physical activity in your daily routine.

Avoid smoking and tobacco products

These include cigarettes, e-cigarettes, cigars, chewing tobacco/snuff and secondhand smoke.

Sun Protection

Stay out of the sun between 10AM and 4PM. Generously use sunscreen, cover exposed areas with hats or loose clothing. Avoid tanning beds and sun lamps.

Get Immunized

Certain viruses can cause cancer. There are vaccines that have been proven to be effective to reduce your risk. The Hepatitis B vaccine decreases the risk for liver cancer.

Get Screened

Regular screenings help detect cancers early and maximize your chance for successful treatment.

Know your Family History

5-10% of all cancers are inherited.

We can't stop every form of cancer yet, but we do have the tools to decrease our risk factors.

IMPORTANT POLICY REMINDERS

- The PCA and the Responsible Party cannot be the same person.
- The Responsible Party must be at the client's assessment (the county will not do the assessment if the Responsible Party is not present).
- The PCAs and Clients must follow the guidelines set by the state.
- PCAs cannot transport anyone other than the client. Clients must pay mileage if their PCA is using their own car. Each trip must be paid before a PCA can transport subsequent trips.
- If the client wants the PCA to accompany them on outings, the client must pay for transportation for the PCA, such as public transportation and metro mobility.
- Cell phone use for personal reasons is prohibited while on the job.
- PCAs cannot be barefoot while working as a PCA.
- PCAs are in the home to assist the client. PCAs are not there to perform duties that are not related to the client, such as doing laundry for other family members.
- PCAs are not to care for client's pets.
- PCAs may not take clients to their own home.
- PCAs are forbidden to use bleach in client homes.
- PCAs cannot lift over 30 pounds.

YOU ARE SOMEONE'S HERO!

You probably don't think of yourself as one; heroes usually don't. But you are someone's champion and someone's cheerleader, someone's coach and someone's comfort, someone's angel and someone's anchor.

That's what heroes do.

You make a difference just by being you!

Community Happenings....

Do you know about the Nutrition Assistance Program for Seniors? This is an income based program. The age requirement is 65. If you qualify for SNAP, you would qualify for this program. It is through Second Harvest Heartland. To sign up for the program, call 651-484-8241. This is a monthly program and you receive 35 pounds of free food.

Apple Valley is having a Mid Winter Fest on February 5th from 10 -7:30pm. It is at Johnny Cake Ridge Park, 14255 Johnny Cake Ridge Rd. Visit the city of Apple Valley's website for a schedule of events.

River Valley Project Explore is having a pizza and bingo gathering on February 12th from noon - 2pm. It will be held at Valley Middle School and the cost is \$4.

Fare for All is at the Burnsville Senior Center on February 23rd from 3-5pm. Don't forget to wear your masks.

Until next month ... Jim (client)



Valentine's Day Trivia



♥The 1st Valentine's Day celebration occurred in Paris on February 14th, 1400.

♥Millions of greeting cards are purchased every year, over 145 million! It is the second largest holiday for greeting cards after Christmas.

♥February 14th is a busy day for restaurants, second to only Mother's Day.

♥Wearing your heart on your sleeve is more than just a phrase. In the middle ages, young men and women drew names to see who their Valentine would be and they would wear the name pinned to their sleeve for one week so that everyone would know their supposed true feelings.

♥People consider pink and red the colors of love. Around 65% of Americans believe that the packaging of Valentine's Day candies and chocolates should be red and pink.

♥Roses are the flowers of love. The red rose is the favorite flower of Venus, the goddess of love and beauty. The bud stands for strong romantic feelings, so it's no surprise that roses make up the most popular Valentine's Day bouquets.

♥Most Valentine's Day roses are imported, mostly from South America.

♥Roses really are king of Valentine's Day florals. Roses account for more than half of all Valentine's Day flower sales.

♥American's spend a lot on love. According to a survey, Americans spend 21.9 billion for Valentine's Day in 2021.

♥Valentine's Day is a popular holiday to get engaged.

♥The chocolate box has been around for more than 140 years. Cadbury introduced the 1st box in 1868.



February

HAPPY BIRTHDAY!

01 - Hany	11 - Son	19 - Jahkia
02 - Armin	13 - Paula	20 - Amanda
02 - Kris	13 - Julie	20 - Riley
03 - Taylor	13 - Janell	21 - Erik
03 - Mary	15 - Patty	23 - Adryana
06 - Lucinda	17 - Katherine	23 - Beth
06 - Susan	18 - Jose	25 - Rookmin
07 - Cassie	18 - Austin	26 - Janet
08 - Skye	18 - Rachel	27 - Alyson
10 - Jailine	19 - Tina	

♥ Happy Valentines Day ♥



ACCREDITED
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