



FEBRUARY 2024 NEWSLETTER

National Cancer Prevention Month



February is national cancer prevention month. Understand your risks, what to watch for, how to screen, and when to see a doctor. You can control some risk factors, but not all. For those you can't control, it's important to be aware of your own risk factors. Talk with your primary care provider about them and get appropriate screenings.

These five cancers are the most common across the US:

BREAST - watch for new lump in breast or underarm, thickening or swelling, irritation or dimpling of breast skin, redness or flaky skin in nipple area, discharge from the nipple, any change in size or shape of breast, pain in any area of breast. *See a doctor for any symptom above. Get an annual mammogram starting at age 40.*

COLON/RECTUM - watch for a change in bowel habits (diarrhea, constipation, shape of stool) beyond a few days, feeling the need for a bowel movement that's not relieved by having one, rectal bleeding with bright red blood, blood in the stool (dark brown or black), cramping or abdominal pain, weakness and fatigue, unintended weight loss. *See a doctor for any symptom above. Start screening at age 45.*

LUNG - watch for a cough that does not go away or gets worse, coughing up blood or rust-colored spit, chest pain that's worse when deep breathing, hoarseness, loss of appetite, unexplained weight loss, shortness of breath, feeling weak or tired, infections (bronchitis, pneumonia) that don't go away or keep coming back, new onset of wheezing. *See a doctor for any symptom above.*

MELANOMA - watch for change in size, shape, color of a mole or spot on your skin, a mole bigger than a pencil eraser, a sore that doesn't heal, spread of pigment from the border of a spot into surrounding skin, redness or a new swelling beyond the border of the mole, change in sensation, such as itchiness, tenderness or pain.

See a doctor for any symptom above. Get your skin checked once a year.

BLOOD - watch for fatigue, persistent fever, night sweats, unexplained rash, bleeding, bruising, unexplained weight loss, frequent infections, swollen lymph nodes, enlarged liver or spleen, coughing and chest pain.

Symptoms may feel like severe flu or cold. See a doctor for any symptom above that lasts more than a few weeks.

Random Act of Kindness Day Saturday, February 17th, 2024

On a day seemingly like any other, the world finds a shimmering moment of hope and generosity in the celebration of Random Acts of Kindness Day. This day has carved out a niche in the hearts of many, transforming ordinary moments into extraordinary memories of compassion and care.

"Kindness is a language which the deaf can hear and the blind can see."
- Mark Twain



MINOR PCA'S

Per the Minnesota Department of Labor and Industry, PCA's who are 16 and 17 years old may not work later than 11 PM on evenings before school days or before 5 AM on school days. This is a Minnesota state law for all employers.



Community Happenings....

Fare For All - Burnsville Senior Center (door 11)
on Wednesday, February 21st from 3 PM - 5 PM

Como Lil' Explorer Thursdays in February 2024

Como Park Zoo & Conservatory, 10AM-Noon, Cost is FREE
Come meet animals, see story time, play games and many
other fun activities. There's a different theme each week!
You can even catch the SPIRE Sparky Show at 11:30 AM!

Homework Help @ the Burnhaven Library - FREE

Wednesday's from 5PM-7PM (no appointment necessary)
1101 County Road 42 in Burnsville
Work with a volunteer tutor for help with homework
assignments in any subject. Open to K - 12 students.

≡ HAPPY ≡
Birthday!



02 - Armin	13 - Shay
03 - Mary	13 - Janell
04 - Ayesha	15 - Patricia
05 - Ronald	18 - Jose
06 - Vickie	18 - Rachel
06 - Susan	18 - Asiana
07 - Cassandra	19 - Steven
09 - Minh	19 - Tina
09 - Yaden	21 - Erik
10 - Jailine	23 - Elizabeth
11 - Son	25 - Mikayla
12 - Riley	25 - Joseph
13 - Paula	26 - Janet

February Word Search

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

ROSE
HEART
SHADOW
PINK
GROUNDHOG
FOOTBALL
BLACK HISTORY
LOVE
CHINESE NEW YEAR
CUPID
WINTER
RED
SUPERBOWL
VALENTINE



PRESIDENT'S
DAY

February 19th, 2024

DID YOU KNOW?!



Although our current Minnesota winter isn't comparable to our typical winters in the past (with record breaking heatwaves in December, January and February so far) did you know the actual snowiest city on Earth is in Japan? Aomori City in northern Japan receives more snowfall than any major city on the planet. Each year citizens are pummeled with 312 inches, or about 26 feet of snow on average.

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.



ACCREDITED
BUSINESS



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