

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 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.

PCA POLICY REMINDERS...

Any employee that has not submitted hours for 120 days or more **MUST** have a new background check run before they can return to work with their client. If hours are submitted without a current background study on file, the PCA will not be paid.

Per the State of Minnesota, PCA's must submit time and activity documentation to the provider within 30 days of working. If we do not have current EVV documentation during this timeframe, you will not get paid until we get reimbursement from the State. This could take up to 6 weeks.

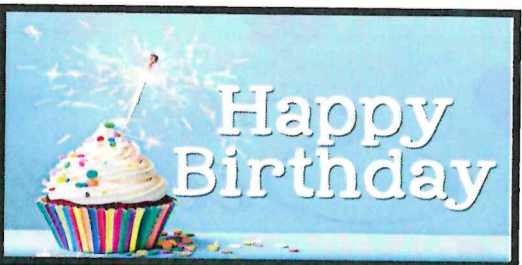
We greatly appreciate your cooperation!

THE TRADITION OF VALENTINE'S DAY CARDS



Over the centuries, the holiday evolved, and by the 18th century, gift-giving and exchanging handmade cards on Valentine's Day had become common in England.

Hand-made valentine cards made of lace, ribbons, and featuring cupids and hearts eventually spread to the American colonies. The tradition of Valentine's cards did not become widespread in the United States, however, until the 1850's, when Esther A. Howland, a Mount Holyoke graduate and native of Worcester, Mass., began mass-producing them. Today, of course, the holiday has become a booming commercial success. The U.S. Greeting Card Association estimates that approximately 190 million valentines are sent each year in the US. Half of those valentines are given to family members other than husband or wife, like children or parents.



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|------------------|----------------|
| 01 - Stacey | 12 - Amanda |
| 01 - Hany | 12 - Riley |
| 02 - Kristine | 12 - Areefa |
| 02 - Armin | 13 - Paula |
| 02 - Megan | 13 - Shay |
| 02 - Thao | 13 - Janell |
| 03 - Mary | 17 - Alexander |
| 03 - Taylor | 18 - Jose |
| 04 - Ayesha | 18 - Rachel |
| 05 - Ronald | 18 - Asiana |
| 06 - Vickie | 19 - Steven |
| 07 - Silvia | 19 - Tina |
| 07 - Cassandra | 21 - Erik |
| 09 - Minh | 23 - Mercedes |
| 09 - Christopher | 23 - Elizabeth |
| 09 - Yaden | 25 - Mikayla |
| 10 - Melanie | 25 - Nesrine |
| 10 - Jailine | 26 - Janet |
| 11 - Son | 29 - Victoria |
| 11 - Andrea | |



Don't Get Duped and Scammed!

Learning common strategies used by criminals will help you stay on your guard, protecting your money and personal property. Here are several steps you can take to protect yourself against fraud:

- * Use a different hard to guess password and/or PIN number for each account. Don't use family names, birth dates, or easy combinations of letters or numbers.
- * Be wary of responding to emails that appear to come from your bank or service providers asking for personal information. Get the customer service phone number from your statement and contact your bank or service provider directly if you're unsure.
- * Keep pre-approved credit card applications out of the hands of criminals. Call 1-888-567-8688 or visit www.optoutpre-screen.com to stop receiving pre-approved applications in the mail.
- * Don't give personal information to telemarketers. Stop them from calling by signing up for the DO NOT CALL Registry at www.donotcall.gov or call: 1-888-382-1222.
- * Ask to review the identification and references of anyone selling door to door, including contractors, service providers and non-profit representatives.

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!**

SUPERIOR HOME CARE



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