

# May 2019

## Coventry at Cottonwood Heights



6895 S Whitmore Way  
Cottonwood Heights, Utah 84121

### May is Skin Cancer Awareness Month

With over 5 million cases diagnosed in the United States each year, skin cancer is the *most common cancer* in the United States. Fortunately, skin cancer is also one of the most *preventable* forms of cancer.

Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning booths or sunlamps. The most dangerous kind of skin cancer is called melanoma. The good news? Skin cancer can almost always be cured when it's found and treated early — even melanoma. Communities, health professionals, and families can work together to prevent skin cancer or detect it early on.

Plan your outdoor activities before 10 am and after 4 pm. Use a broad-spectrum sunscreen with SPF of 30 or higher, and apply over all exposed skin about ten minutes before going out, and reapply every two hours, or sooner if swimming.

You should be aware of their skin and look for any changing moles on a daily basis. For those who don't have any history of skin cancer, should have a complete skin examination annually by a physician. Those with a history of skin cancer, especially melanoma, should be evaluated at least twice a year by a dermatologist and do skin self-checks monthly. Prevention and early detection is **Key!**



#### MARK YOUR CALENDARS:

##### Outings and Cost:

- May 3: Walmart- You can go and look or buy, cost depends on how much you spend.
- May 10: Italian Village- about \$15
- May 17: Living Traditions- Free
- May 24: Conference Center- Free
- May 31: Wheeler's Farm- Free

As a reminder, you are now in charge of paying your own ticket/meal.

Sign up at the front desk!



### Today's Trends Smart Foods to Boost Your Brain

The foods you eat play a role in keeping your brain healthy and can improve specific mental tasks, such as memory and concentration.

#### **Here is a list of Smart Foods:**

**Fatty Fish:** Such as salmon, trout, and sardines.

**Coffee:** Can improve your mood, alertness, and concentration.

**Blueberries:** Improves memory and may delay short term memory loss.

**Turmeric:** Helps new brain cells, eases depression, improves memory.

**Broccoli:** Helps protect brain against damage. Reduces inflammation.

**Pumpkin Seeds:** Improves nerve signaling in the brain. Can help reduce migraines or headaches.

**Dark Chocolate:** Improves your learning, memory and is a mood booster!

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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday					
<div><div>6895 S Whitmore Way Cottonwood Heights, Utah 84121 801.943.3909</div></div>						1		2		3		4					
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