

SUN PROTECTION

May is Skin Cancer Awareness Month. As we are spending more time outdoors this time of year, it's a good time to learn about ways to protect you and your family.

Facts

- Skin cancer is the most common cancer in the United States, and includes different types.
- Overexposure to ultraviolet (UV) rays causes most cases of melanoma, the deadliest kind of skin cancer.
- UV rays tend to be strongest from 10 am to 4 pm daylight saving time (9 am to 3 pm standard time).
- Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes.
- Even if it's cool and cloudy, you still need protection. UV rays, not the temperature, do the damage.
- The most common signs of skin cancer are changes on your skin, such as a new growth, a sore that doesn't heal, or a change in a mole.

Tips

- Put on broad spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 15 or higher before you go outside.
- When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays.
- For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck.
- Sunglasses protect your eyes from UV rays and reduce the risk of cataracts.

Source: Centers for Disease Control and Prevention (CDC)

HAPI meals

Healthy Cookout

Go Lean

Choose options that are lower in saturated fat, such as lean cuts of beef and pork, skinless poultry or fish. Switch things up with ground turkey burgers. Turkey burgers can be as lean as 99% fat-free.

Add Different Spices and Ingredients For Flavor

Try cilantro, shallots or chili sauce.

Roast Veggies

Baste vegetables such as red peppers, corn on the cob, eggplant, summer squash, sweet potatoes, cherry tomatoes, mushrooms or onions with olive oil and season with herbs. Place directly on a hot grill (or a piece of tin foil) until they are tender and browned.

Grill Up Dessert

Cook fruit kabobs, pineapple slices or peach halves on low heat until the fruit is hot and slightly golden for a tasty and nutritious dessert. Grill watermelon for 30 seconds on each side to bring out unique flavors. Marinate strawberries in balsamic vinegar for 30 minutes, toss in fresh mint and serve a refreshing savory dessert.

Source: www.eatright.org



"The future belongs to those who believe in the beauty of their dreams."

—ELEANOR ROOSEVELT

In April, the kids at Village Green enjoyed some holiday fun by decorating holiday decor and participating in our bunny bucket fill-up! The highlight of the month was the turnout of all ages showing up and having a great time celebrating the event together.

The residents also showed excitement for our Spring Safety event. We are appreciative of all the community support and thank our residents for their participation!

En abril, los niños de Village Green se divertieron durante las fiestas. ¡Los que participaron pudieron decorar la decoración navideña, así como participar en el llenado del cubo de conejitos! Lo más destacado del mes fue la participación de todas las edades que se presentaron y se divertieron mucho celebrando el evento juntos.

Los residentes también mostraron entusiasmo por nuestro evento Spring Safety y expresaron mucho interés en asistir. ¡Agradecemos todo el apoyo y la participación que recibimos de nuestros residentes!



HAPI COLORING SHEET

