

# Cache County Senior Center

August 2021

Photo by Mike Bullock



## Commodities Pickup Tuesday, August 3rd 1-3pm

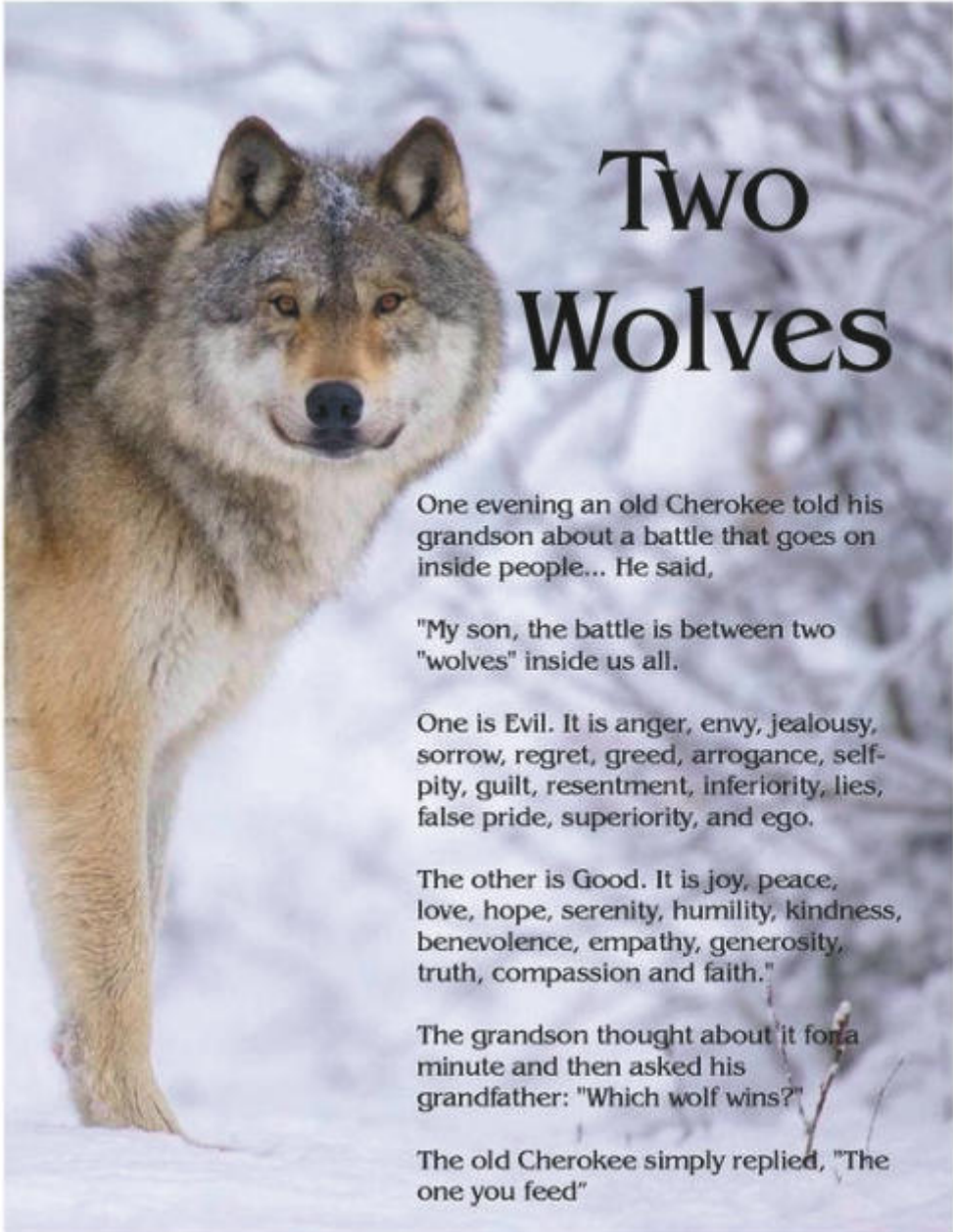
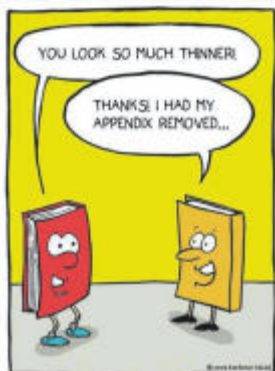
Welcome back writers group!  
If you want to practice your skills and collaborate with other writers, or if you just want to try your hand at it please join us! Mondays at 10:00am in the library.



### CALLING ALL WRITERS!

We are looking for submissions

to be featured in the newsletter throughout the fall. Please give your pieces to Giselle, Colby or Jesse all next month for a chance to be featured in the November newsletter.



## Two Wolves

One evening an old Cherokee told his grandson about a battle that goes on inside people... He said,

"My son, the battle is between two "wolves" inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied, "The one you feed"

### Peanut Butter Oatmeal Cookie Shake

Thick and creamy Peanut Butter Oatmeal Smoothie loaded with creamy peanut butter, old fashioned oats, bananas and vanilla soy milk.

#### INGREDIENTS

- 1/4 cup old fashioned oats
- 2 tablespoons creamy peanut butter
- 1 whole banana
- 1/2 cup soy milk
- 1 tsp chia seeds, optional if desired

#### INSTRUCTIONS

- Add all of the ingredients to a blender.
- Blend for 30 seconds or until the smoothie is creamy and lump free.
- Pour into a glass and garnish with banana slices and oats if desired. Serve immediately or place in the refrigerator until ready to eat.



Recipe source : <https://chefsavvy.com/peanut-butter-oatmeal-smoothie/>

Today I bought a cupcake without the sprinkles. Diets are hard.



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# Resources

## Extra Help

Do you need help paying for your prescriptions? You could qualify for a federal program that helps pay some or in some cases all of the part D drug plan. If you make less than \$1,561.00 a month (\$2,113 for married couples), and your assets are below \$14,390 (\$28,720 for married couples) you may qualify for the "Extra Help" program. It could reduce your prescription costs for generics and for brand-name drugs. Contact Giselle or Colby for an appt. 755-1720

## Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appts. and or other medical care. This is a needs based program. Call BRAG to schedule an assessment and see if you qualify for this program that can reimburse friends and family for taking you to your Dr. appts. 752-7242.

## VA Benefit Program

A representative from the VA will assist you with all of your benefit needs. Please call Deborah Crowther at 435-713-1462.

## Dentist and Medicaid

The dentists for Cache & Bear Counties for the Aged Medicaid dental program are:

Ralph Binns & Jarron Tawzer (both are in the same office) at Tawzer Dental, 1-435-753-1686, 550 W 465 N Suite #501, Providence, UT 84332

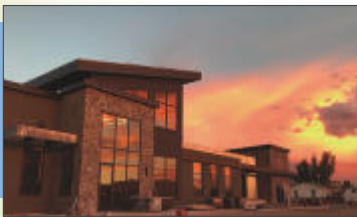
## Medicare Cost Sharing Program

Medicare Savings Programs help low-income individuals with some of the out-of-pocket costs for Medicare, including Medicare Part A and Part B premiums, deductibles, copayments, and coinsurance. Eligibility for certain Medicare Savings Programs automatically qualifies you for the Extra Help program as well, which helps beneficiaries with the cost of prescription drugs. Contact Giselle or Colby for an appt. 755-1720.

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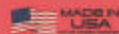


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Cache County Senior Center, Logan, UT

A 4C 05-1038

# Medicare



Dear Marci

Dear Marci,

I need to begin outpatient treatment for substance use disorder, but I am not sure where to start. Does Medicare cover treatment for substance use disorder, and how can I access these services?

-Linda (Hoover, AL)

Dear Linda,

Yes, Medicare covers alcoholism and substance use disorder treatment if:

Your provider states that the services are medically necessary

You receive services from a Medicare-approved provider or facility

And, your provider sets up your plan of care

Examples of these services include but are not limited to:

Patient education regarding diagnosis and treatment

Psychotherapy

Post-hospitalization follow-up

Opioid treatment program (OTP) services

Prescription drugs administered during a hospital stay or injected at a doctor's office

Outpatient prescription drugs covered by Part D

Structured Assessment and Brief Intervention (SBIRT) services provided in a doctor's office or outpatient hospital. SBIRT is covered by Medicare when individual shows signs of substance use disorder or dependency.

SBIRT treatment involves:

Screening: Assessment to determine the severity of substance use and identify the appropriate level of treatment.

Brief intervention: Engagement to provide advice, increase awareness, and motivate individual to make behavioral changes.

Referral to treatment: If individual is identified as having additional treatment needs, provides them with more treatment and access to specialist care.

If you are unsure where to start with your treatment, first talk to your doctor. You can speak with your doctor about substance use disorder treatments that may be best for you, and they may be able to recommend providers to you. Remember that in order for Medicare to cover your substance use disorder treatment, your provider must set up your plan of care and state that the services are medically necessary.

Once you know the kinds of services you need, you can call 1-800-MEDICARE if you have Original Medicare to find behavioral health care providers and facilities in your area. You can also use the Provider Compare tool on [www.medicare.gov](http://www.medicare.gov) to find mental health providers who accept Medicare payment. If you have a Medicare Advantage Plan, you can contact your plan to find mental health care providers who are in your plan's network and to learn about any costs or restrictions associated with getting care.

Finally, you can also contact the Substance Abuse and Mental Health Services Administration (SAMHSA) at 800-662-4357 for additional help finding behavioral health care providers. SAMHSA may also be able to direct you to local resources.

-Marci

## Fraud

**SMP**  
**SCAM WATCH**

# Cardiac Genetic Testing

Scammers are offering Medicare beneficiaries cardiac genetic testing to obtain their Medicare information for fraudulent billing purposes or possibly medical identity theft.



**REPORT THIS  
SCAM TO  
THE SMP AT  
877-808-2468.**



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# August

| Monday   | Tuesday   | Wednesday  |
|--|---|--|
| <p><b>2</b><br/>10:00 Writers Group<br/>11:00 Line Dancing<br/>12:15 Bridge<br/>1:00 Tai Chi</p>  | <p><b>3</b><br/>8:30 Ceramics<br/>10:00 Breakfast Club<br/>11:00 Craft<br/><b>1:00 Commodities Pickup</b><br/>1:00 Knotty Knitters</p>                                  | <p><b>4</b><br/>10:00 Photography Class<br/>11:00 Line Dancing<br/><b>12:15 Music by Marly</b><br/>12:15 Bridge<br/>1:00 Tai Chi</p>   |
| <p><b>9</b><br/>10:00 Writers Group<br/>11:00 Line Dancing<br/>12:15 Bridge<br/>12:30 Jeopardy<br/>1:00 Tai Chi</p>  | <p><b>10</b><br/>8:30 Ceramics<br/>10:00 Adult Coloring<br/><b>12:15 Lunch &amp; Learn:<br/>Opioid Addiction Discussion</b><br/>1:00 Knotty Knitters<br/>1:30 Bingo</p> | <p><b>11</b><br/>10:30 Sewing Group<br/>11:00 Line Dancing<br/>12:15 Bridge<br/>1:00 Tai Chi</p>    |
| <p><b>16</b><br/>10:00 Writers Group<br/>11:00 Line Dancing<br/>12:15 Bridge<br/>1:00 Tai Chi</p>  | <p><b>17</b><br/><b>8:00 Field Trip:<br/>Living Planet Aquarium</b><br/>8:30 Ceramics<br/>1:00 Knotty Knitters</p>  | <p><b>18</b><br/>10:00 Photography Class<br/>11:00 Line Dancing<br/><b>12:00 Foot Clinic: \$12, sign<br/>up in advance</b><br/><b>12:15 Music: Katie Jo Olsen</b><br/>12:15 Bridge<br/>1:00 Tai Chi</p>  |
| <p><b>23</b><br/>10:00 Writers Group<br/>11:00 Line Dancing<br/>12:15 Bridge<br/>1:00 Tai Chi</p>  | <p><b>24</b><br/>8:30 Ceramics<br/>10:00 Adult Coloring<br/>1:00 Knotty Knitters<br/>1:30 Bingo</p>   | <p><b>25</b><br/>11:00 Line Dancing<br/>1:00 Tai Chi<br/>2:00 Book Club</p>  |
| <p><b>30</b><br/>10:00 Writers Group<br/>11:00 Line Dancing<br/>12:15 Bridge<br/>1:00 Tai Chi</p>  | <p><b>31</b><br/>8:30 Ceramics<br/>1:00 Knotty Knitters<br/><b>1:00 Movie: The Princess<br/>Bride</b></p>   | <p><b>Golden Sun- Lenore Hetrick</b><br/>Great, glorious, golden sun,<br/>Shine down on me today.<br/>You are the life of all this earth,<br/>You and your magic ray.<br/>You are the life of a bird and plant,<br/>All must depend on you.<br/>Shine down, great sun, the whole</p> |

# August

| Thursday   | Friday   |
|--|--|
| <b>5</b><br>8:30 Ceramics<br>10:30 Wii Bowling<br>12:15 Bridge<br>1:00 Knotty Knitters<br>1:00 Mahjong<br>2:30 Clogging  | <b>6</b><br>8:30 Sit & Be Fit<br>10:00 Painting Group<br>11:00 Line Dancing<br>1:00 Tai Chi<br>2:15 Meditation Group   |
| <b>12</b><br>8:30 Ceramics<br>10:30 Poker<br>12:15 Bridge<br>1:00 Cribbage<br>1:00 Knotty Knitters<br>2:30 Clogging  | <b>13</b><br>8:30 Sit & Be Fit<br>10:00 Painting Group<br>11:00 Line Dancing<br>1:00 Tai Chi<br>1:00 Technology and You 101<br>2:15 Meditation Group                                     |
| <b>19</b><br>8:30 Ceramics<br>10:30 Wii Bowling<br><b>11:00 Out to Lunch Bunch:<br/>                     Maddox</b><br>12:15 Bridge<br>1:00 Knotty Knitters<br>1:00 Mahjong<br>2:30 Clogging                   | <b>20</b><br>8:30 Sit & Be Fit<br>10:00 Painting Group<br>11:00 Line Dancing<br><b>12:15 Watermelon Eating<br/>                     Contest</b><br>1:00 Tai Chi<br>2:15 Meditation Group |
| <b>26</b><br>8:30 Ceramics<br><b>10:30 Class 1 of 6: Stepping<br/>                     On (Fall Prevention)</b><br>10:30 Wii Bowling<br>12:15 Bridge<br>1:00 Red Hats<br>1:00 Knotty Knitters<br>2:30 Clogging | <b>27</b><br>8:30 Sit & Be Fit<br>10:00 Painting Group<br>11:00 Line Dancing<br>1:00 Tai Chi<br>1:00 Technology and You 101<br>2:15 Meditation Group                                     |

Day long!  
 Shine from the heaven 's blue.  
 And I will welcome your golden rays,  
 For you mean life to me,  
 And you mean happiness and health,  
 Strength and energy.  
 Shine down, great sun, on flower and field, and never say goodbye.  
 Forever and ever give us your light from out the side, blue sky.



**Monday**  
 8:30 Fitness Room  
 8:30 Pool Room  
 8:30 Library  
 10:00 Writers Group  
 11:00 Quilting  
 11:00 Line Dancing  
 12:15 Bridge  
 1:00 Tai Chi

**Tuesday**  
 8:30 Fitness Room  
 8:30 Pool Room  
 8:30 Ceramics  
 8:30 Library  
 11:00 Quilting  
 1:00 Knotty Knitters

**Wednesday**  
 8:30 Fitness Room  
 8:30 Pool Room  
 8:30 Library  
 11:00 Quilting  
 11:00 Line Dancing  
 12:15 Bridge  
 1:00 Tai Chi

**Thursday**  
 8:30 Fitness Room  
 8:30 Pool Room  
 8:30 Ceramics  
 8:30 Library  
 11:00 Quilting  
 12:15 Bridge  
 1:00 Knotty Knitters  
 2:30 Clogging

**Friday**  
 8:30 Sit & Be Fit  
 8:30 Fitness Room  
 8:30 Pool Room  
 8:30 Library  
 10:00 Painting Group  
 11:00 Quilting  
 11:00 Line Dancing  
 1:00 Tai Chi  
 2:15 Meditation Group

# Activities

Join us for a  
**Watermelon Craft**

**August 3rd at 11:00am**

**RSVP at the front desk**

**National  
Watermelon  
Day**

Made with Fabrikator.com



## **LUNCH & LEARN: OPIOID ADDICTION DISCUSSION**

An effort to raise and promote  
public health awareness with  
Timothy Keady, MS, CHES

**TUESDAY, AUGUST 10TH  
12:15PM IN THE CAFETERIA**

**FIELD TRIP:  
Living Planet  
AQUARIUM**

Tuesday, August 17th  
Leaving 8am from the Senior Center  
\$15 bus fee  
\$18.95 admission to the aquarium  
Bring money for lunch  
at Penny Ann's Cafe

**OUT TO LUNCH BUNCH  
IS VISITING...**

*Maddox  
Ranch House*

**Thursday, 19 August**

Leaving from the center at 11am

\$5 bus fee



## Dementia Dialogues :

A 4-session basic practical training course designed to educate individuals who care for persons with Alzheimer's disease or related dementias

**4 Wednesdays in August from 3:30-5:00 pm**

August 4th, 11th, 18th and 25th presented by:



SUNSHINE TERRACE FOUNDATION

at



- TOPIC 1 The Basic Facts: An Introduction to Dementia
- TOPIC 2 Keeping the Dialogue Going: Communication Skills
- TOPIC 3 Safe Environments and Addressing Challenging Behavior
- TOPIC 4 Now What Do I Do? Creative Problem Solving

**Free and open to the public**

**Call Amy at 435-754-0233 to register** The August sessions are in Logan Regional Hospital Classroom 8 enter through the Women's Center

Led by Amy Anderson and Dennis Wildman, Certified Dementia Dialogue instructors through the Utah Department of Health's State Plan on Alzheimer's

A program developed by the University of South Carolina's Arnold School of Public Health

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Cache County Senior Center, Logan, UT

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# August

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| 2<br><b>Loaded Baked Potato</b><br>Broccoli<br>Mandarin Oranges                            | 3<br><b>Poppy-Seed Chicken</b><br>Rice Pilaf<br>Malibu Blend - Vegetables<br>Grape Salad | 4<br><b>Salisbury Steak</b><br>Scalloped Potatoes<br>Glazed Carrots<br>Fresh Fruit   | 5<br><b>Sliced Ham</b><br>Mac & Cheese<br>Peas & Carrots<br>Mixed Fruit           | 6<br><b>Chef's Choice</b>   |
| 9<br><b>Biscuits &amp; Gravy</b><br>Crispy Bacon<br>Potatoes O'Brian<br>Fresh Banana<br>V8 | 10<br><b>Chicken Fajitas</b><br>Mexicali Corn<br>Spanish Rice<br>Sliced Oranges          | 11<br><b>Tilapia</b><br>Wild Rice<br>Peas<br>Melon   | 12<br><b>Chef's Choice</b>  | 13<br><b>Sloppy Joes</b><br>Cole Slaw<br>Fresh Fruit Cup<br>Chips                     |
| 16<br><b>Pasta Bake</b><br>Cascade Vegetable<br>Strawberry Grape – Salad                   | 17<br><b>Sheppard's Pie</b><br>Mixed Vegetables<br>Spiced Apples                         | 18<br><b>Chicken Fried Steak</b><br>Potatoes & Gravy<br>Roasted Veggies<br>Pineapple & Cottage Cheese  | 19<br><b>Cheese Omelet</b><br>Sausage Patty<br>Veggie Hash<br>Fresh Orange Slices | 20<br><b>Grilled Chicken Sandwich</b><br>Coleslaw<br>Tropical Fruit<br>Chips          |
| 23<br><b>Hawaiian Haystacks</b><br>Buttered Peas<br>Mandarin Fruit Salad                   | 24<br><b>Chef's Choice</b>   | 25<br><b>Turkey Croissant Sandwich</b><br>Fresh Veggies<br>w/Ranch Dip<br>Grape Salad  | 26<br><b>Sweet Pork Salad w/</b><br>Rice & Beans<br>Watermelon                    | 27<br><b>Chicken Alfredo Pasta</b><br>Italian Veggies<br>Ambrosia Salad<br>Breadstick |
| 30<br><b>Tomato Mac Soup</b><br>Grilled Cheese<br>Melon<br>Celery Sticks                   | 31<br><b>Sweet &amp; Sour Chicken</b><br>Fried Rice<br>Snap Peas<br>Mandarin Oranges     |  <p>A graphic with the word "hello" in a cursive font above the word "SUMMER" in large, colorful, block letters. The letters are in shades of blue, green, pink, yellow, and teal.</p> |   |   |

For those 60+ and their spouse the suggested donation is \$3.00.

Don't forget to call in by 3:00 p.m. the day before.

The full cost of the meal is \$7.50 for those under age 60. Please pay at the front desk to receive your meal.



# Classes

## Stepping On



### Fall Prevention Class

will be taught at the senior center Thursdays 10:30-noon from 26 Aug to 30 Sept

The class is free, but you must register in advance. Call Jesse at 435-755-1730

## LIVING WELL WITH CHRONIC CONDITIONS

A FREE 6-SESSION WORKSHOP FOR THOSE DEALING WITH A CHRONIC OR LIMITING HEALTH CONDITION

1-3PM ON TUESDAYS FROM SEPTEMBER 21-OCTOBER 26TH AT THE SENIOR CENTER

Advance registration is required, call Jesse at 435-755-1730



Are you 65 years or older?  
With no major neurophysiological illness?  
Currently in good physical health?



Institutional Review Board Approved: IRB-7963  
Primary Investigator: Dr. Dave Dolan  
Dave.dolan@usu.edu

If so, you may be eligible to participate in the USU study to observe the effects of neural control on balance. As part of the study, you will take part in a 2 hour session, completing balance tasks to study how the nervous system prevents falls. If eligible, you will be compensated for your time.

If interested, please contact Anne Beethe  
anne.beethe@usu.edu  
Office: (435)-797-0272

## NEVER MISS A NEWSLETTER!

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[www.mycommunityonline.com](http://www.mycommunityonline.com)



# Thrive Locally





# Foot Clinic is Back!

**Sunshine Terrace will be doing a foot clinic for  
the Center on August 18th from 12-2pm**

**\$12.00 Cash Only**

**services include:**

**Filing Toenails**

**Clipping Toenails (non-diabetics only)**

**Painting Toenails**

**Applying lotion**

**Call the front desk to sign up 755-1720**



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# Activities

SENIOR CENTER MUSIC LUNCH PERFORMANCES:

**AUGUST 5TH:**  
**MUSIC WITH MARLY**  
 COUNTRY, FOLK & GOSPEL MUSIC

**AUGUST 18TH:**  
**KATIE JO OLSEN**  
 BLUES, COUNTRY, ROCKABILLY,  
 AND FOLK

BOTH PERFORMANCES WILL BE HELD AT 12:15 IN THE CAFETERIA.

You're Invited To A  
**Watermelon Eating Contest**

August 20th @ 12:15pm

*At the Senior Center*

Join us for a fresh slices of waremelon and a watermelon eating contest.

**AVAILABLE FOR A LIMITED TIME!**

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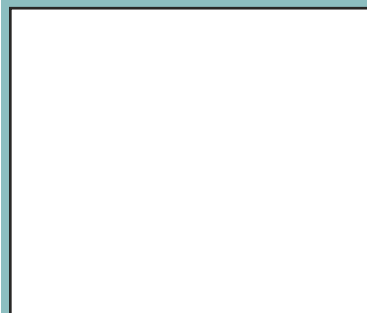
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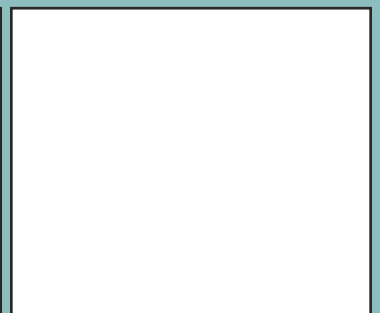
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## 4 Warning Signs of Melanoma That Are Easy to Miss

The dangerous skin cancer can take on odd forms and pop up in unexpected places



Nearly 100,000 Americans are diagnosed with melanoma each year, making it one of the most common types of cancer in the U.S., especially

among older adults who have endured decades of sun exposure and whose immune systems aren't as robust as they once were. And while melanoma can be deadly, it is highly curable if caught early.

Do you know what to look for? The hallmarks of melanoma are asymmetrical or rough-looking moles that are not defined by a border. A spot on the skin that continues to grow in size or change is another indication, and a once-monthly body scan is an easy way to keep tabs on any of these concerning characteristics. But there are also some more unusual signs that could signal the presence of the skin cancer.

"Melanoma is such a rule breaker," says Elizabeth Buchbinder, M.D., an oncologist at the Dana-Farber Cancer Institute in Boston and an assistant professor at Harvard Medical School. Little moles can cause big trouble, and new spots can grow and spread quickly, she adds. "And so knowing what to look out for, it's super important."

Here are four warning signs of melanoma you need to know about so that no spot goes unnoticed.

### 1. The 'ugly duckling'

People who have lots of moles are at increased risk for melanoma. That said, there's no need to start counting your spots or panicking over every mark on your body. Instead, pay attention to the moles that stand out — those that are darker than the rest, have changed recently or are more oddly shaped. Buchbinder calls these "ugly ducklings."

"If you have a bunch of dark moles, but you have 50 of them, they're not all melanomas," she says. "But if you have one mole that really looks different than the others, and it's kind of that ugly duckling, that's the one that you

really want to get looked at and checked."

With women, melanomas most commonly appear on the arms and legs. Men need to pay special attention to their head, neck, back and trunk. Still, those aren't the only places this type of skin cancer can pop up.

### 2. 'Where the sun doesn't shine'

The majority of melanomas are thought to be caused by ultraviolet (UV) light, but not all of them come from sun exposure. Melanoma can develop anywhere on the body, including "in places the sun doesn't shine," like the soles of the feet or the palms of the hand, says Elizabeth Quigley, M.D., a dermatologist and associate physician at Memorial Sloan Kettering Cancer Center in New York.

The cancer can also appear as a dark streak under a fingernail or toenail, which is what happened to musician Bob Marley, who initially mistook his melanoma for a bruise on the toe and eventually died from it. (A clue that you should see a doctor: a dark spot under the nail bed that doesn't grow out with the nail over time, like a blood blister would, Buchbinder says.) And while it's rarer, melanoma can also develop on the eye, inside the mouth or on the scalp. Buchbinder has even seen patients experience changes in their hair color — "someone who had gray hair and developed a black streak" — because of a melanoma growing on the scalp. "So strange things can happen, but these aren't common ones," she adds.

That said, these "hidden" melanomas *are* more common in people with darker skin, points out Vishal Patel, M.D., assistant professor of dermatology at the George Washington School of Medicine & Health Sciences and director of the Cutaneous Oncology Program at the GW Cancer Center. And because they're easier to miss, they're usually more dangerous by the time they're diagnosed.

"So I tell Black and Indian and Asian patients that if you have nail changes, [any dark spots] on your palms and soles, as well as in the eye and mouth, these are ones that I worry about," Patel adds. "Because while it is less common to have that, when it does happen, it is worse. So it's important to know about that."



# Health and Wellness

### 3. Red, white and blue hues

While melanomas are often depicted as dark-brown moles, they can actually present in a variety of colors. The cancer may have a blue tint to it, from deeper pigmentation, says Robert Brodell, M.D., a professor and chair of the Department of Dermatology at the University of Mississippi Medical Center. Or it can appear red, the result of an immune response. "The body is attacking it. It knows it's abnormal and it's trying to defend itself, and you get inflammation," Brodell explains.

It's also possible for a melanoma to "look like a rash," says Quigley, and take on a pink hue. But when the spot doesn't get better with creams and other treatments that normally nix a rash, "you need to check and make sure that that's not a skin cancer," she says.

Another sign of a melanoma can be lack of color. Some of these cancerous spots lose their pigmentation completely or partially, leaving a halo of white around a darker spot.

"And that's something that gives us a little concern,"

Buchbinder says. "Was the body recognizing something like a melanoma that was going wrong, and in its process of destroying the melanoma it destroyed some of the normal melanocytes [cells in the skin that produce pigment] in that area? It's just one of those things that may kind of make you look a little closer at something."

### 4. Spots on the skin that bleed or itch

If a mole on your body starts to itch or becomes more painful or tender, you need to get it checked out. The same goes if the surface of a mole changes. Maybe it starts to ooze or bleed or take on a scaly appearance and doesn't heal on its own.

"We think that some of that irritation — the itching, the bleeding — is actually the body starting to recognize [the cancer] and starting to attack it a little, making it irritated. And so that's why you'll see some itching and bleeding and irritation near the actual mole," Buchbinder says.

<https://www.aarp.org/health/conditions-treatments/info-2021/melanoma-skin-cancer-risk.html>

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