

SPRING CREEK SENIOR PARTNER NEWS – February 25, 2022

FEBRUARY IS NATIONAL CANCER PREVENTION MONTH

According to Merriam Webster's dictionary, Cancer is defined as a term for diseases in which abnormal cells divide without control and can invade nearby tissues. Cancer cells can also spread to other parts of the body (metastasize) through the blood and lymph systems. There is currently no cure for cancer. However, successful treatment can result in cancer going in to remission, which means that all signs of it have gone. The early detection and treatment of cancer can significantly improve the chances of remission and a person's outlook.

Nearly everyone who receives a life-changing diagnosis asks if there was anything they could have done to prevent it. National Cancer Prevention Month tackles that question during February.

According to the National Institute of Health, nearly 1.9 million people are diagnosed with cancer each year in the United States. Nearly half of those diagnoses are breast, prostate, lung, pancreas, or colon cancers. Studies also reveal that more than 40 percent of all cancer diagnoses can be linked to a preventable cause.

National Cancer Prevention Month focuses on the things we can control to lessen our odds of developing cancer. Five of the top recommendations for lessening our risk include:

- *Regular exercise*
- *Maintaining a healthy weight*
- *Eating healthy foods*
- *Quitting or never starting smoking*
- *Limiting alcohol use*

Other actions that help to prevent cancer or catch it early include routine checkups, treating or preventing other health conditions, and knowing your risk factors. We can't stop every form of cancer yet, but we do have the tools to decrease our risk factors.

STAYING HEALTHY YEAR-ROUND

Tips on how to increase your chances for a long and healthy life:

- *Be active – walk; exercise; if possible, take the stairs instead of the elevator.*

- *Eat lots of fruits, vegetables, whole grains and little or no fatty foods.*
- *Don't smoke and limit your alcohol consumption*
- *Go for annual medical checkup. Take advantage of preventive screenings and immunizations like flu and pneumonia shots.*
- *Pay attention to your mental health – ongoing sadness, loss of interest, anxiety, feeling overwhelmed, changes in sleep pattern, loss of appetite, excessive crying, irritability and so on. If you experience any of the above-mentioned symptoms, please contact NYC WELL at 1-888-692-9355.*

Spring Creek Senior Partners offers many events and activities to help keep you active, informed and healthy.

For more information, call the office of Spring Creek Senior Partners and speak to one of NORC Nurses at 718-348-7620 for an appointment.

Join us for

Technology Class every Monday, Wednesday and Friday (Virtual)

Arts/Crafts (Crochet) and Gardening every Thursday (in-person)

Game Day/Bingo every Friday (in-person)

Dancersize every Friday (in-person)

Concert In Motion (Virtual) February 28, 2022 @1:00pm

Snacks, refreshments, GIVE-AWAYS are served for in-person activities

The staff of Spring Creek Senior Partners is here to assist those living in Spring Creek Towers who are 60 years and older. You are always welcome to participate in our many events and activities.

If you need to see one of our case workers or the NORC Nurse, please call for an appointment. Our number is 718-348-7620.

******Every Monday, Wednesday and Thursday FROM 9:30am to 12:30pm, Spring Creek Senior Partners offers free blood pressure, Body Mass Index, Weight and Oxygen Level screenings. Call our office at 718-348-7620 to schedule an appointment.*

ABOUT SPRING CREEK SENIOR PARTNERS

Spring Creek Senior Partners is a Naturally Occurring Retirement Community/Supportive Service Program (NORC/SSP) and we serve all residents who are 60 years or older. Our services are free and open to all residents of Spring Creek Towers. You can visit Monday through Friday 9:00 am to 5:00 pm at 160 Schroeders Ave. (G5) or call us 718-348-7620.