



GRASP Newsletter

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Wellness Tips: Don't Fry Day: May 26th

Burning Facts: Although the sun is necessary for life, too much sun exposure can lead to adverse health effects, including skin cancer.

The Friday before Memorial Day is recognized as "[Don't Fry Day](#)" to encourage sun safety awareness and to remind **everyone** to protect their skin as they head outdoors to kick off the summer season.

When you're having fun outdoors, it's easy to forget how important it is to protect yourself from the sun. Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes. Yet it can take as long as 12 hours for skin to show the full effect of sun exposure.

Skin cancer is the most common cancer in the United States, yet most skin cancers can be **prevented**. Ultraviolet (UV) exposure (too much sun) is the most common cause of skin cancer. Anyone can get skin cancer. To lower your skin cancer risk, protect

your skin from the sun and avoid indoor tanning, try these easy options—

- ◆ **Stay in the shade, especially during mid-day hours.** (When sun's rays are the strongest between 10 a.m. and 4 p.m.)
- ◆ **Wear clothing that covers your arms and legs.**
- ◆ **Wear sunglasses that block both UVA and UVB rays.** (Sunglasses protect your eyes from UV rays and reduce the risk of cataracts).
- ◆ **Use sunscreen with SPF 15 or higher and both UVA and UVB protection.** (Sunscreen works best when used with shade or clothes, and it must be re-applied every two hours and after swimming, sweating, and toweling off).
- ◆ **Avoid intentional tanning and indoor tanning.** (There is no such thing as a healthy suntan. Any change in your natural skin color is a sign of skin damage).



A change in your skin is the most common sign of skin cancer. This could be a new growth, a sore that doesn't heal, or a change in a mole. Not all skin cancers look the same. Talk to your doctor if you notice changes in your skin such as a new growth.

Wellness tip provided by the Health Department

Harnett County Happenings:

- ◆ Sunday, May 14th is Mothers Day.
- ◆ **Memorial Day** will be observed on Monday, May 29th, All county offices will be closed.
- ◆ **"Casino Royale" Senior Fair** will be held at the Dunn Community Center on Thursday, May 11th. Please join us for a fun filled day beginning at 10:00 am—2:00 pm. For more information call 910-897-7579.
- ◆ **Don't Miss a Beat: Control High Blood Pressure.** On Thursday, May 16th from 12:00 pm-1:00 pm, Dr. Ashley Lewis with North Carolina Health and Vascular will be presenting an informative session on how to prevent and control high blood pressure. Lunch will be provided. To register call 910-814-6196



Honey Garlic Crockpot Meatballs

Ingredients

- ¼ cup brown sugar
- ½ cup honey
- ½ cup ketchup
- 2 TB soy sauce
- 3 cloves garlic, minced
- 1 (28oz) bag fully cooked, frozen meatballs

Instructions

1. In a medium bowl, mix together brown sugar, honey, ketchup, soy sauce and garlic.
2. Place frozen meatballs in a 3-4 quart crockpot and pour sauce over meatballs. Stir so all meatballs are coated evenly. Cook on LOW for 4 hours, stirring occasionally.
3. Use as an appetizer or serve over rice for a meal!



Next Meeting

Due to the Senior Fair being held in May, we will wait and have our next Family Caregiver Support Group meeting in June. We are doing this to encourage you to attend this wonderful event in our community. It will be held on **Thursday, May 11, 2017**. If you have any questions please call me at 910-814-6075. Hope to see you there!!