

# July 2022 NEWSLETTER

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[www.24hourcarehha.com](http://www.24hourcarehha.com)

24<sup>Hour</sup>CARE



## MELANOMA WARNING SIGNS

A- ASYMMETRY

B- BORDER (UNEVEN EDGES)

C- COLOR (MULTIPLE COLORS)

D- DIAMETER OR DARK

E- EVOLVING

If you notice these warning signs, or anything NEW, CHANGING, or UNUSUAL on your skin.

# HIRING!

Please visit our website to apply!

Administrative Assistant

Personal Care workers in Jo

Daviess County

and Dubuque County.

[www.24hourcarehha.com](http://www.24hourcarehha.com)

Visit KDTH's event calendar for more information on events going on in the Dubuque and Jo Daviess county areas.

## Fourth of July Fruit Tray

1 pint blueberries

2 pints strawberries

1 angel food cake I used a store bought cake to make things easy

white chocolate chips optional

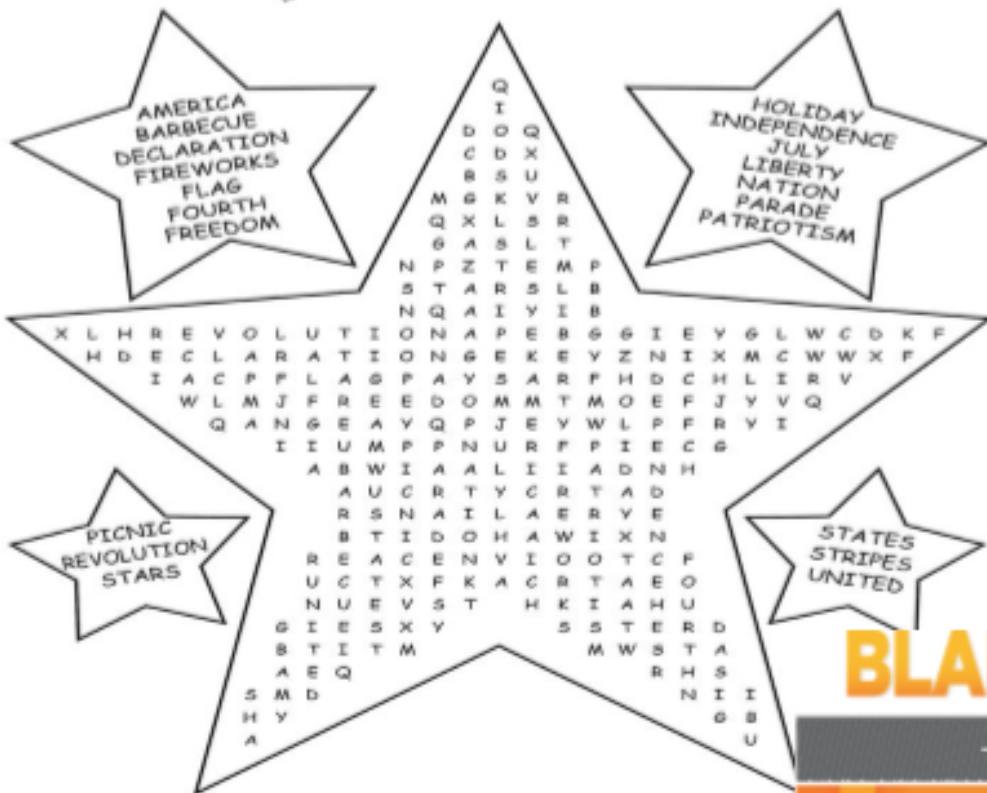
whipped cream or Cool Whip optional

### INSTRUCTIONS

1. Wash your blueberries and strawberries.
2. Remove the stems of the strawberries.
3. Cut your angel food cake into bite size pieces.
4. Add a row of angel food cake then a row of strawberries, continue until you use all of your cake and strawberries.
5. Place Blueberries in a square in the upper left hand side of your dish or tray.
6. If desired, add a few white chocolate chips to the blueberries (for the stars).
7. Serve as is or with whipped cream or Cool Whip.



# FOURTH OF JULY!



Thank you for all you do for 24-Hour Care. You are always on time, always a team player, and ready for whatever the day throws at you. We appreciate you!

## BLADDER CANCER

— KNOW THE FACTS —

BLADDER CANCER IS THE **5<sup>TH</sup> MOST COMMON** CANCER IN CANADA

ABOUT **12,000 PEOPLE** WILL BE DIAGNOSED WITH BLADDER CANCER THIS YEAR ALONE

**BLOOD IN THE URINE** IS THE MOST COMMON SYMPTOM

IT'S THE **MOST EXPENSIVE** CANCER TO TREAT

OVER **80,000 SURVIVORS** IN CANADA RIGHT NOW

NONMUSCLE-INVASIVE BLADDER CANCER HAS A **60-70% RECURRENCE RATE**

**SMOKING** IS THE MOST COMMON RISK FACTOR

Signs	Symptoms*
Blood in the urine**	Abdominal pain
Painful urination	Fatigue
Urgent need to urinate	Lower back pain
Feeling the need (but not being able) to pass urine	Appetite or weight loss



Give your neighbours a few days notice if you're planning on using fireworks. Particularly if they are elderly, have young children or pets