



River House
Current

May 2024

NEWSLETTER

The spring is fresh and fearless
And every leaf is new,
The world is brimmed with moonlight,
The lilac brimmed with dew —Unknown

STAY
IN THE
KNOW

- Cinco de Mayo Celebration 5/6*
- National Cupcake Day 5/8*
- National Golf Day 5/10*
- National Buttermilk Biscuit Day 5/14*
- National Straw Hat Day 5/15*
- National Classic Movie Day 5/16*
- Plant Something Day 5/20*
- National Water Flower Day 5/30*
- National Smile Day 5/312*

****Activities will be scheduled for each day**

Follow Us



125 River Road Ext.
Cos Cob, CT 06807



Dear Friends and Members,

MAY has arrived!! Bring on the warmer temperatures, and sunshine we are ready! As we transition into spring, we plan to have more outdoor activities such as gardening, bird watching and outdoor meditation.

There is a lot to celebrate in May, so there will be a schedule full of fun activities in honor of all the National Awareness Days. Be sure to check the “Stay in The Know” section of the newsletter to see what we have in store.

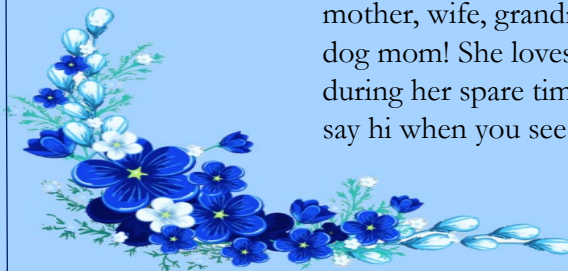
And don't forget to stop and smell the flowers!

Sincerely,
Dee Hernandez, Executive Director

Employee Spotlight:



Everybody knows Peg, but just in case you don't, Peg Drenckhahn has been with River House for over 23 years. She is a nurse by trade and is currently our Director of Program Services. Her dedication and knowledge have helped to shape River House into the amazing program it is today. She is a mother, wife, grandmother, and dog mom! She loves to golf during her spare time. Be sure to say hi when you see her!



The Nurse's Station
Safety and Well-Being

SKIN CANCER AWARENESS MONTH

The American Cancer Society estimates that in the United States this year there will be approximately 100,350 new cases of melanoma, the most dangerous form of skin cancer, and 6,850 deaths from it.

The rate of melanoma has been rising for the past few decades. The number of cases of the more frequent skin cancers, basal cell carcinoma and squamous cell carcinoma have also been increasing for many years. A family history of skin cancer, especially melanoma is a significant risk factor that cannot be ignored. Individuals with relatives who have been diagnosed with skin cancer have an increased risk themselves underscoring the need for regular skin checks.

Skin cancer is usually the result of sun exposure and blistering sunburns that occur in childhood in addition to cumulative sun exposure.

Although it's never too late to reduce your own risk for skin cancer, the most important thing we can do is to protect our children from early sun exposure. However, even with diligent sun protection, these individuals should be particularly mindful of changes in their skin. Regular dermatological check ups can aid in early detection, which is key to managing skin cancer effectively. In addition, the following are effective ways to protect yourself from skin cancer: Stay out of the sun as much as possible between 10 am and 4 pm, cover up with long sleeves, long pants, hat and sunglasses, use sunscreen with SPF 15 or higher, don't use tanning machines.

The good news is if diagnosed and treated early, skin cancer can often be cured. However, if the disease is allowed to progress, it can result in disfigurement and possibly death so let's work together during this Skin Cancer Awareness Month to educate our friends and loved ones about the dangers of skin cancer.