



August Employee of the Month



On May 28, 2022 a staff member observed another staff member leaving at the end of shift and COII Jordano handed this staff member a bag of baby formula. This happened during the nationwide baby formula shortage. The staff member's eyes lit up so bright and happy, he was ecstatic. Words cannot describe the joy shown on his face.

These actions are a next level kindness. This is how you build trust, teamwork and a solid way to show our new hire employees their fellow staff care. When commended for this action, COII Jordano responded if he can help it, "I'm not going to let a baby starve."

Thank you for your selfless dedication here at BCC.

Submitted by Employee of the Month Committee

AUGUST 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Parole Hearings	3	4	5	6
7	8 Parole Hearings	9	10	11	12	13
14	15	16	17	18	19	20
21	22 Parole Hearings	23	24	25	26	27
28	29	30 Parole Hearings	31			

AUGUST



Roy Chenault	01
Joseph Litwiller	04
Justin Page	04
Mary Roth	06
Debbie See	06
Kevin Hill	06
Kevin Thierfelder	10
Rhianna Rumbaoa	16
Gerry Roll	18
Paul Hoover	19
Glenda Pratt	19
Larry Nease	21
Melinda Hazel	26
Phyllis Barnes	31

Deadline for Comp Time Payout to Personnel

If you wish to payout comp. time on an upcoming check, below are the dates in which to do so by the deadlines:

July 20th for July 31st check
August 4th for August 15th check
August 22nd for August 31st check

In Memory of COI Carlos Tejeda



COI Tejeda passed away unexpectedly on July 10, 2022. He began his service with Boonville Correctional Center August 2021. Staff remember Carlos always happy and with a smile. He was a great asset to BCC and will be missed by all that had the pleasure of knowing him. It was shared by his family how proud he was accomplishing his dream of being a correctional officer.

Special Olympics

Torch Run T-Shirt Day

August 2
September 7
October 6
November 11
December 7

**If you would like to purchase a
Special Olympic T-Shirt please
contact COI Roger Fangman**



COI Meagan Crane
COI Lindsey Shumate
COI Sara Ensminger
COI Tiffany Ray
COI Sondra Beaman
COI Robert Crouch
COI Jamie Barnes
COI Ashton Harris
COI Caitlin Harrison
COI Andrew Pace
COI Kylar Peery
COI Mikala Wright
COI Joshua Downs
COI Alex Perez
COI Olivia Bopp
MSII Charles Surface

Staff Promotions & Moves
Brenda Imhoff, OSA

Annual TB Testing August

August 22 2:00-4:00 p.m. Test
August 24 2:00-4:00 p.m. Read

August 29 7:00-9:00 a.m. Test
August 31 7:00-9:00 a.m. Read

Personnel Club

Personnel Club would like to welcome our new Secretary Lisa Maher. We are currently needing a 1st shift representative. Anyone who is interested please contact Sasha Conaway.

Personnel Club has had a successful year thanks to all the staff that have assisted and participated in all of our fundraising events. August we will be having BID Wars once again. Anyone who would like to donate to our upcoming bid wars please contact Glenda Pratt.

We still have BCC shirts for sale in the Personnel office. Please stop by and purchase one. Personnel Club is also selling ID holders. They are \$4.

Glenda Pratt is currently asking for staff to submit your favorite recipes to her. Recipes will be put into a BCC Cookbook that will be available to purchase in the fall as a fundraiser.

Staff Appreciation week is quickly approaching. Tiffany Roberts is asking that if you haven't e-mailed her with your t-shirt size you please do so.

Thank you to all staff for your support of our club and thank you for all that you do to continue to help us be successful.

Personnel Club Members

President – Sasha Conaway

Vice President – Glenda Pratt

Secretary – Lisa Maher

Treasurer – Felicia Murphy

Social Chair – Jennifer Long

1st Shift Representative – Vacant

2nd Shift Representative – COII Carrie Daniels

3rd Shift – COII Brandie Simmons

BCC Parole Office

BCC Parole Office

BCC Parole Office Attended the All District 29 Meeting in Marshall on June 14th 2022.

We are already starting with our new training year. Nick Baker, Melody Hurlburt, Stuart English, and Heidi Surface attended IPO Specific Training on July 11, 12, and 13 at CRTC. Theresa Pulley will be attending Clerical Safety Training Aug 3 at CRTC.

Nick Baker, Stuart English and Heidi Surface were recently nominated by Melissa Boss, Unit Supervisor and each received a GEM award from Probation and Parole for assisting with extra duties over and above their normal PO duties. Way to go!! Proud of the contributions you make not just to P & P, but the Institution as well!!

We want to welcome Stacey Moore-Hendren to P & P as our new OSA and she is working hard on learning her new duties. Thank you Stacey for your positive attitude and willingness to learn your new position!!

Happy July Birthday to Stacey Moore-Hendren and Happy upcoming August Birthday to Kevin Hill PO.

Parole Hearings:

July 13, 14, 18, 21, 27

August 2, 8, 22, 30

September 7, 13, 19, 26

Submitted by

Theresa Pulley, SOSA



AUGUST IS HAPPINESS HAPPENS MONTH

Once upon a time, a real group called the Secret Society of Happy People decided to dedicate a day to the pursuit of happiness. Members of the society wanted to let happy feelings linger inside them every day. In 2000, the Secret Society of Happy People expanded the celebration to Happiness Happens Month in August.

Happiness is a choice. Remembering happiness does not mean you are problem free. That kind of life doesn't exist. As the Stoics of Ancient Greece observed, happiness is all about the quality of your thoughts. Happiness is not a destination, but rather a life-long pursuit. Joy can be anywhere at any time. Don't limit yourself to searching for pleasure. Enjoy everything and anything that makes you happy.

If you struggle with finding happiness, you can learn to be happy. There is plenty of helpful advice available to guide you in the right direction. Reading self-help material is an excellent place to start. Here are a few published works you might want to read to help you in your pursuit of happiness:

The Power of Positive Thinking by Norman Vincent Peale
Meditations by Marcus Aurelius
Man's Search for Meaning by Viktor Frankl

Most of the best "how to be happy" books and videos boil down to variations of the Ancient Greek philosophy of stoicism (not to be confused with the modern use of the word). The essence of stoicism is this: no matter what is wrong with the world in general, and your life in particular, you can choose to be happy if you learn how.

In recreation we love being happy! Currently, we are running softball, ultimate frisbee, and fitness revolution. We also are planning many other events.

In other recreation news we are sad to see that Wendy Blumhorst will be leaving us at the end of July, but we are happy for her to be moving on in her life, with her fiancée' Zach, to pursue other interests.

Movie pick of the month:
Elvis(2022)

Album pick of the month:
Harry Nilsson: Harry

Quote of the Month:
"Everything can be taken from a man but one thing: the last of human freedoms – to choose one's attitude in any set of circumstances, to choose one's way." -Viktor Frankl

Daniel Grover
Correctional Program Specialist/RO III

August 2022 Holidays, Special and Wacky Days

August 1 – National Girlfriends Day; National Mahjong; National Mountain Climbing Day; National Raspberry Cream Pie Day

August 2 – National Ice Cream Sandwich Day

August 3 – Grab Some Nuts Day; National Watermelon Day

August 4 – Chinese Valentine's Day/Daughters Day; 7th day of 7th Lunar Month; National Chocolate Chip Cookie Day; U.S. Coast Guard Day

August 5 – National Oyster Day; Work Like a Dog Day

August 6 – Campfire Day; National Clown Day; National Fresh Breath Day; National Mustard Day; Wiggle Your Toes Day

August 7 – Friendship Day; International Forgiveness Day; National Lighthouse Day; Professional Speakers Day; Sisters Day

August 8 – International Cat Day; Summer Olympics Closing Ceremony; Sneak Some Zucchini onto Your Neighbor's Porch Day!

August 9 – Book Lovers Day

August 10 – Lazy Day; National S'mores Day; World Lion Day

August 11 – Presidential Joke Day; Son and Daughter Day

August 12 – Annual Perseid Meteor Shower; National Kook-Aid Day; National Vinyl Record Day; World Elephant Day

August 13 – Left Hander's Day; Middle Child's Day; National Garage Sale Day

August 14 – National Creamsicle Day

August 15 – Feast of the Assumption Day; Relaxation Day!

August 17 – National Thrift Shop Day; Neighbor Night.

August 18 – Bad Poetry Day; Serendipity Day

August 19 – Aviation Day; National Potato Day.

August 20 – National Honey Bee Awareness; National Radio Day; World Mosquito Day

August 21 – National Spumoni Day; Senior Citizen's Day.

August 22 – Be an Angel Day; National Tooth Fairy Day

August 23 – Ride the Wind Day; World Daffodil Day.

August 24 – Iconic American Restaurants Day; Vesuvius Day

August 25 – Kiss and Make Up Day; National Banana Split Day

August 26 – National Dog Day; National Toilet Paper Day; Women's Equality Day

August 27 – Just Because Day

August 28 – Race Your Mouse Day; Stuffed Green Peppers Day

August 29 – International Bat Night; More Herbs, Less Salty Day

August 30 – Frankenstein Day; Toasted Marshmallow Day

August 31 – National Eat Outside Day; National Trail Mix Day

Restorative Justice Garden



Harvest House



Lisa Maher, IAC pictured with Boonslick Senior Center



Glenda Pratt - AOSA
Policy and Procedure/Forms Coordinator

DEPARTMENTAL PROCEDURES:

The following procedure and comparison document is available in the K drive, Policies, Procedures and Forms folder with an effective date of **August 1, 2022:**

D1-8.11 Security Threat Groups

The following **new procedure** is available in the K drive, Policies, Procedures and Forms folder with an effective date of **July 1, 2022:**

D2-12.10 Training

The following **rescission memos** are available in the K drive, Policies, Procedure and Forms folder with an effective date of **July 1, 2022:**

D1-11 Records and Information Management

D2-12.2 Outside Training and Seminars

D2-12.3 Management Training

D2-12.4 Staff Member Training

STANDARD OPERATING PROCEDURES:

All SOPs for BCC can be found on the k drive:

K:\Policies, Procedures and Forms\Institutional SOP's\BCC\Current SOPs

Comparison documents can be found: K:\Policies, Procedures and Forms\Institutional SOP's\BCC\Current SOPs\2022 Comparison Documents

NEW:

IS\SOP2-1.2 Custody Staff Member Appearance: Replace SOP dated May 19, 2022, with SOP effective June 27, 2022.

IS\SOP2-1.3 Food Service Staff Member Appearance: Replace SOP dated August 1, 2013, with SOP effective June 17, 2022.

IS\SOP2-1.4 Maintenance Staff Member Appearance: Replace SOP dated March 14, 2022, with SOP effective June 17, 2022.

IS\SOP4-1.1 Standard of Cleanliness: Replace SOP dated July 5, 2020, with SOP effective June 17, 2022.

IS\SOP4-1.3 Vermin and Rodent Control: Replace SOP dated October 20, 2019, with SOP effective June 17, 2022.

IS\SOP4-1.6 Tool Control: Replace SOP dated June 28, 2020, with SOP effective June 17, 2022.

IS\SOP20-1.6 Locking Systems Control: Replace SOP dated January 22, 2022, with SOP effective June 17, 2022.

IS\SOP20-1.1 Post Orders: Replace SOP dated July 14, 2019, with SOP effective June 17, 2022.

IS\SOP20-1.8 Vehicle Perimeter Patrols: Replace SOP dated July 21, 2019, with SOP effective June 17, 2022.

IS\SOP20-1.9 Outcounts: Replace SOP dated May 10, 2020, with SOP effective June 30, 2022.

SOP/D2-11.9 Non-Smoking and Tobacco Free: Replace SOP dated July 12, 2020, with SOP effective July 17, 2022.

REVIEWED – NO CHANGE:

IS/SOP5-3.3 Transgender and Intersex Offenders

IS/SOP16-1.2 Hobby Crafts

IS/SOP18-3.11 Correspondence Courses

IS/SOP18-3.15 Graduation Ceremony

IS/SOP20-3.4 Crisis Intervention Team (CIT)

STATE FORMS AND REFERENCE DOCUMENTS:

The following forms are new, or have been revised or obsolete and are available in the K drive, Policies, Procedures and Forms/Forms-References folder. Staff members are encouraged to utilize the electronic forms; however, when this is not possible and it is necessary to order hard copies from the warehouse, the price should be obtained from the MCC Print Shop through your worksite's forms coordinator.

FORMS:

NEW:

931-4945 Adjunct Trainer Application (7/22)
Electronic ONLY (Do not order from Print Shop)

931-4946 Peer Trainer Observation Checklist (7/22)
Electronic ONLY (Do not order from Print Shop)

931-4947 Trainer Development Plan (7/22)
Electronic ONLY (Do not order from Print Shop)

931-4948 Trainer Supervisor Observation Checklist (7/22)
Electronic ONLY (Do not order from Print Shop)

REVISED:

931-3813 Preventative Therapy Treatment (7-22)
Use existing stock

931-4068 Drug Interdiction Report (7/22)
Electronic ONLY (Do not order from Print Shop)
Do not use prior existing stock

931-4843 Security Threat Group Validation (8/22)
Electronic ONLY (Do not order from Print Shop)
Do not use prior version

931-4844 Security Threat Group Subject Profile (8/22)
Electronic ONLY (Do not order from Print Shop)
Do not use prior version

931-4845 Security Threat Group Screening (8/22)
Electronic ONLY (Do not order from Print Shop)
Do not use prior version

931-4929 New Staff Member Supplemental On-Boarding Checklist (6-23-22)

Electronic ONLY (Do not order from Print Shop)
Do not use prior version

931-2121 Certificate of Delivery (7/22)
Electronic ONLY (Do not order from Print Shop)
Do not use prior version

OBSOLETE:

931-3345 DOC Lab Test (1/09)
931-4846 Security Threat Group Quarterly-Monthly Report (5/21)
931-2851 X-Ray (12-93)
931-3862 Vision Screen (9-94)
931-3945 Vision Screening Checklist (8-95)
931-4801 Offender Wellness Assistant Training Request (10-18)

REFERENCE DOCUMENTS:

The following have been revised and are available in the K drive, Policies, Procedures and Forms, Forms-References folder.

NEW:

Trainer Development Planning Guide (7/22)
Staff Training and Trainer Development Manual Reference (7/22)

SUMMER VEGETABLE SPAGHETTI

Serves 9

Ingredients:

2 C small yellow onions, cut into eights
2 C ripe tomatoes, peeled, chopped
2 C yellow and green squash, thinly sliced
1 1/2 C fresh green beans, cut
1/3 C water
2 Tbsp fresh parsley, minced
1 clove garlic, minced
1/2 tsp chili powder
1/4 tsp salt
black pepper to taste
1 can (6 oz) tomato paste

Cooking Instructions:

Combine first 10 ingredients in large saucepan. Cook for 10 minutes over medium-low heat, and then stir in tomato paste. Cover and cook for 15 minutes, stirring occasionally, until vegetables are tender. In another pan, cook spaghetti in unsalted water according to package instructions. Spoon sauce over drained hot spaghetti and sprinkle parmesan cheese on top.



PACT is looking for a few good men and women, especially if you are working 1st or 3rd shift. PACT or Peer Action Care Team members are caring people who will be there with fellow employees to help remain fully productive at work and home by providing immediate support to staff who may have experienced a trauma-related event. We are trained in listening and referral skills to help fellow employees to recover and return to work with the full support of the Department's resources and their fellow employees.

If you are interested, contact DWOM Spencer Colliatie or any PACT member and we will get you an application or answer questions you may have. The application is also on the I:Drive in a folder labeled PACT.

If YOU are interested in becoming a PACT member or want more information, please contact the Warden's Office.

SELF (EAP---Employee Assistance Program)

CALL – 800-808-2261

TDD – 800-697-0353

ONLINE – www.guidanceresources.com

COMPANY ID – MCHCP

BCC PACT MEMBERS

Barry Homan – 1st Shift

Joanna Hinnard – 2nd Shift

Deanna Berry – 2nd Shift

Sasha Conaway – 2nd Shift

Brad Drew – 2nd Shift

April Fountain – 2nd Shift - **Pact Leader**

Luke Haller – 2nd Shift

Tristram McCormack – 2nd Shift

Glenda Pratt – 2nd Shift

Cassandra Richards – 2nd Shift

Tim Widner – 2nd Shift

Christopher Bozwell – 3rd Shift

Tim Cook – 3rd Shift

Brandi Simmons – 3rd Shift

Jesse Wallace – 3rd Shift

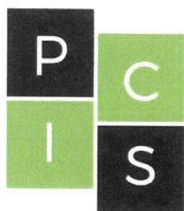
Employee Assistance Program

Reasons to call your EAP

Family Matters, Stress, Relationships, Substance Abuse, Work events....and much much more

Call: 1-800-808-226

Or go online www.guidanceresources.com



Missouri Department of Corrections Post Critical Incident Seminar

November 2 - 4, 2022
Columbia, MO

The PCIS was established to provide first responders with support following exposure to critical incidents in the line of duty. Trauma can alter the human psyche and can change one's worldview which may result in unintended negative consequences. At MoDOC - PCIS, you will meet other corrections professionals who have experienced similar critical incident. Health service providers and other professionals, who are familiar with the corrections culture, will facilitate support throughout the seminar.

What Are Past Participants Saying About PCIS?"

...thank you for everything you did to make PCIS happen. It honestly saved my life."

"This whole thing works without you even noticing that it's working...I am a true believer in PCIS and will continue to promote it."

"The support system here (at PCIS) is unlike any I have ever seen. The staff are amazingly pleasant and show genuine concern."

IS PCIS FOR ME?

Are you are a corrections employee currently experiencing intrusive thoughts, changes in mood, nightmares, relationship problems, performance declines, or alcohol/substance use, which began or worsened after exposure to one or more critical incidents? If so, you are eligible and encouraged to register for this 3-day therapeutic seminar.

WHAT IS THE COST TO ATTEND PCIS?

There is no cost to attend this seminar, but space is limited. Lodging, meals and transportation costs/ reimbursement are included.

HOW DO I SIGN UP?

There will be an electronic application available on the DOC Intranet beginning August 1, 2022. The application deadline will be September 30, 2022.

CAN I BRING SOMEONE WITH ME?

Yes, and it is encouraged! All participants may bring one (1) support person age 18 or older with them. This should be a spouse, partner, significant other, or other individual the participant is close to and comfortable having open and intimate conversations with.

QUESTIONS?

**Contact Meckenzie Hayes at
573-526-3021
or email**

Meckenzie.Hayes@doc.mo.gov

OUR PARTNERS

MO Dept. of Mental Health, MO Behavioral Health Council, and the MO State Highway Patrol
MoDOC is funding and hosting this event, however all therapeutic services are provided by non-DIC professionals in the community.

To protect your privacy, the exact location and itinerary of the seminar will be provided upon successful registration.

Hydrating for Activity and Health

Adequate hydration is important for overall health, especially during physical activity when water needs increase due to sweat loss. Not all liquids are created equal, though. Here are three groups of water sources that are divided, depending on how frequently they should be used to hydrate.

Keep in Mind...

- Hydrate yourself before you're thirsty
- Watch children and the elderly closely; they can become dehydrated more easily
- The 8 glasses a day rule is not appropriate for everyone. Water needs are different for each individual depending on factors such as physical activity level and age



Most Frequently



Water
Fruits and vegetables
Fat free or low-fat milk

Less Often



Sports drinks
100% fruit juices

Limit



Energy drinks
Soda
Sweet tea
Flavored water

Total Wellness

Eating Healthy on the Road

Snacks on the Road

Healthy snacks – gas station friendly:

- 20 pretzels, 2 tablespoons of peanut butter, ½ cup of raisins
- 2 mozzarella cheese sticks with 1 cup popcorn
- 1 packet of instant oatmeal, 1 banana
- 1 granola bar, 8 ounces of 1% or 2% milk
- 15 tortilla chips with ½ cup of salsa
- 1 large piece of beef jerky or ½ cup of jerky strips, 5 whole-grain crackers
- 1 cup of trail mix

Healthy snacks – cooler friendly:

- 5 whole-wheat crackers, 6 cheddar cheese cubes, one medium-size apple
- 8 ounces of vanilla yogurt, 1 cup grapes
- 1 slice whole-wheat bread, 2 tablespoons peanut butter, half of a banana
- 1 cup of carrot sticks, 2 tablespoons ranch dressing, 1 ounce of almonds
- 1 cup of trail mix: whole-grain cereal, raisins, cashews, mini chocolate chips; 8 ounces milk

Packing Foods to Eat on the Go

Non-perishable ideas:

- Instant oatmeal, canned soup, canned vegetables, canned fruit, whole-grain crackers, peanut butter, bread, granola bars, canned tuna or chicken, instant noodles, salsa, pudding cups, whole-grain cereal

Cooler ideas:

- Yogurt, fruits and vegetables, cheese, prepared salads or sandwiches, deli meat, leftovers from home, cartons of milk, Jell-o, hard-boiled eggs

Hotels

The Continental Breakfast:

- Good choices: hard-boiled egg, omelet, yogurt, fruit, whole-grain cereal, oatmeal, whole-wheat toast and peanut butter, milk
- Remember to take a piece of fruit or an oatmeal packet for later!
- Take time to eat in the morning



Dining Out

Appetizers:

- Portion control: only put a few appetizers on your plate.
- If you are eating nuts or snack mix, measure out a handful or two onto a napkin.

Drinks:

- When choosing beverages, stick to water. Drinks made with sugar, syrup or sweet mixers are a source of a lot of hidden calories.

Menu Buzzwords:

- Extra calories: creamy, fried, au gratin, souffle, crispy, alfredo, buttered, pecan-crusted
- Lighter choices: grilled, braised, baked, steamed, poached, light, vinaigrette

Other Tips

- Think of MyPlate
- Box half of your food when it arrives (put it in your cooler or mini-fridge in your hotel room for later)
- Consider side dishes rich in nutrients
- Consider sharing dessert with those dining with you
- Ask about substitutions



Skin cancer

Learn how to protect yourself



Skin cancer is the most common form of cancer in the United States, but it is also the most preventable.¹ Since more than 90% percent of all skin cancers are caused by sun exposure, taking simple steps to protect yourself can make a big difference.²

Know your risk³

- People with light-colored skin that freckles easily, blond or red hair, or blue or green eyes are more likely to get skin cancer than other people.
- If your work or hobbies keep you outside in the sun, your risk is greater.
- Southern parts of the country are closer to the equator and get more sun, so those who live in these areas are at a greater risk for skin cancer.⁴
- You're more likely to get skin cancer if you used tanning beds, had serious sunburns early in life or had any type of skin cancer before. Your risk is also higher if you have a weakened immune system for any reason including chemotherapy, organ transplant, lymphoma or HIV/AIDS.^{3,4}
- If one of your parents, siblings or children has had certain types of skin cancer, you have a 50% greater chance of developing it as well. If it was a grandparent, aunt or uncle, or niece or nephew, there is also an increased risk.⁵



If you notice any change on your skin, make an appointment with your doctor. Treatments are much more effective on cancers that are found early.



Sources

- 1 Prevent Cancer Foundation website: *Skin Cancer* (accessed December 2017): preventcancer.org.
2 Skin Cancer Foundation website: *Skin Cancer Facts* (accessed December 2017): skincancer.org.
3 Centers for Disease Control and Prevention website: *What Are the Risk Factors for Skin Cancer?* (accessed December 2017): cdc.gov.
4 Prevent Cancer Foundation website: *Frequently Asked Questions* (accessed December 2017): preventcancer.org.
5 National Cancer Institute website: *What You Need to Know About Melanoma and Other Skin Cancers* (accessed December 2017): cancer.gov.
6 WebMD website: *Melanoma/Skin Cancer Health Center* (accessed December 2017): webmd.com.
7 Skin Cancer Foundation website: *Do You Know Your ABCDEs?* (accessed December 2017): skincancer.org.

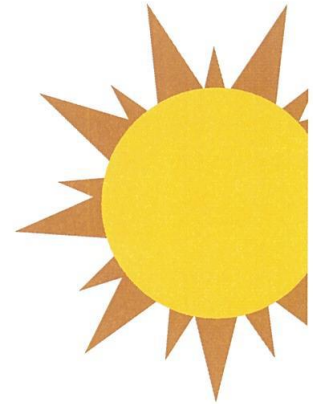
Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to anthem.com/co/networkaccess. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. also HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCSSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

Sun Safety



Sun safety is never out-of-season. Whether you're going to the beach, enjoying an autumn hike or building a snowman, protect your overall health and avoid sun damage.

Studies show that exposure to the sun can cause skin cancer, the most common form of cancer in the United States. Harmful rays from the sun and tanning beds may also cause premature aging and other health problems.



Sun damage is caused by invisible, but harmful, ultraviolet (UV) radiation. Everyone is susceptible to sunburn and other harmful effects of exposure to UV radiation. Take these precautions to protect your skin:



Avoid the sun between the hours of 10 a.m. and 2 p.m. Even on an overcast day, up to 80 percent of the sun's UV rays can get through the clouds. Stay in the shade as much as possible.



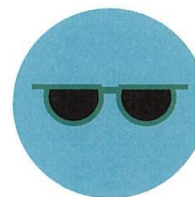
Wear clothes that protect your body and cover it as much as possible. Consider a wide-brimmed hat, long sleeves and pants, as well as an umbrella for shade.



Ask your health care provider if any of your medications increase sun sensitivity.



Use lip balm and water-resistant sunscreen with a sun protection factor (SPF) of at least 15. Apply sunscreen 30 minutes before going outside for any activity, and reapply every 90 minutes or after swimming or sweating.



Buy sunglasses that specifically offer 100 percent UV protection. Wraparound sunglasses offer the most protection. Children should wear real sunglasses (not toy sunglasses!) that indicate the UV protection level.

ABCDEs of Melanoma



Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. If you have moles, brown spots or growths on your skin, monitor them regularly for the following:



Asymmetry

one half is unlike the other half



Border

irregular, scalloped or poorly defined border



Color

varied from one area to another; shades of tan, brown, black, white, red or blue



Diameter

while melanomas are usually greater than 6 mm (the size of a pencil eraser) when diagnosed, they can be smaller



Evolving

a mole or skin lesion that looks different from the rest or is changing in size, shape or color

How and Where to Check

- Examine body front and back in mirror, then right and left sides, arms raised.
- Examine back of neck and scalp with a hand mirror. Part hair for a closer look at your scalp.
- Bend elbows, and look carefully at forearms, back of upper arms and palms.
- Look at the backs of legs and feet, the spaces between toes and the soles of your feet.
- Check back and buttocks with a hand mirror.
- If you find any spots on your skin that are different from others or are changing, itching or bleeding, make an appointment with your health care provider.



Reference:

1. Don't Fry Day. May 2022. <https://www.skincancerprevention.org/programs/dont-fry-day>
2. Centers for Disease Control and Prevention. Sun Safety. May 2022. https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm



Know the warning signs

The good news is that skin cancer can be cured, especially when it's found early. An annual exam by a dermatologist is a key part of an early detection strategy. Signs of a problem include:⁶

- An open sore or bump that itches, bleeds, crusts over and then repeats for more than three weeks.
- A red, irritated patch on the skin.
- A shiny bump of any color.
- A pink growth with an elevated border and a crusted indentation in the center or a growth that looks like a wart.
- A scar-like area where the skin is shiny and tight.
- Asymmetry, uneven borders, more than one color, large diameter or changes to moles — these are the signs of melanoma, the most dangerous form of skin cancer.

Protect yourself^{1, 3}

The best way to prevent skin cancer is to avoid spending a lot of time in the sun.

Protect your skin by staying inside or in the shade between 10 a.m. and 4 p.m., when ultraviolet rays are the strongest and most damaging. Wear sunscreen that offers ultraviolet A (UVA) and ultraviolet B (UVB) protection, with a sun protective factor (SPF) of 15 or higher every time you go outside. Be sure to put on more sunscreen at least every two hours and whenever you have gone swimming or dried off with a towel or when you've been sweating a lot — even if your sunscreen is waterproof. Wear protective clothing, including a wide-brimmed hat and wraparound sunglasses that block as close to 100% of UVA and UVB rays as possible.

The ABCDEs of melanoma⁷

Melanoma is the most serious form of skin cancer, but it is nearly always curable if it is caught early. Check your moles for these five traits:

- **Asymmetry.** The two halves of the mole do not match if you were to draw a line through it.
- **Border.** An early melanoma often has uneven edges.
- **Color.** A growth that is more than one color should prompt a visit to your doctor for further evaluation.
- **Diameter.** A melanoma is usually larger than the size of a pencil eraser, although they can be smaller when first detected.
- **Evolving.** Any change in size, shape or color, or any new symptom such as bleeding, itching or crusting, is a sign that you should call your doctor.

If you notice any change on your skin, including new growths, moles that are changing, sores that won't heal or even symptoms that seem like eczema or psoriasis, make an appointment with your doctor.

callout2 start

Learn more

For more information and tips on protecting yourself from the sun, visit the American Cancer Society website at cancer.org/healthy/be-safe-in-sun.html.

callout2 stop