



Mimosa Monthly News

Volume 10 Issue 1

A Monthly Newsletter for the Residents of Mimosa Condominium

March 2019

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Myths and Facts About Colorectal Cancer

March is National Colorectal Cancer Awareness Month. For many people, the discussion of this type of cancer is shrouded in embarrassment and misunderstandings. This can lead to a reduction in testing and treatment. Here are some myths and realities about this cancer. Knowing them could save your life or the life of your loved ones.

Myth: Colon and rectal cancers are rare.

These types of cancer are actually quite common. In 2005, almost 150,000 Americans were diagnosed with colorectal cancer.

Myth: Colorectal cancer is usually fatal.

When detected early, colorectal cancer is usually curable. That is why routine screening is so important. If colon cancer is found early and treated, the 5-year survival rate is 90 percent. Starting at age 50, men and women of average risk should be screened regularly. High risk groups, including those with a personal or family history of the disease and African Americans, should begin screening at age 45 or sooner if their doctor suggests it.

Myth: Most of those who get colorectal cancer are older, white men.

In fact, an equal number of men and women get colorectal cancer. African Americans are more likely to be diagnosed with colorectal cancer at a later stage in the disease and are often younger when diagnosed.

Myth: You only need screening once you see symptoms.

As with many types of cancer, the disease may be more advanced once symptoms are presented. About 75 percent of all new cases of this type of cancer occur in individuals with no known risk factors and no presentation of symptoms.



International Women's Day!



International Women's Day, an international holiday, has been set aside to recognize the achievements and successes of women the world over. March 8th marks one of the first organized actions by working women anywhere in the world. On this day in 1857, hundreds of women garment and textile workers went on strike in New York City protesting against low wages, long working hours, and inhumane working conditions. The event ended in violent struggles with police.

“Our lives shall not be sweated from birth until life closes,
For our hearts starve as well as bodies
Give us bread, but give us roses.”
(The anthem of striking mill workers in Lawrence, Massachusetts, 1912.)



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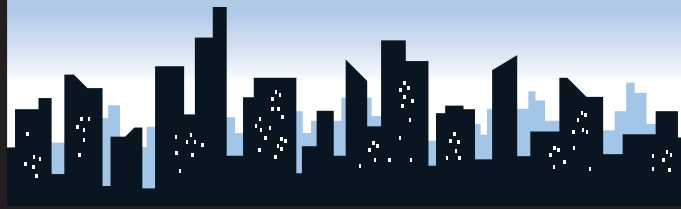
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St. Patty's Day Recipes for Kids

This St. Patrick's Day celebrate with some of these fun, and very green, treats!

Leprechaun Punch

- 1/2 gallon lime sherbet
- 2 liter bottle of lemon-lime soda

Let the sherbet soften somewhat. Scoop the sherbet into a large punch bowl and slowly add the soda. Serve immediately.

St. Patrick's Day Green Punch

- 2 cups sugar
- 2 pkgs. Kool-Aid (any green flavor)
- 2 cups water
- 1 6-oz. can frozen orange juice
- 1 pt. pineapple juice
- 1 qt. pineapple sherbet
- 2 liter bottle of ginger ale

Mix sugar, Kool-Aid and water in a saucepan. Place over low heat and stir until the sugar is dissolved. Add the juices and additional water and ice to make one gallon. Scoop the sherbet into a large punch bowl. Add the juice mixture and the ginger ale.

Irish Fluff

- 1 12-oz. container of cottage cheese
- 1 container of Cool Whip
- 1 large can crushed pineapple, drained
- 1 small box Lime Jell-O

Mix all ingredients together and chill well.



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