



PARKER TOWER

Monthly News

Volume 17 Issue 2

March 2019

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 CONDOMINIUM**

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March Birthdays and Anniversaries

BIRTHDAYS

UNIT #	NAME	DATE
1007	MICHAEL KRUGOLETS	1-MAR
1609	GWENDOLYN TERREL	12-MAR
302	GREGORIO PENA	12-MAR
612	MIRTA PEREZ	16-MAR
1912	TOBI SOSKIN	17-MAR
303	AMANDA INTERIAN	19-MAR
1403	JOSE RAMIREZ	19-MAR
2506	SANDRA VELASQUEZ	21-MAR
2203	MAGGIE MOSS	22-MAR
2112	ROCHELLE SKINAZI	22-MAR
1409	NINA JACKSON	26-MAR
303	CESAR INTERIAN	26-MAR
303	JULIO INTERIAN	29-MAR
201	SARAY HERRERA	31-MAR



Celebrate!



ANNIVERSARIES

UNIT#	NAME	DATE
2011	FAYE & ABE ECKHAUS	3-MAR
2202	MIRA & MARK MULLAEV	15-MAR
2506	SANDRA & JAIME VELASQUEZ	21-MAR



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

Myths and Facts About Colorectal Cancer

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.



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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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