



VILLAGE VIEW

July 2019, Newsletter

Dear Friends of the Charlotte Village Network,

It's hard to believe but the summer is half over, *or almost over*, depending on whether you are talking weather or school starting up. As I get older, I find that time seems to fly by. This month is Skin Cancer Awareness and Prevention Month, and we have an article dedicated to that later on in our letter, with helpful tips when going outdoors, as well as a website to learn more and to find a free screening location. Having several members in my family who have had this form of cancer in the past, it is always on my mind whenever I am outside for any length of time. That being said, I have to confess, I do not always go outside prepared. However, we can all take precautions to avoid the most preventable risk factor associated with skin cancer, exposure to the sun.

A few days ago, we visited the Billy Graham Library. Whatever your religious affiliation may or may not be, it is a very scenic, beautiful, and inspirational place. The grounds and buildings are meticulously cared for, and the staff is very friendly and everyone greets you warmly. The food at the Graham Brothers Dairy Bar is great as well! After our visit, I thought for a while about everything that is good in my life: wonderful family and friends, my association with CVN, and just the beauty of nature around us. For all of the problems we face in life, I often have to stop and think that someone somewhere is facing issues that make mine look pretty trivial in comparison. I was also at an event at PACE, the other day, and a lady sang a song for all of us about smiling. One of the main lines was something like, "Ask Me Where My Smile Is?" I think a smile can pick anyone up, especially someone who is having a rough day. I know when someone smiles at me on the street or in the store, it makes me feel very good. With all of the troubles in our world, smiling at each other can certainly take some of that away, even if just for an instant.

I hope you all enjoy the rest of the summer, and that you and the ones you love are healthy and safe!

Warm Regards,

John Reiter
Executive Director

PAST EVENTS

UNCC Botanical Gardens – Friday, July 12



REMINDERS FOR MEMBERS

Request for Service Providers



Our opportunities are not just for members and volunteers. We need service providers to include in our Resource Referral Network. If you know of a professional working for themselves and would like to recommend they be included, please email their business name, contact information and professional field (electrician, carpenter, house cleaning service, etc.) to

info@charlottevillagenetwork.org so we can build our Resource Referral Directory.

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UPCOMING EVENTS

Lunch and Learns Take a Break for the Summer

We will not have our monthly lunch and learns in July and August. The lunch and learns will resume in September and we have several great events coming up for you to attend with other village members this summer.

Games and Snacks in Cotswold, Saturday, August 17 - 2 – 5 pm

Our next board game event will be on Saturday, August 17 from 2-5 pm at the Gaynor Arms Community Room, 4527 Gaynor Rd. in Cotswold 28211. Please join us and bring your favorite game to enjoy with others. Snacks will be provided, but feel free to bring your favorite to share. Truly a fun event with plenty of laughs. Please RSVP as soon as possible, and no later than Friday, August 16, as space is limited! RSVP to: info@charlottevillagenetwork.org, or to John Reiter at 330-608-3735.





Tuesday Movie Matinee

SECOND TUESDAY EACH MONTH | 12PM
CINEMARK MOVIES 10
TICKETS START AT \$1.75
9508 NORTHEAST COURT, MATTHEWS, NC 28105

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Questions? Email us at: info@charlottevillagenetwork.org or call John Reiter at (330) 608-3735



PREVENT Skin Cancer: Protect Yourself From the Sun

Sun exposure is the most preventable risk factor for all skin cancers, including melanoma. You can have fun in the sun and decrease your risk of skin cancer.

Here's how to protect yourself from the sun:

- **Seek shade** when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.
- **Wear protective clothing**, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- **Generously apply a broad-spectrum, water-resistant sunscreen** with an SPF of 30 or higher to all exposed skin. Broad-spectrum sunscreen provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply approximately every two hours, even on cloudy days, and after swimming or sweating.
- **Use extra caution near water, snow and sand**, as they reflect the damaging rays of the sun, which can increase your chance of skin cancer.
- **Get vitamin D safely** through a healthy diet that may include vitamin supplements. Don't seek the sun.
- **Avoid tanning beds.** Ultraviolet light from the sun and tanning beds can cause skin cancer and premature skin aging. If you want to look like you've been in the sun, consider using a sunless self-tanning product, but continue to use sunscreen with it.



If you find any new or suspicious spots on your skin, or any spots that are changing, itching or bleeding, make an appointment to see a board-certified dermatologist.

To learn more about skin cancer and find a FREE skin cancer screening, visit **SpotSkinCancer.org**



These prevention and detection messages are brought to you by the American Academy of Dermatology's SPOT Skin Cancer™ campaign, dedicated to a world without skin cancer.

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