

HOME HEALTH TODAY

The Monthly Interim Home Health and Hospice Newsletter



Skin Cancer Awareness

With the warmer weather and more outdoor activity, May arrives to remind us of Skin Cancer Awareness Month. Skin cancer is among the most common cancers in the United States, and it's estimated that one in five Americans will develop skin cancer in their lifetime (American Academy of Dermatology, (n.d.). Because most cases are associated with exposure to ultraviolet (UV) radiation from the sun, skin cancer is also one of the most preventable forms of cancer. This month is dedicated to educating ourselves on the different types of skin cancer, how to spot them early, and the simple steps we can take to protect our skin.

The three most common types of skin cancer are (American Academy of Dermatology, n.d.):

1. **Basal cell carcinoma (BCC)** - The most common type, presenting as a flesh-colored round growth or pearl-like bump. Usually developing after years of frequent sun exposure or indoor tanning.

2. **Squamous cell carcinoma (SCC)** - The second most common type, presenting as a red firm bump, scaly patch, or a sore that heals and re-opens. SCC also develops from frequent sun exposure.

3. **Melanoma** - Often coined the most serious or deadly because of its tendency to spread. This type can develop within an already present mole or appear as a dark spot on the skin that looks different from the rest.

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Skin Cancer Awareness (cont.)



Less common skin cancers include dermatofibrosarcoma protuberans (DFSP), merkel cell carcinoma, and sebaceous carcinoma.

As with many cancers, the key is early detection and prevention. If allowed to penetrate deeper and metastasize, we see damage to nerves, bones, and other areas of the body causing damage and disfigurement. Yet, when looking at early-detected melanoma, we see very high 5-year survival rates (American Cancer Society, 2026). For localized (no spread), 5-year survival is greater than 99%. For regional (spread to lymph nodes), 76%. For distant (spread to organs), 35%. For non melanoma skin cancers (like BCC and SCC), we also see a pattern of almost 100% curable if treated early. Early detection matters, highlighting the importance of “knowing your skin.” Experts suggest performing regular self-exams and looking for the ABCDEs of moles: **A**symmetry, **B**order irregularity, **C**olor changes, **D**iameter (larger than a pencil eraser), and **E**volving (changing in size, shape, or color).

And of course, while genetics play a role, our daily habits are our strongest line of defense. CDC recommendations include:

- Applying (and reapplying) sunscreen with a broad-spectrum SPF of at least 30 every two hours.
- Wearing protective clothing such as light long-sleeved shirts, pants, or wide-brimmed hats. Additionally, they mention seeking shade during late morning and early afternoon hours when the sun’s UV rays are strongest.
- There is no such thing as a “safe tan” from tanning beds. They increase the risk of melanoma by 75% if used before age 35.

Protecting our skin is about longevity and health. Being aware allows us to practice self-care, forming good habits that prevent skin cancer, as well as other cancers, from arising. By making sunscreen and other good habits a part of our routine, we are investing in our future selves. Enjoy the beauty of the season, but do so with the mindfulness that your skin deserves, spreading the word along the way.

WORKS CITED:

Centers for Disease Control and Prevention. (2026, February 10). Reducing risk for skin cancer. Centers for Disease Control and Prevention. https://www.cdc.gov/skin-cancer/prevention/index.html#:~:text=On%20This%20Page%20%20Overview.%20*%20Practice%20sun%20safety.%20*%20Avoid%20indoor%20tanning.

Melanoma survival rates: Melanoma survival statistics. Melanoma Survival Rates | Melanoma Survival Statistics | American Cancer Society. (2026, January 13). <https://www.cancer.org/cancer/types/melanoma-skin-cancer/detection-diagnosis-staging/survival-rates-for-melanoma-skin-cancer-bystage.html#:~:text=These%20survival%20rates%20are%20based%20on%20how,well%20the%20cancer%20responds%20to%20treatment%2C%20and>

Types of skin cancer. American Academy of Dermatology. (n.d.). <https://www.aad.org/public/diseases/skin-cancer/types/common>

Reverse Seasonal Affective Disorder (SAD)

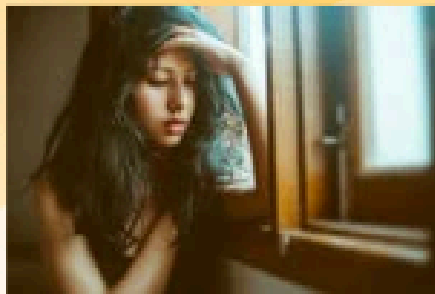
It's Not Always Just in Winter

When we think about seasonal affective disorder, we generally think about the winter months. However, did you know that others can have a type of SAD in the warmer months too? Many cannot wait for summer; the warmer weather, the travel plans, hanging out by the pool. However, for some, the anticipation of the summer months, or any seasonal change, can bring on negative emotions and feelings. Psychology Today states that less than one-tenth of all SAD cases refers to this type of SAD. For those it does impact, the upcoming summer can be hard for some.

According to Healthline, studies suggest that one potential cause could be less melatonin (a neural chemical that regulates the body's 24-hour sleep and wake cycle) being created in the summer months, which can cause sleeping problems, irritability, sadness, and other SAD symptoms. Other studies have suggested that sunlight and our circadian rhythm, or "body clock," can be disrupted during seasonal shifts, which can interfere with our neural connections and chemistry in the brain, worsening depression or anxiety symptoms.

What are some symptoms of RSAD?

- Decreased appetite
- Insomnia
- Restlessness
- Agitation
- Anxiety
- Potentially episodes of more aggressive behavior



What Can we Do to Help Combat RSAD?

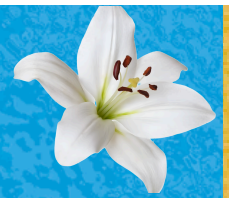
- Limited exposure to natural daylight (less than 13 hours in a day)
- Staying cooler as much as possible (running the air conditioner, opening windows if the natural breeze helps cool down your home, draw the shades for a little while)
- Seeking a therapist to help determine what type of individualized treatment may work best for you
- Try to eliminate the stigma around SAD, as well as RSAD
- - Keep a sleep schedule and a consistent bedtime routine
- Develop a routine to get outside at least once a day (if sunlight/ heat is a trigger, consider going early in the morning or later at night, when it's cooler).
- Eat more fruits and vegetables
- Identify what triggers you on the warmer days by tracking your emotional responses. This can help you plan a routine, keeping triggers in mind.

Remember, it is okay if summer doesn't feel like "your season." You are not alone in that. Our well-being matters in all seasons, so take it one day at a time, and one step at a time.

REFERENCES:

Gaines Lewis, Jordan, Ph.D., January 2015. "Reverse Seasonal Affective Disorder; SAD in the Summer."
<https://www.psychologytoday.com/us/blog/brain-babble/201501/reverse-seasonal-affective-disorder-sad-in-the-summer>

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NURSE'S APPRECIATION WEEK

MAY 6TH - 12TH

This month, we want to formally recognize all the nurses that work for Interim Healthcare, and beyond! We thank you for your dedication and passion for those you serve each day. We thank you for the resilience you show, and your commitment to providing exceptional care. What you do makes a lasting difference in the lives of patients and families each and every day.

We thank you for your clinical expertise and your kindness. You are the heart of healthcare, and your impact does not go unnoticed.

From all of us here at Interim Healthcare, to all of you, we appreciate you for everything that you do, today and always.





3-PART GRIEF AND LOSS SERIES

*Presented by Interim Home Health and Hospice
Bereavement Program*

We know that grief and loss can be a complex journey, and at times, challenging to navigate. Whether you are experiencing a loss yourself, know someone who is experiencing a loss, or just would like to learn more to increase your knowledge around this topic, please consider joining us for the following grief and loss workshop series:

Monday, May 4th from 10-12

Different Types of Grief- Did you know that people grieve in many different ways? What do these different styles look like, and how do they impact one's grief journey? Come learn about how these different styles manifest themselves, and factors that may contribute to our grief journey.

RSVP required by Monday, April 27th.

Monday, May 11th from 10-12

Common Emotional Responses to Grief- Based on the Five Stages of Grief Model, this workshop will explore the different ways our bodies respond to the grief journey, and coping tips on how to best support ourselves or others as we process those responses.

RSVP required by Monday, May 4th.

Monday, May 18th from 10-12

Coping Tips and Suggestions- This workshop will explore some general coping strategies to help deal with grief and loss, and incorporate four dimensions of self-care, and how finding ways to support those dimensions can help us through the grief journey.

RSVP required by Monday, May 11th.

**All workshops will take place at the Costick Activities Center
28600 Eleven Mile Road, Farmington Hills, MI**

You do not need to sign up for all 3 to attend, though it is encouraged.

**To RSVP by the above dates, please contact the Costick Center
at (248) 473-1800**



Our MISSION

WE IMPROVE PEOPLE'S LIVES.

Core Values

INTEGRITY

We act openly and truthfully in all that we do and comply with laws and regulations.

COMPASSION

We care about others' needs.

CUSTOMER FOCUS

We value long-term relationships by being committed to listening, respecting and responding to our customers' needs.

INNOVATION

We find solutions and are resourceful in meeting customers' needs.

FINANCIAL RESPONSIBILITY

We continue to grow and prosper to ensure long-term opportunities for our employees and customers.

www.interimhealthcare.com

INTERIM HOME HEALTH AND HOSPICE:
41700 GARDENBROOK RD, BLDG B, STE 130
NOVI, MI 48375

PHONE: 248-553-3333

FAX: 248-553-3377

Charles Aro, Administrator
cjaro@interimhealthcare.com

Kelley Atkinson, Operations Manager
KAtkinson@interimhealthcare.com

Jamal Ali, RN, DHCS
jali@interimhealthcare.com

Tanisha Cheatom, LPN, Clinical Supervisor
tcheatom@interimhealthcare.com

Howard Fisher, Business Development
hfisher@interimhealthcare.com

Lisa Gardner, Bereavement/Volunteer Cord.
ligardner@interimhealthcare.com

Erin Gillespie, Business Development
egillespie@interimhealthcare.com

<https://www.interimhealthcare.com/novimi>

<https://www.facebook.com/interimnovimi>

NOW HIRING

Interim Home Health and Hospice are HIRING!

Home Health Aides

LPN's

RN's

School Aides & Nurses

CNA's

EMPLOYEE REFERRALS

EARN \$250 - \$500 per referred relative or friend that's hired into Interim of Oakland County!
Contact HR for more details.

If you are looking for a change in career or just starting out wanting to care for others, Interim is here with you.

A family run agency, we provide competitive wages, benefits, and educational opportunities to our employees.

Come join a winning team that strives to better the everyday lives of the clients we serve!

Contact Charles Aro For More Information

Special Days

Wishing a Happy Birthday to our Employees and Volunteers:

Chandler Hodgkin- 5/8
Patrick Paletko- Ali- 5/11
Jamelia Fech- 5/15
Tanisha Cheatom- 5/12
Kelley Atkinson- 5/21
Ambika Srinivasan (volunteer)- 5/28

Wishing a Happy Work or Volunteer Anniversary:

Kamleshkumar Patel- 4 years

About Us

We have proudly served the greater metro Detroit area since 2004. Our home health is recognized nationally as a top 500 agency. Our staffing provides services to individual households as well as facilities, 7 school districts, and physician offices.

Over the last year, our agency has grown in all sectors. This is thanks to the community that continues to support us, and the employees who work to better the agency and service the clients.

We currently employ 70+ licensed, administrative, and field staff. We have also added Tuition Reimbursement to our offering of benefits. Interim Home Health and Hospice fostering a top place to work, grow, and be fulfilled in your employment.