

VOL. 2 ISSUE 1 · OCTOBER 2022

# RAY OF SUNSHINE

Official Newsletter of Sunshine Family Care Clinic

## Breast Cancer Awareness Month

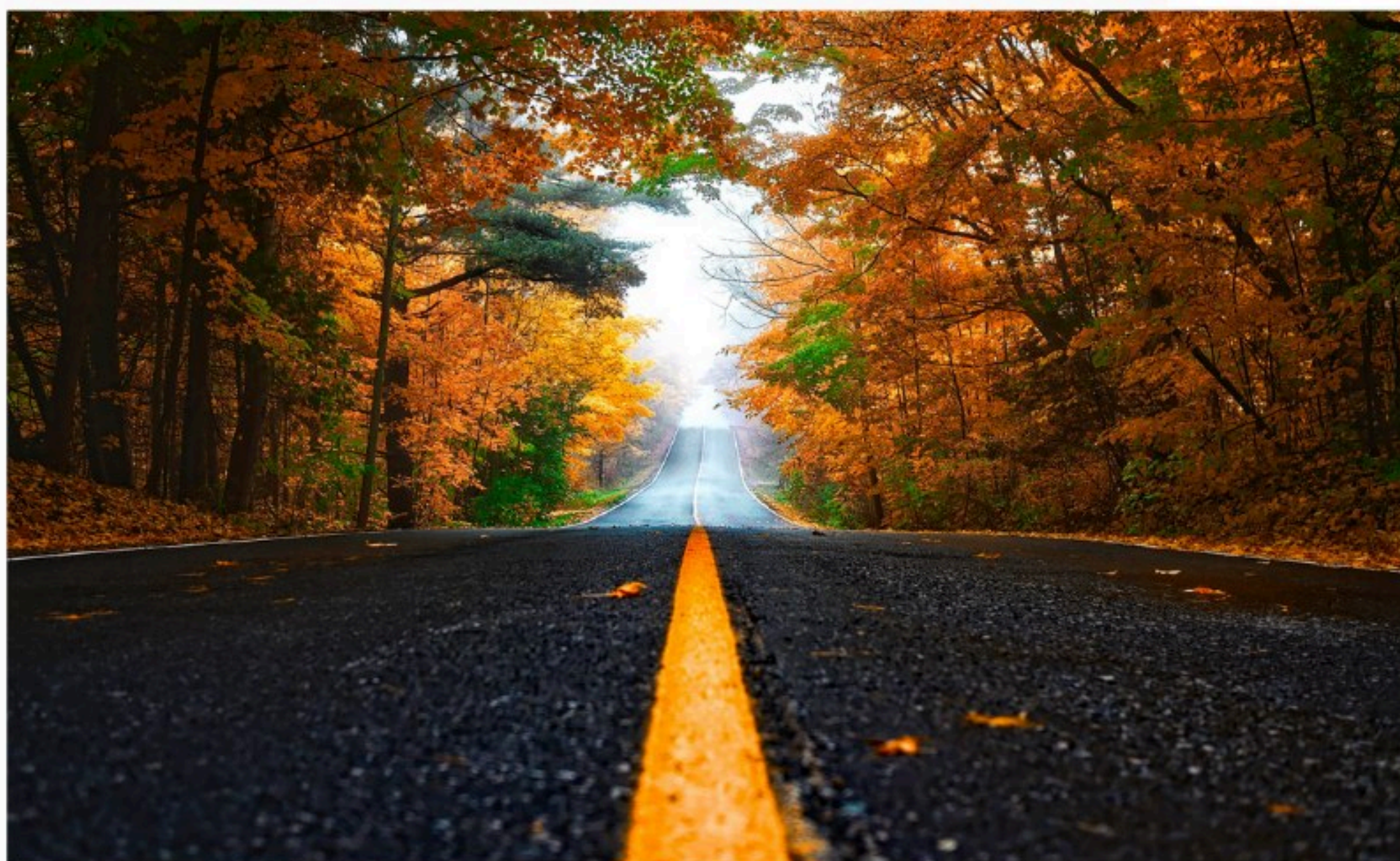
Ask your doctor when you should get a mammogram. Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include—

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.

If you have any signs that worry you, see your doctor right away. - CDC

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## CHEA Adult Skill Center

CHEA (Center for Higher Education Achievement) provides an opportunity for adults age 25 or older, to improve or achieve education levels equivalent to those of high-school graduates. They offer an unique approach to educating the adult learner by providing several one-on-one, grade-level programs, designed to obtain a GED, greater reading and math skills for employment, and improved reading, math, and writing skills to help your children or grandchildren with their homework.

Program location: CHEA Adult Skill Center, 1920 Maryland, Flint  
Contact them today! (810) 533-2140 or (810) 265-7766 or email:  
[myeducation@mychea.org](mailto:myeducation@mychea.org)



## Patient Spotlight

This is your chance to shine! We would like you to share your experiences, concerns, inspiration, personal stories and more with your peers. All we ask is that you share it with us before the 10th of each month to give us enough time to include it in the newsletter. Please do not use curse words or make harmful comments. Your name can be included or not included, the choice is yours! Please email Rachel Strickland at [rstrickland@sunshinefamilycares.com](mailto:rstrickland@sunshinefamilycares.com) for more information, if you do not have access to email, please feel free to write up and drop it off or mail it to us at :

Rachel Strickland  
Sunshine Family Care Clinic  
G3169 Beecher Rd, Suite 100, Flint, MI 48532

"Life starts all  
over again when  
it gets crisp in  
the fall."

F. SCOTT FITZGERALD







## RECIPE: TOASTED PUMPKIN SEEDS

### Ingredients:

- seeds from one pumpkin
- 1 tablespoon olive oil
- salt and pepper

### Instructions:

1. Scrape seeds and any attached fibers from pumpkin using a large metal spoon. Place seeds in a colander and rinse well to help separate the seeds from the fibers. Cook seeds in a medium saucepan of boiling salted water until they begin to look translucent, 5-7 minutes. Drain and transfer to a paper towel lined baking sheet; pat well to dry.
2. Preheat oven to 425 degrees. Spread seeds on a rimmed baking sheet, toss with olive oil, and season with salt and pepper. Roast until golden and crisp-12-15 minutes. Let cool completely.
3. After seasoning with olive oil, salt, and pepper, toss with one of the following combinations:
4. 1/2 tsp. each turmeric and chile powder
5. 1 tsp. Za'atar and 1/2 tsp. finely grated lemon zest
6. 1/2 tsp. Aleppo pepper, 1/2 tsp. ground cumin
7. 1/2 tsp. ground Szechuan peppercorns

-bon appetit.com



## Copy & Fax Center

CHEA is offering a place to print and fax documents. They charge \$1.00 per black and white page and \$1.60 per color copy. The cost to fax is \$1.50 per page, whether local or long distance. They accept Visa and Mastercard, all debits cards, and cash. Payment is due at the time of the service.

CHEA also offers a notary, an authorized witness to sign legal documents. The cost per page is \$3.00 and copies are \$1.00 per page. You must bring a current State of Michigan I.D. or driver's license and one piece of mail with your current address.

This is available on Mondays from 11 am to 1:30 pm. No walk ins, by appointment only.

Program location: CHEA Community Resources House,  
2002 Maryland Avenue, Flint.  
(810) 877-6308

## Senior Basic Computers and Financial Literacy Program

COVID-19 changed how we communicate with our loved ones and doctors. For many seniors, the use of computers on a daily basis is a new technology that must be learned in order to navigate life. CHEA now offers a 6 week training designed to help seniors 60 and older, obtain basic skills to help understand how to use the internet, Microsoft word, and PowerPoint.

As we age, understanding our finances can be much harder. Allow Flagstar Bank to help you become more aware of your financial position for retirement, how to take control of your credit and debit, how to avoid financial fraud and abuse, plus much more!

Classes start in September, limited availability.

Program location: CHEA Community Resources House,  
2002 Maryland Avenue, Flint.  
(810) 820-6308