SMART tips

Winter 2026

FEBRUARY IS CANCER PREVENTION MONTH

Certain lifestyle choices can affect the chances of getting cancer. Try these lifestyle tips to help prevent cancer.

1. Don't use tobacco

A great way to help prevent cancer is to not use tobacco. If you want to quit tobacco, ask a healthcare professional about products that can help you stop smoking and other ways of quitting.

2. Eat healthy foods

Focus on fruits, vegetables and other foods from plant sources, such as whole grains and beans. Limit foods high in calories, fats and added sugars. Limit red meat, processed meats, refined grains, and saturated and trans fats. Alcohol raises the risk of various types of cancer, including cancer of the breast, colon, lung, kidney and liver. The risk goes up the more you drink.

3. Stay at a healthy weight and be physically active

Doing any amount of physical activity is good for your health. But for the most benefit, get at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of hard aerobic activity. More is better. You can combine moderate and hard activity.

4. Get regular medical care

Do regular self-exams. Get screenings for cancers, such as cancer of the skin, colon, cervix and breast. These efforts raise the chances of finding cancer early. That's when treatment is most likely to work. Ask a healthcare professional about the best cancer screenings for you.

Source: Mayo Clinic

JANUARY IS NATIONAL BLOOD DONOR MONTH

Every day, blood donors help patients of all ages:

Accident and burn victims, heart surgery and organ transplant patients, and those battling cancer. In fact, every two seconds, someone in the U.S. needs blood. (Source: Red Cross)

Blood Donation Requirements:

- Donation frequency: Every 56 days, up to 6 times a year
- You must be in good health and feeling well
- You must be at least 16 years old in most states
- You must weigh at least 110 pounds

To find a blood drive, Call Red Cross 1-800-733-2767

We're Here for You

If you have questions about your care, upcoming appointments, or need help coordinating treatment, we're here to guide you every step of the way.

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Perfect Potato Soup

By Ree Drummund

INGREDIENTS:

6 slices thin bacon, cut into 1-in. pieces

1 whole medium onion, diced

3 whole carrots, scrubbed clean and diced

3 stalks celery, diced

6 small russett potatoes, peeled and diced

½ tsp. kosher salt, plus more to taste

Black pepper, to taste

½ tsp. Cajun seasoning

8 cups low-sodium chicken or vegetable stock

3 Tbsp. all-purpose flour

1 cup milk

½ cup heavy cream

1 tsp. minced fresh parsley

1 cup grated cheese of your choice

DIRECTIONS:

Place a soup pot over medium heat, add the bacon pieces and cook until crisp and the fat is rendered. Remove the bacon from the pot and set it aside. Pour off most of the grease, but do not clean the pot.

Return the pot to medium-high heat and add the onion, carrot, and celery. Stir and cook for 2 minutes or so, then add the diced potatoes. Cook for 5 minutes, seasoning with salt, pepper, and Cajun spice.

Pour in the broth and bring it to a gentle boil. Cook for 10 minutes, or until the potatoes start to get tender. Whisk together the flour and the milk, then pour it into the soup and allow the soup to cook for another 5 minutes.

Remove half to two-thirds of the soup and blend, in batches, in a blender or food processor until completely smooth. (Note: Use caution when blending hot soup; if possible, allow the soup to cool before blending.) Pour it back into the soup pot and stir to combine. Let it heat back up as you taste for seasonings, adding more of what it needs. Stir in the cream, then stir in the parsley, reserving a little for garnish.

Serve in bowls with parsley, cheese, and crispy bacon pieces.