

# Lifeline Protector

A Newsletter For Friends & Clients of Wellness Alliances

Wellness Alliances

## Greetings...

We are excited to bring our monthly newsletter back! Once a month we will be sending you a newsletter to let you know about current news that focuses on your health and personal care.

### In Recent News

Nevada Governor Sisolak, announced the launching of a new tool, COVID Trace. This free, voluntary smartphone app is another tool to help with contact tracing and another way to alert you that you may have been in contact with someone who tested positive for COVID-19.

How it works:

1. Download the app on any iOS and Android phone for free.

2. Join the exposure notification system.

That's it! Two simple steps you can take to help slow down the spread of COVID-19 in your community. Now with the app, if you have been in contact with someone who has tested positive for COVID-19, you will receive an alert to let you know what your next steps should be. Learn more about how COVID Trace works by visiting, [nvhealthresponse.nv.gov/covidtrace/](https://nvhealthresponse.nv.gov/covidtrace/) for more information.

### Caregiving Podcast

Listen to the Tight Knit podcast series on Apple Podcasts and Spotify! Tight Knit is a series of podcast episodes that focuses on providing care for loved ones. The series includes 8 episodes of moving stories that shine a light on caregivers and their incredible kindness. The series also provides helpful advice for caregivers and those seeking care for loved ones. The Tight Knit podcast series is a project by the The Ralph C. Wilson, Jr. Foundation. The Ralph C. Wilson, Jr. Foundation funds caregivers as they recognize caregivers are in high demand and are vital to many families and communities.



### Blood Cancer Awareness Month



September is Blood Cancer Awareness Month

A red ribbon is the symbol for blood cancer

Some unknown facts about this important issue....

-There are 3 primary types of blood cancer:

Leukemia, Lymphoma (hodgkin and non-hodgkin), and Multiple Myeloma

-Cancer occurs in the blood usually because of an abnormal and excessive reproduction of white blood cells

-Reason for blood cancer is not fully understood, but believed to develop from a combination of genetic and environmental factors

-A blood test is the primary testing done to determine if blood cancer is the diagnosis

-Cancer cells use up much of the body's energy supply

-Symptoms may include fever, extreme fatigue and tiredness throughout the day, unintentional weight loss, frequent infections

-Treatment for blood cancer varies. If detected early, monitoring by a doctor may be appropriate.

-Blood cancers not detected early may be treated various other ways including: chemotherapy, blood transfusion, radiation, or stem-cell transplant.

-If you have any concerns or questions about blood cancer, it is important to consult your doctor for a full evaluation

### Quote of the Month

“

If life were predictable  
it would cease to  
be life, and be  
without flavor.

”

- Eleanor Roosevelt

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