

## MESSAGE FROM LORI...

### WHAT'S IN THIS MONTH'S LETTER

*Message from Lori*

*Employee of the Month*

*Safety/Health Corner*

*Upcoming Events*

*Highlights of March*

### JUST FOR FUN

*Sudoku*

*Brainteasers*

*Did You Know*



**Lori Chesna**  
Executive Director

Spring is in the air...or so it should be! Today is March 25, 2010, and the temperature is currently 37 degrees. No, that wasn't a typo- I said 37 degrees! We are getting ready to start our spring programs next week, so hopefully the weather starts to drastically improve! C'mon already!!!

It was awesome to see everyone who attended the staff/volunteer meeting on Tuesday, March 23. We used to host these meetings on a monthly basis but found it was difficult to get everyone to attend due to the fact that programming was going on at the same time. So, a few years ago, we decide to have seasonal staff and volunteer meetings. We are required to host these meetings by our Park District Risk Management Agency (PDRMA) so that we can take time with our staff/volunteers and properly train them on various issues. Did you know that your attendance IS mandatory? Individuals who missed the meeting, must contact Will Helling to catch up on the material covered. We understand that your time is valuable and much of what is covered may seem redundant. This material must be reviewed on an annual basis. It helps to reinforce what is learned and gives you an opportunity to ask questions and give feedback. Feedback IS very important to us! We do listen to your comments. As Will pointed out in your program leader folder, you are to do a pre-inspection and post evaluation. This paperwork is mandatory and it gives us at the office insight on how successful a program is (or isn't). The more detailed you can be, the better. We DO listen to your input!

Program leaders, as Will pointed out at the meeting, it is important that you meet with your staff and volunteers before the program begins to review the client needs and goals. This is also the time to describe the job duties with your program aides and volunteers and to give details of your expectations of them. Make sure you cover this with ALL of the program aides and volunteers! Give clear direction and be available to give hands on training to new staff and volunteers. Program leaders, program aides and volunteers are very important to the success of our programs! THANK YOU!!!!

### Prom Dress and Tuxedo Donations!

Spring cleaning is right around the corner! If you would like to make more room in your closet, donate your prom dress or tuxedo to SWSRA!

As most of you know, SWSRA will host their annual Spring Formal dance on Friday, May 7th. Days before the big event, clients registered for the Spring Formal have the opportunity to come out to Pick-A-Prom Dress where they can choose a free donated prom dress. Accessories, such as shoes and jewelry, are also welcome!

We are now attempting to collect Tuxedos so the same type of event can be offered to our male clients.

Donations can be dropped off at the SWSRA office, M - F, or the Summit Park District, 5700 S. Archer Avenue, on Thursdays; please ask for Lula Hermosillo.

Dresses of all sizes are accepted although L, XL and XXL are preferred.

We look forward to seeing you at these great events!

## EMPLOYEE OF THE MONTH

### WILL HELING



Will has only been at SWSRA for 3 short months, and is already making his mark. He has been very eager to learn everything he can in the office to begin his professional journey. He has shown initiative to bring new clients and programming to the agency by getting involved in and making contacts in Paralympics, as well as just starting Leisure Education programming with Elim Christian School. Will is quickly taking over and running with his job responsibilities. His energy, positive attitude and enthusiasm shows

in all that he does! Clients and parents notice this already and have commented. Will works great with clients and has already formed many relationships with them. Way to get off to a good start - keep up the GREAT work!

## SUDOKU

This month's puzzle level is: Mild

			5	9				5
	4	8	2				9	4
8	2					6	4	
			9		6			
	5	6					8	9
7	8							
1					2	7	3	
				7	5			

## UPCOMING EVENTS

11- Children's Museum  
 21 - Pick-A-Prom Dress

23 - LWSRA's Mexican Fiesta  
 30 - Celebrating "El Día Del Niño"

# Natural Sleep Remedies

## Magnesium/Calcium

Magnesium and calcium are both sleep boosters, and when taken together, become even more effective. Plus, by taking magnesium, you cancel out any potential heart problems that might arise from taking calcium alone. Take 200 milligrams of magnesium -- lower the dose if it causes diarrhea -- and 600 milligrams of calcium each night.

## Wild Lettuce

If you've suffered anxiety, headaches or muscle or joint pain, you might already be familiar with wild lettuce. It's also effective at calming restlessness and reducing anxiety and may even quell restless legs syndrome. When using a wild lettuce supplement, take 30 to 120 milligrams before bed.

## Hops

Beer fans will no doubt be familiar with the calming effect of hops, the female flowers used in beer making. For sleep purposes, though, this extract has been widely used as a mild sedative for anxiety and insomnia. Take 30 to 120 milligrams before climbing under the covers.

## Aromatherapy

Lavender is the trick here, as studies

have proven that it aids in sleep. It's also a cheap, non-toxic way to slip into a peaceful slumber. Find a spray with real lavender and spritz it on your pillow before bedtime. Or buy a lavender-filled pillow and sleep on it.

## Melatonin

Melatonin is the hormone that controls sleep, so it's no wonder that it naturally induces sleep. Although some experts recommend taking higher doses, studies show that lower doses are more effective. Plus, there's concern that too high doses could cause toxicity as well as raise the risk of depression or infertility. Take 0.3 to 0.5 milligrams before bed.

## Jamaican Dogwood

Rumor has it that Jamaican fishermen would throw Jamaican dogwood into the water to put fish to sleep, making them easier to catch. Here's why: Extract from the bark behaves like a muscle relaxant and helps people fall asleep while calming them. Recommended dosage is 12 to 48 milligrams before bed.

## Yoga or Meditation



Choose gentle yoga or stretching, not vigorous power or ashtanga yoga, which could energize you instead. Try easy yoga stretches in bed followed by

simple meditation. Close your eyes and for five to 10 minutes, pay attention to nothing but your breathing.

## L-theanine

This amino acid comes from green tea and not only helps maintain a calm alertness during the day but also a deeper sleep at night. However, green tea doesn't contain enough L-theanine to significantly boost your REM cycles. Besides, you might then wake up to go to the bathroom. Instead, buy a brand called Suntheanine, which is pure L-theanine. (Other brands have inactive forms of theanine that block the effectiveness.) Take 50 to 200 milligrams at bedtime.

## Valerian

Valerian is one of the most common sleep remedies for insomnia. Numerous studies have found that valerian improves deep sleep, speed of falling asleep and overall quality of sleep. However, it's most effective when used over a longer period of time. One caveat? About 10 percent of the people who use it actually feel energized, which may keep them awake. If that happens to you, take valerian during the day. Otherwise, take 200 to 800 milligrams before bed.

Information obtained from:

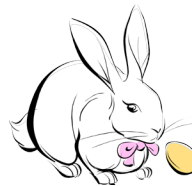
<http://www.aolhealth.com/2009/11/04/natural-remedies/>

## HIGHLIGHTS OF MARCH 2010

- Two banners were designed for the Worth Community Center.
- The Albanese Candy Factory Trip was a hit! Participants enjoyed meeting the Easter Bunny and seeing the Factory. They especially loved Uno's Pizzeria for lunch afterward. The waitress was great and let them MAKE their own individual pizzas to be cooked. That was a surprise treat for everyone!
- SWSRA hired a new staff member. Welcome Eva Kattalia!
- Jacob Niedzwicki took first place at Area Games for swimming in the 25 meter backstroke. Way to go Jacob! If you see him, make sure to say congrats and wish him luck downstate this summer!
- Nadia Equahia is going to be a Mom! She is 5 months pregnant. Congratulations Nadia!
- Lori Chesna is going to be a Grandma! Her daughter Brittany is 5 months pregnant. Congratulations Brittany and Lori!!!
- The winner of the Hearts for SWSRA contest will be announced in April! Thank you everyone for the awesome job!

## DID YOU KNOW.....

### Eggs and Rabbits



Eggs are a symbol of the new life that returns to nature at Easter Time. The custom of exchanging eggs began long before Easter was celebrated.

It was a custom of the Egyptians and the Persians. They exchanged eggs decorated in Spring colors. They believed Earth hatched from an egg which contributed to this custom.

Rabbits symbolized new life and rebirth in ancient Egypt. They considered it a symbol of the moon as the moon determines the date of Easter.

The Easter Bunny's visit is based upon a German Legend. The legend goes that a poor woman decorated eggs for her children to find during a famine. At the moment they found them, they looked up to see a big bunny hopping away.

<http://sunniebunniezz.com/holiday/easter.htm>

## BRAINTEASERS



1. What word in the English language uses all five vowels plus Y in alphabetical order and uses each one only once?
2. What five-letter word becomes shorter when you add two letters to it?
3. Whoever makes it, tells it not. Whoever takes it, knows it not. Whoever knows it, wants it not. What is it?