

### MESSAGE FROM LORI...

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

Message from Lori

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Safety/Health Corner

Upcoming Events

Highlights of January

#### JUST FOR FUN

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Brainteasers

Did You Know



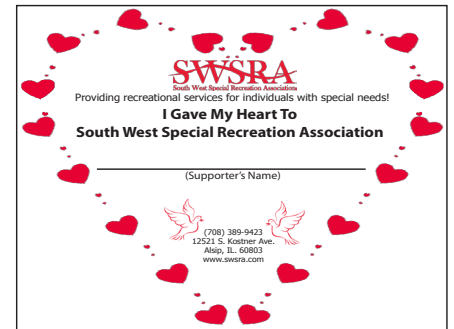
**Lori Chesna**  
Executive Director

Love is in the air! February is a month to celebrate LOVE! Why not think about spreading your love all month long? Showing love comes in all sorts of ways; Going out of your way to compliment someone, giving to a special charity or helping someone in need. At SWSRA, we started a new fundraiser call "Hearts for SWSRA" and are asking for your help. It's easy. All you have to do is ask family, friends, and coworkers if they will help support SWSRA by purchasing one of our logos for \$1 and then print their name on it. You can bring it to any of our offices...Alsip, Worth or Summit and we will display them for the month of February. The person who sells the MOST logos will be rewarded!! You can ask Denise for more logos if needed. We thank you for your support!

Meanwhile, back to the topic of "love." How else can we spread "love" at SWSRA? I think staff and volunteers do a great job of showing their love working with the clients. A little goes a long way! When you're working a program or special event, remember to focus 100% on the clients. YOU are the reason they want to come back to our programs season after season! They love the attention you give them, and the way you treat them like they are equals. Remember, many (not all) of our clients may not have much interaction with their own families. Perhaps some don't even have a family. So, keep doing what you do best!!! Share your love!

Last, I would like to recognize: Erin Lynch, Lula Hermsillo, Denise Iwinski and Summit Board member, Tom Suhs! Together, we presented a session at the IAPD/IPRA conference. The topic was called "The Ups and Downs of Programming for a Diverse Community." It was a 2-hour session where we shared our struggles and accomplishments with our "outreach" for the Latino community in Summit and Justice. Erin and Lula wowed the audience! Lula "tugged at heart strings" as she shared stories from her upbringing in Mexico and how "shame" is one of several hurdles one faces if they have an individual with a disability in the Latino culture. Erin did a great job presenting the SWSRA story of how we addressed the various issues SWSRA faced. Tom amazed all of us with two videos he created, directed and produced just for this session. Denise dazzled us by tying everything together in a power-point presentation. I am so proud of everyone!

Happy Valentines Day!



### EMPLOYEE OF THE MONTH

#### Amy Biedron

Amy has been with SWSRA for over 10 years. Within that time, she has worked a variety of positions ranging from a program leader to a camp counselor and up to a Site Director where she oversaw three camps. So far this program season, Amy has pitched in with office duties, is a strong, independent leader in all of her programs and continuously steps up to help fill in where more staff are needed. Amy also worked with the bowling alley and parents in rescheduling a day where the bowling alley was going to cancel, so participants would not have to miss out. Thank you Amy for all of your hard work so far this season. You are a great asset to SWSRA; keep up the good work!

6 - Disney On Ice Presents "Celebration"

12 - SRJC's Valentine's Day Dance

19 - Oak Lawns' Mardi Gras Mambo

### SUDOKU

This month's puzzle level is: Easy

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

## Heart-healthy foods and activities for Valentine's Day

Heart disease is the leading cause of death for men and women nationwide so keep heart healthy foods, gifts and activities in mind this Valentine's Day.

"There are lots of delicious and heart healthy foods that can be part of a special Valentine's Day meal or treat," said Susan Bowerman, M.S., R.D., assistant director of the UCLA Center for Human Nutrition.

### Healthy Food, Gift and Meal Tips



- Start your Valentine's meal with a colorful mixed salad that includes heart-healthy fats such as avocado and an olive oil vinaigrette.

- Plan a delicious seafood entrée. Fish has much less saturated fat than red meat, and provides one of the best dietary sources of omega-3 fatty acids to support heart health.

- Tree nuts are another source of healthy fats. Toss a handful of pistachio nuts, walnuts or almonds into your salad or cooked veggies for added health and flavor.

- Red-purple foods are a natural on Valentine's Day, and they are rich in antioxidant polyphenols that are heart-healthy. Have some red wine with your meal, or try some festive, ruby-red pomegranate juice.

- Chocolate is another natural for the holiday, either as part of a meal or as a gift. Opt for a small piece of plain dark, bittersweet chocolate, rather than white chocolate, milk chocolate, or chocolate desserts that have much less of the beneficial compounds known to help the heart.

### Heart Healthy Activities

UCLA cardiologist Dr. Karol Watson says that social connections help reduce stress on the heart, so spend your Valentine's Day with a loved one, friends and family or a beloved pet.

"Just spending time with someone or a special animal can be good for your heart," adds Watson, associate professor of cardiology at the David Geffen School of Medicine at UCLA. "Much of heart disease can be prevented so it is very important to follow a healthy lifestyle and to control your cardiovascular risk factors."

### Here are some additional tips:

- Heart to Heart. Spend Valentine's Day volunteering, which has been shown in studies to offer positive emotional benefits by connecting with others that can be good for the heart.

- Get your heart pumping. Take a walk with a loved one on Valentine's Day. New recommendations for a healthy heart are to participate in aerobic exercise for 30 to 60 minutes daily. Exercise helps you maintain a healthy weight and keeps your heart strong and disease free.

- Follow your heart. Your loved ones will appreciate you taking care of your heart throughout the year. Remember to get the appropriate cardiac screenings that you need for cholesterol levels and blood pressure.

- Listen to your heart. Heart symptoms such as palpitations, may mean something. So pay attention and check with your doctor.



- Heartaches. Be aware if you are experiencing chest pain and know the symptoms of a heart attack. Also keep in mind that cardiac symptoms can feel different for men and women.

- Change of heart. Quit smoking since it markedly increases the risk of heart attacks and heart failure. Reduce stress by finding a positive outlet, like exercise, meditation and spending time with family and friends. These activities can relieve stress and also improve your health.

### Don't forget the kids on Valentine's Day!

"The road to heart disease starts at an early age," said Dr. Thomas Klitzner, professor of pediatric cardiology at Mattel Children's Hospital UCLA. "However, with regular exercise, eating well, and not smoking, children can form heart-healthy habits to help protect them from future heart attacks and strokes."

Klitzner suggests the following tips:

- Instead of candy, exchange Valentine's Day cards, flowers or other small gifts.

- Celebrate with family and friends with a healthy meal that includes fresh fruits or vegetables.

- Use Valentine's Day and February heart health awareness month as an opportunity to commit to getting outside and moving around for at least 30 minutes every day.

Source: UCLA Center for Human Nutrition

Information obtained from:

<http://www.news-medical.net/news/20100123/Heart-healthy-foods-and-activities-for-Valentines-Day.aspx>

## HIGHLIGHTS OF JANUARY 2010

- SWSRA went to IPRA Conference in Chicago. We attended seminars that pertained to each of our job positions and are looking forward to applying what we learned to SWSRA services. We also presented on "The Ups & Downs of Programming in a Diverse Community" and everything ran smoothly.
- SWSRA had their first Committee meeting for the 2nd Annual Walk, Run or Roll 1/2 Mile Race. Details on the race were discussed. New this year, SWSRA is looking for Charity Runners to help raise money for SWSRA. If you know anyone who would be interested in becoming a Charity Runner, please have them contact the SWSRA office or check out [www.swsra.com](http://www.swsra.com) for more information.
- SWSRA hearts have been passed out to all nine member districts, all SWSRA employees and volunteers and to the following establishments: Beggars in Blue Island, Merrionette Park and Oak Forest, Tailgators Sports Bar and Mick Shanes Pub. Please support these local business as they support us!

## DID YOU KNOW.....

### ALL ABOUT SUMMIT

The population was 10,637 at the 2000 census.

The village is best known as the setting to Ernest Hemingway's 1927 short story "The Killers."

Corn Products International operates a corn milling and processing plant at 65th Street and Archer Avenue, in an area known as Argo. This facility is one of the largest of its kind in the world.

The National Center for Food Safety and Technology is located adjacent to the Corn Products plant. It is affiliated with the Illinois Institute of Technology and the Food and Drug Administration's Center for Food Safety and Applied Nutrition.

Summit has also been the home of the Desplaines Valley News newspaper since 1913.

All information was obtained from [wikipedia.org](http://wikipedia.org)

## BRAINTEASERS



1.) A man wanted to get into a "members only" club so he hid and watched the guard at the door of the club house. The guard said a number to each member as they approached, and the member would respond with a number of their own. If the member responded with the correct number they were let in. If they responded incorrectly they were thrown out. One member came up to the door, the guard said twelve, and the member responded with six and was let in. Another member came to the door, the guard said six and the member responded with three and was let in. Believing he had heard enough, the man went up to the guard. The guard said ten, and the man said five, but was not let in. What should the man have said?

Answers: 1) He should have said three, the number of letters in the number the guard said.