

**WHAT'S IN THIS MONTH'S LETTER**

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**MESSAGE FROM LORI...**



**Lori Chesna**  
Executive Director

Summer is in full swing! SWSRA day camps are now in Session II. This year we decided to add a Camp Director to be onsite to oversee all camp related activities. Amy Biedron, who has been working part-time for SWSRA for about 10 years, decided to give it a try. Amy is a special education teacher at Breman High School. Will and Amy worked as a team (under Erin's supervision) to hire camp staff, redesign the training/orientation program and develop the camp outline. I have to say, I have spent over 20 plus years working in this field, and this day camp (to-date) is going so smoothly. Our office phone usually rings off the wall on the first day/week of camp. Parents usually call with questions and/or concerns about transportation and such. I believe that the pre-planning and effort of ALL our staff who work behind the scenes in the office (Marge, Rae, and Denise) AND, of course, the camp counselors, activity supervisors and site directors, who are making this year's camp so successful! Thank you to everyone!!!! Keep up the GREAT work! I am so proud of each and every one of you!

I wish each of you a safe and happy fun-filled summer!

**REFRESHER**

**When an accident occurs...**

1. Assess and address any issue that needs immediate attention
2. Prevent further injuries or damage.
3. Document all potential loss situations.

Staff should never...

- Admit fault
- Promise to pay for medical bills or damaged/lost property or
- Volunteer information regarding the condition of the property or maintenance of it.

**Completing Accident Reports**

Regardless of the type of claim-workers' compensation, or claim by a patron-the loss report must be filled out completely and accurately without speculating, assuming or assigning blame. Incomplete, inaccurate or misleading loss reports can result in extra time, effort and money - making the claim much more difficult and costly to defend.

It is very important that a complete objective, fact-based description of the accident or incident be provided on loss-reporting forms. Describe the location of the incident and activity objectively and accurately.

NOTIFY SWSRA immediately with serious accidents and incidents-including near drownings, serious falls, CPR/AED events, chemical spills and any severe injuries.

**Obtained from PDRMA Pulse Newsletter Summer 2010 edition**

**EMPLOYEE OF THE MONTH**

**Alison Kmiec**



This year's great season would not be as outstanding without the help, work and dedication of our excellent camp staff! They have ALL gone above expectations to ensure that the campers and parents are happy and enjoying themselves. However, above all of our day camp staff, there is one who shines just a little brighter, Alison Kmiec. As a brand new staff to day camp, counselors are typically more geared up and excited to work with the younger participants, not anticipating that with SWSRA's Day Camp, they may be working with adults. When Alison was offered the position as the Site Director for Get Up and Go, she accepted without any hesitation and even showed enthusiasm. She has been impressing us on a daily basis. Before day one of camp, Alison had gone out to raise money, allowing camp to do even more than they usually do. She went online to look up information on several disabilities and searched for free, or very low cost, activities in the community. Alison also has a positive attitude which is contagious to the rest of her staff AND campers!

**UPCOMING EVENTS**

16 - Movie in the Park  
 23 - Concert on the Green

31 - End of Summer Family Picnic

**SUDOKU**

This month's puzzle level is: Ambitious

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

## SAFETY/HEALTH CORNER

### Using Insect Repellents Safely

Mosquitoes, biting flies, and ticks can be annoying and sometimes pose a serious risk to public health. In certain areas of the U.S., mosquitoes can transmit diseases like equine and St. Louis encephalitis. Biting flies can inflict a painful bite that can persist for days, swell, and become infected. Ticks can transmit serious diseases like Lyme disease and Rocky Mountain spotted fever. When properly used, insect repellents can discourage biting insects from landing on treated skin or clothing.

### Choosing Insect Repellents

Insect repellents are available in various forms and concentrations. Aerosol and pump-spray products are intended for skin applications as well as for treating clothing. Liquid, cream, lotion and stick products enable direct skin application. Products with a low concentration of active ingredient may be appropriate for situations where exposure to insects is minimal. Higher concentration of active ingredient may be useful in highly infested areas, or with insect species which are more difficult to repel. And where appropriate, consider nonchemical ways to deter biting insects - screens, netting, long sleeves, and slacks.

### Using Insect Repellents Safely

The EPA recommends the following precautions when using insect repellents:

- \* Repellents should be applied only to exposed skin and/or clothing (as directed on the product label). Do not use under clothing.
- \* Never use repellents over cuts, wounds, or irritated skin.
- \* Don't apply to eyes and mouth, and apply sparingly around ears. When using sprays do not spray directly onto face; spray on hands first and then apply to face.
- \* Do not allow children to handle this products, and do not apply to children's hands. When using on children, apply to your own hands and then put it on the child.
- \* Do not spray in enclosed areas. Avoid breathing a repellent spray, and do not use it near food.
- \* Use just enough repellent to cover exposed skin and/or clothing. Heavy application and saturation is unnecessary for effectiveness; if biting insects do not respond to a thin film of repellent, apply a bit more.

\* After returning indoors, wash treated skin with soap and water or bathe. This is particularly important when repellents are used repeatedly in a day or on consecutive days. Also, wash treated clothing before wearing it again.

\* If you suspect that you or your child are reacting to an insect repellent, discontinue use, wash treated skin and then call your local poison control center. If/when you go to a doctor, take the repellent with you.

\* You and your doctor can get specific medical information about the active ingredients in repellents and other pesticides by calling the National Pesticide Telecommunications Network (NPTN) at 1-800-858-7378. NPTN operates from 6:30 a.m. to 4:30 p.m. (Pacific Time) 9:30 a.m. to 7:30 p.m. (Eastern Time) seven days a week.

Information obtained from:

[http://pediatrics.about.com/od/summersafety/a/msp\\_mosquitos.htm](http://pediatrics.about.com/od/summersafety/a/msp_mosquitos.htm)



## HIGHLIGHTS OF JUNE 2010

- Special Olympics softball started! We have had bad luck with rain this year, 3 rain outs so far.
- Summer programs started June 23rd. Disappointingly, 3 out of the 9 programs were cancelled due to low enrollment. However, some other programs have a higher enrollment this season.
- Norm Meyer's Day was attended by 13 participants who all had a great day.
- We had two athletes compete in Special Olympics Summer Games. Jacob Niedwiecki won a Gold Medal in the 25m backstroke. Judy Franks won a Gold Medal in the 50m run. They were both ecstatic and had a great weekend.
- Day camp and day camp staff have been excellent! Session I has come to an end and we look forward to Session II.
- We hosted Bingo at Alsip's Fun Fest. We had great weather and a great time raising money and awareness for SWSRA!

## BRAINTEASERS

1. Why should you never iron a 4-leaf clover?
2. I am a box that holds keys without locks, yet they can unlock your soul. What am I?
3. I can run constantly without ever getting tired. When I run, I frustrate people and drive them crazy, Yet I don't even have to move to irritate you. What am I?



## DID YOU KNOW.....

### 4th of July Information



- The introduction of fireworks. The 4th of July is synonymous with firework displays and are a staple in the celebration. How did they become so popular? Have they always been used? History shows that they were originally made in China and as early as the 11th century. This was during the time when the Chinese people used pyrotechnic mixtures for war rockets and explosives.

- Uncle Sam. The 4th of July facts surrounding the term "Uncle Sam" was finally clarified and popularized during the War of 1812. This is when the term originally appeared on supply containers that held war materials. The "Uncle Sam" symbol became synonymous with servitude and devotion, as in Uncle Sam wants YOU. Although there was heavy recruitment taking place, Congress did not adopt Uncle Sam as a national symbol until 1961.

- A monument. A French engineer, Alexandre-Gustave Eiffel, who built the Eiffel Tower in Paris also devised the iron framework of the Statue of Liberty.

Information obtained from: <http://www.catalogs.com/info/people/4th-of-july-facts.html>

Answers:  
1.) You don't want to press your luck! 2.) A Piano. 3.) I am a runny nose.