

MESSAGE FROM LORI...

WHAT'S IN THIS MONTH'S LETTER

Message from Lori

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JUST FOR FUN

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Did You Know



Lori Chesna
Executive Director

Hi Everyone!

Summer season is upon us! The new seasonal staff are hired and we are all set to go. There is a lot of returning staff and it's great to see everyone again!

Summer provides us with so many recreation opportunities; the fun is endless! We have a great line-up of programs, trips and special events planned. We are looking forward to taking advantage of the great outdoors! We have movies, concerts and picnics in our line up.

Being outdoors is awesome, but it also brings extra risk management issues. Inclement weather, lightening, sun, heat and insect bites are main concerns. Staff and volunteers need to read and understand the SWSRA safety manual as it contains pertinent information on how to deal with all these issues. If you have any questions, please don't hesitate to ask.

Another main concern is keeping a watchful eye on the clients so they don't wander off in the outdoors or are approached by strangers. Get to know your clients by name. Jot down what clothes they are wearing (example: yellow polo shirt), so in case you have to give a description to police, you can provide details.

Swimming is a high risk activity. Your eyes must never leave the clients to whom you are assigned. Even though you're at a pool with lifeguards, many factors can impede a lifeguard's ability. Sun, vision, fatigue are a few examples. Many times, a lifeguard develops a false sense of security because they think SWSRA staff are watching our clients and sometimes they may tend to NOT watch as close and focus their attention on kids who come to the pool with no supervision.

Transportation is one of our biggest risks. Drivers, know your routes. Summertime brings loads of construction zones and travel delays. Make sure that you allow enough time to travel so you're not rushing. Make sure that clients are in seatbelts and/or car seats, and report any mechanical issues to the office so we can get them taken care of pronto. Absolutely NO texting while driving!

Okay, so I may have painted a scary picture by pointing out all the risks. That's not the intent. We want our clients to come to us to have a great time! You just need to be aware of all the risks and make sure that everything you do is for the safety of our clients, staff and volunteers! Safety is our number ONE priority!

Wishing everyone a safe and FUN summer!

EMPLOYEE OF THE MONTH

KATHY EAGAN



Kathy has been with us for several years and consistently proves to be an asset to SWSRA. Kathy works weekly programs, special events and trips, and is always willing to help out when possible by assuming the leadership role and organizing our social club. She is always going above and beyond her duties. Most recently, Kathy, once again, spent time seeking donations for our Ladies Priming Night for prom. She called and sent letters to stores, companies and friends. Not only did she find make-up and accessories, but she also found make-up bags and got Vera Bradley, an expensive designer, to donate wallets for every lady attending. SWSRA is fortunate to have a volunteer who not only continuously goes above and beyond, but who you can also tell truly enjoys and is passionate about everything she does at SWSRA.

SUDOKU

This month's puzzle level is: Easy

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

UPCOMING EVENTS

3 Norm Meyers Day

11-13 S.O. Illinois
Tournament

SAFETY/HEALTH CORNER

Healthy Midnight Snacks

You've been warned against indulging your late-night hunger pangs. And there's no reason not to, assures registered dietician and AOL Coach Carolyn O'Neil. Let's see which snacks are best.

Hydrate Before All Else

Before you raid the refrigerator, make sure that hunger is really what's behind your mania to munch. "Dehydration is often mistaken for hunger," says Stella Metsovas, a certified nutritionist in Laguna Beach, CA. "Make sure to drink at least two cups of water before consuming any snack." Afterwards, you may be able to return to bed completely satisfied without eating a thing.

Eat like a Bunny

If you're in the mood for something yummy, celery or carrot sticks dipped in hummus are healthy and high in fiber. These crispy treats will also fill you up quickly due to their high water content. And with only a dab of hummus on each stick, you need not worry about consuming too many calories.

Embrace Carbs

Insomniacs take note: Starchy carbs can help you drift into a peaceful slumber. Carbs with a high glycemic index, such as steamed

rice, a baked potato or whole wheat toasted English muffin, may hasten sleep by quickly raising your blood sugar. Research also suggests that starchy carbs eaten before bedtime may also raise blood levels of tryptophan, an amino acid, and the neurotransmitter serotonin, sleep aids. With your mind and belly at rest, you'll be able to quit tossing and wake up refreshed for the next morning.

Satisfy Your Sweet Tooth

If you've got a penchant for all-things-sweet, the light of the moon may find you reaching into the cookie jar for some sugary relief. Discounting chocolate (because it contains caffeine), O'Neil suggests going for dried fruits such as prunes. "Their natural sweetness will tame your bedtime sweet tooth and the fiber, potassium, and magnesium will gently aid your digestive health."

Go Nuts

Did you know that those little unsalted almonds offer huge rewards? This nutty snack is full of magnesium and B vitamins, both which help promote serotonin -- the relaxing neurotransmitter -- production. Not only will you cut stress, but you won't stress over the calories. Twenty-two whole almonds only equals about 100 calories.

Stir It Up

If you're not too bleary-eyed, whip out the

blender and make yourself "a whey-based smoothie of whey protein powder and low-cal almond milk," says Metsovas. This snack will not only quench both your thirst and fill your growling belly, it will provide you with an important dose of protein. It's not exactly toning-while-you-sleep, but it's close.

Act like a Kid

Another liquid snack option is a glass of non-fat milk, sans the cookies. "A glass of milk can help you sleep better because of the calcium content -- which relaxes muscles -- and increases the amount of tryptophan in the blood, which helps promote sleepiness," says O'Neil. For a feeling of nostalgia, drink a glass of warm milk, just like your mom and dad gave you before bedtime.

Pinch of Protein

While you're advised to avoid downing a large fatty steak in the wee hours, foods containing protein are great filler-uppers. Calorie-for-calorie, protein makes a person feel more full than carbohydrates or fats. Plus, researchers report that consuming nearly a third of daily calories as lean protein revs a person's metabolism during sleep. Lean turkey, low-fat cheese or even an egg white omelet can be satisfying.

Information obtained from: <http://www.aolhealth.com/2009/11/05/healthy-midnight-snacks/>

HIGHLIGHTS OF MAY 2010

- Special Olympics Softball is off to a great start! The first game is June 8.
- Area 7 Special Olympics took place May 1. Three SWSRA athletes took home gold medals! Congrats to Judy Franks, Dennis Killelea and Zachary Potempa!
- Jacob Niedwiecki will be going downstate to compete in the 25m backstroke.
- Judy Franks will be going downstate to compete in the 50m run.
- GOOD LUCK ATHLETES! Come out to root our athletes on!

BRAINTEASERS

You are walking through a field, and you find something to eat. It doesn't have bones, and it doesn't have meat. You pick it up and put it into your pocket. You take it home and put it on a shelf, but 3 day's later it walks away. What is it?

I have many feathers to help me fly. I have a body and head, but I'm not alive. It is your strength which determines how far I go. You can hold me in your hand, but I'm never thrown. What am I?



DID YOU KNOW.....

Father's Day

The idea for an official Father's Day celebration came to a married daughter, seated in a church in Spokane, Washington, attentive to a Sunday sermon on Mother's Day in 1910 two years after the first Mother's Day observance in West Virginia.

In 1916, President Woodrow Wilson and his family personally observed the day. And in 1924, President Calvin Coolidge recommended that states, if they wished, should hold their own Father's Day observances. He wrote to the nation's governors that "the widespread observance of this occasion is calculated to establish more intimate relations between fathers and their children, and also to impress upon fathers the full measure of their obligations."

Eventually, in 1972--sixty-two years after it was proposed--Father's Day was permanently established by President Richard Nixon. Historians seeking an ancient precedent for an official Father's Day observance have come up with only one: The Romans, every February, honored fathers but only those deceased.

In America today, Father's Day is the fifth-largest card-sending occasion, with about 85 million greeting cards exchanged.

Information obtained from: <http://www.ideafinder.com/guest/calendar/fathersday.htm>

Answers:
(1) It's an egg. (2) An arrow