

WHAT'S IN THIS MONTH'S LETTER

- Message from Lori*
- Employee of the Month*
- Safety/Health Corner*
- Upcoming Events*
- Highlights of April*

JUST FOR FUN

- Sudoku*
- Brainteasers*
- Did You Know*

MESSAGE FROM LORI...



Lori Chesna
 Executive Director

Let me update everyone on what's been going on at SWSRA lately. SWSRA recently installed a new registration software program called "Rec Trac." This new software is going to give us the ability to add a lot more detail to our client's data when they register. In turn, we will be able to print reports such as attendance, medical forms, emergency information and more. Program leaders should have already seen the new forms in their folders. The program is not as user friendly as we would like, so it's been slowing us down in the office when people call. We are not familiar with navigating the program. I am sure that in time, that old saying "practice makes perfect" will speed things along. In the mean time, Rae has been doing a great job inputting data. Marge has been learning how to print various reports and have it sync with our financial software.

In addition, we are still working out kinks with the phone system. For the most part, the Worth office phone system is running, but we still need to get Will his own extension. Erin's brand new cell phone has been horrible, so if you have called her, it's been difficult to hear her. Anyway, my point is that I want to thank EVERYONE for their patience as we in the office are getting used to new technology, from phones to copiers to new registration software etc. Your patience is very much appreciated as we continue our growth spurt here at SWSRA!

Looking to the future, we still have a lot to do. We are looking at add something called a P-CARD system. Basically, it's a credit card that we can issue in the names of each full-time staff and program leader who would have expenses. We currently share a credit card in the office and it's issued under my personal collateral. We have to sign the card in/out making it difficult for part-time staff to use it for programs, etc. The P-CARD can be issued in various names with no limit to how many cards we get; and the best part is I don't have to be personally responsible.

Our budget was approved for 2010-2011 which starts May 1. We added a few "neat" things that our clients will love! A TV/DVD at Worth office, a stove, a Wii system and even Guitar Hero! We are looking forward to keeping the clients interested with some fun new gadgets and games! Keep up the great job!



The 2010 Walk, Run or Roll 1/2 Mile Race was held on Sunday, May 2nd, at the Palos Heights City Hall.

The weather ended up being perfect for a race. We had 16 athletes and 8 buddies in total who were eager to walk, run or roll on the same course as the Palos Bank Half Marathoners.

We would like to congratulate all the athletes who participated and give a special recognition to Thomas Strack, who took 1st place, Nick Tomaszewski from Alsip's Sertoma Centre in 2nd place, and Matt Schuler from JBSRA in 3rd place.

Thank you to all the volunteers and staff for getting up early and really making this race a success!

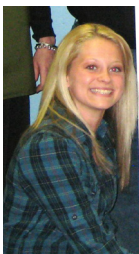
More pictures can be found on Facebook by becoming friends with South West Special Recreation Association.



Nick, Tom and Matt

EMPLOYEE OF THE MONTH

KAYLA MCKINNEY



Since starting at SWSRA, Kayla has been the 'Go-to-Girl' for just about everything. Any time we need someone to assist, lead or sub for a program, Kayla is there. When items need to be picked up from either office or purchased from the store, Kayla is there. Kayla frequently goes above and beyond in everything she does from stepping up to lead, filling in for others, mentoring newer staff and researching ideas for weekly programs. Kayla is quickly taking over and running with her new job responsibilities and role at SWSRA with maturity and professionalism beyond her years. On top of all these positive attributes, Kayla is also someone everyone enjoys being around. She is

upbeat, positive and friendly with all staff and participants. Great job Kayla for being a Shining Star in all that you do!

UPCOMING EVENTS

- 1- Hooray for Cinco De Mayo
- 2- Walk, Run or Roll Race
- 12- Spring Formal Ladies Priming Night
- 14- Spring Formal
- 15- Lincoln Park Zoo

SUDOKU

This month's puzzle level is: Tough

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

15 Ways To Deal With Allergy Problems

Allergies happen when your immune system is too active. For some strange reason, your body decides that some alien substance is a potential danger. It creates an immune response to these materials, which usually means you have sneezing, runny nose, itchy throat and nose, heightened mucus production and watery eyes.

There are a couple of ways to deal with this problem.

- 1. Keep humidity out of your house.** Molds and mildews thrive in humid atmospheres. Buy a dehumidifier and use it regularly. Exhaust fans in your bathroom also help keep allergy-causing mold and mildew out of your restrooms.
 - 2. Vacuum often.** Use a "highly efficient particulate air" filter on the vacuum. These filters generally are called HEPA filters. These are specifically designed to capture mould, bacteria, pollen, dust, dust mites and other airborne particles from your carpet. These are the main culprits in causing allergies.
 - 3. When you have been outside, do not leave dirty clothes in your bedroom.** Place them in a clothes hamper in your wash room. When you walk around outside, your clothes catch all kinds of airborne allergens. If you leave them in your room next to you overnight, your allergies will be worse.
- This is especially important during allergy season, when plants like ragweed are pollinating. This pollen is one of the primary allergens in nature. When it gets in your clothes and you leave them in proximity to you, you might as well have not washed yourself. This brings me to my next point.
- 4. Shower just before going to bed.** This washes allergens off your skin and hair. Otherwise, you are sleeping with a layer of allergens on your body.
 - 5. Dust mites are one of the most common allergens, so you should try to make their life as difficult as possible.** These little bugs get in your bed and pillows. Then you lay in them all night.

Cover your bed and pillows with latex covers. The mites cannot live in this material.

- 6. If you are allergic to latex or you find it more uncomfortable than the risk of allergies, use preventive measures with your cloth pillows and bedding.** Consider replacing pillows every two years, because the dust mites live off of the dead flesh which naturally flakes off of people. This builds up and make a perfect nesting ground for dust mites.
 - 7. In the old days, women would hang bedding and pillows on the clothes line and whack them with brooms to get out the dust.** This might seem archaic, but some variation of this is not a bad idea. **Knock the dust mites out of your pillows and bedding occasionally.** Even fluffing your pillow will have a minor positive effect. Simply airing your bed ware helps, too.
 - 9. If you take all of the precautions above and your allergies are not drastically reduced, you might be allergic to something you eat or drink.** If this is the case, try to figure out what you might be ingesting that is causing allergies. Try to find a pattern of when your allergies are at their worst. Common allergens include cheeses and dairy products, corn, wheat products, citric juices or acidic substances or even medications.
- Discontinue the use of one of these groups at a time. If your allergies go away, you might have found the substance which is making your life so miserable.
- 10. Test out household aerosols and cleaning agents.** Certain people are allergic to certain soaps and shampoos. Hair sprays and perfumes also commonly cause reactions in people.
 - 11. Beware plug-in air fresheners.** These are known to cause allergic reactions in a lot of people. I know one persons whose allergies were dramatically reduced simply ridding their house of these items. They make the house bathroom smell better, but might be making you miserable.
 - 12. Watch out for Kitty or Fido.** Many people are allergic to household animals. Cat hair is an especially common allergen. If this is the case, you have a tough choice. Do you put get rid of your cat, put your cat outside or suffer through it? That's a tough decision for a lot of people and one you will have

to make yourself. Just remember that animals are naturally adapted to living outdoors.

- 13. If your nose is most affected,** there are certain easy remedies for some of the worst effects of allergies. Saline solutions wash out many allergens in your nose. These gather in the sinus cavity of your nose and you have no other way to wash them away.
- This not only helps your itchy nose and sneezing, but also prevents sinus infections. These infections are becoming more common for allergy sufferers these days.
- 14. Find an over-the-counter antihistamine which works for you.** Many of these dry up a person and leads to sinus infections. Others make a person drowsy, which is sometimes worse than an allergy. I have found that Loradatine Orally Disintegrating Tablets by Alavert work best for me. This is the only over the counter antihistamine which doesn't give me a sinus infection.

I usually don't recommend one particular product, but I know of two other people who have encountered the same problems and found this particular medicine to be a relief for them. Others have complained that antihistamines like Benadryl and Claritin dry their sinuses up too much. Those are big name products which obviously help many people, so I'm not saying they won't work for you. But if you have had this particular problem, I want to help out anyone who has the same difficulties I do.

- 15. Finally, consult a physician to help you determine your allergies.** The doctor will give you a skin test. Tiny samples of many different allergens are placed on your skin. Those which cause a reaction are obviously the ones you are allergic to. With this professional help, you can eliminate these allergies from your environment.

Your doctor can help you eliminate allergens or prescribe an allergy reducer like Allegra. This medicine has amazing results for many people.

Information obtained from: <http://www.howtoguides365.com/how-to/cope-allergies/>

HIGHLIGHTS OF APRIL 2010

- SWSRA received tons of prom dress donations and a couple of tuxedo donations for the Pick-A-Prom Dress event. Hopefully next year we can offer a guy's Pick-A-Tuxedo Event!!!
- Tailgators Bar, Blue Island Park District, and Mike Kelly were the winners of the "Hearts for SWSRA" Fundraiser in February. We would like to congratulate each of these establishments/individuals who went above and beyond for SWSRA.
- The Oak Lawn Children's Museum was such a hit we're running it again in the Fall. Staff and clients loved it and wanted more time there. Children's trips often get cancelled, so it was great that it was such a success.
- Pick-a-Prom Dress only had 12 ladies take advantage of the opportunity. This was disappointing, but the 12 that did attend will look beautiful and were really excited about their dresses!
- Mexican Fiesta had 5 participants. Enrollment has decreased for this event over the years, most likely due to increased admission. We will probably not offer this again unless the fee goes down.

DID YOU KNOW.....

Mother's Day Origins

The history of Mother's Day is centuries old and goes back to the times of ancient Greeks, who held festivities to honor Rhea, the mother of the gods. The early Christians celebrated the Mother's festival on the fourth Sunday of Lent to honor Mary, the mother of Christ. Interestingly, later on a religious order stretched the holiday to include all mothers, and named it as the Mothering Sunday. The English colonists settled in America discontinued the tradition of Mothering Sunday because of lack of time. In 1872 Julia Ward Howe organized a day for mothers dedicated to peace. It is a landmark in the history of Mother's Day.

In 1907, Anna M. Jarvis (1864-1948), a Philadelphia schoolteacher, began a movement to set up a national Mother's Day in honor of her mother, Ann Maria Reeves Jarvis. She solicited the help of hundreds of legislators and prominent businessmen to create a special day to honor mothers. The first Mother's Day observance was a church service honoring Anna's mother. Anna handed out her mother's favorite flowers, the white carnations, on the occasion as they represent sweetness, purity, and patience. Anna's hard work finally paid off in the year 1914, when President Woodrow Wilson proclaimed the second Sunday in May as a national holiday in honor of mothers.

Slowly and gradually the Mother's day became very popular and gift giving activity increased. All this commercialization of the Mother's day infuriated Anna as she believed that the day's sentiment was being sacrificed at the expense of greed and profit.

Regardless of Jarvis's worries, Mother's Day has flourished in the United States. Actually, the second Sunday of May has become the most popular day of the year. Although Anna may not be with us but the Mother's day lives on and has spread to various countries of the world. Many countries throughout the world celebrate Mother's Day at various times during the year, but some such as Denmark, Finland, Italy, Turkey, Australia, and Belgium also celebrate Mother's Day on the second Sunday of May.

Information obtained from: <http://www.dayformothers.com/mothers-day-history/>

BRAINTEASERS



1. At night they come without being fetched. By day they are lost without being stolen. What are they?
2. What has a head, a tail, is brown, and has no legs?
3. What English word has three consecutive double letters?
4. What's black when you get it, red when you use it, and white when you're all through with it?

1.) The stars 2.) A Penny 3.) Bookkeeper 4.) Charcoal
Answers: