

## MESSAGE FROM LORI...

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



Lori Chesna  
 Executive Director

It's a wrap! Day camp is over and summer programs are coming to an end as well. Compliments to our staff and volunteers this season! You have been amazing! I would occasionally stop in to visit camp and everyone was always so busy interacting with the campers, working on projects, playing sports in the gym or, sometimes, handling undesirable behaviors.

Tim Lenec, Loss Control Agent from PDRMA, made an unannounced appearance at camp; and he had nothing but good things to say about our camp. He noted a few "minor" things, but all-in-all, he was quite impressed!

We pride ourselves at SWSRA that SAFETY is our number one goal! Yes, that means orientation is filled with a lot of policies and procedures and other "technical" topics on the agenda, but in the end, you were armed with the knowledge you needed to protect yourself and your clients in case an emergency should arise. Our goal is to prevent an accident or incident from occurring in the first place! YOU made camp look so fun while providing a safe environment for our clients! THANK YOU!!!!

- Message from Lori
- Employees of the Month
- Safety/Health Corner
- Upcoming Events
- Highlights of July

### JUST FOR FUN

#### VOLUNTEERS NEEDED!

Volunteers (age 18 & up) are needed to help at the KNIGHTS OF COLUMBUS TOOTSIEROLL DRIVE FUNDRAISER on September 17 and 18. All volunteers will represent SWSRA and SWSRA will receive a portion of what is collected. Please consider volunteering for this fun, outdoor fundraiser. We need your help! Contact Lori Chesna at (708) 389-9423.

#### WELCOME TAMMI

SWSRA's office has a new face on Wednesdays and Fridays. We would like to give a BIG welcome to Tammi Clemens who is our new part-time office clerk. Tammi may look familiar because she also works for the Alsip Park District. Tammi has a wonderful spirit and is quickly adjusting. Please introduce yourself when you stop in!

- Sudoku
- Brainteasers
- Did You Know

## EMPLOYEES OF THE MONTH

### Dana Disteldorf

This is only Dana's second year at camp and once again we have been astounded by her dedication to the job. She is very dependable and has been consistent in showing up early to camp and other SWSRA programs. There are a lot of responsibilities and planning that are put in the hands of our Activity Supervisors, and Dana has always been prepared with her activities, as well as having a plan B for emergencies. She never seemed to be overwhelmed, even when there could be 3 camper meltdowns at a time. Dana did a great job managing behaviors. Additionally, she was consistently a great leader and role model with a contagious positive and upbeat personality that was spread throughout the camps. Overall, Dana is an all around great staff and asset to Day Camp and SWSRA.

### Amy Biedron

This year, a brand new position was added to SWSRA's Day Camp, and Amy was the perfect candidate for the position. With over 10 years of experience under her belt, she did not let us down as our Day Camp Director. Amy was constantly amazing us! We felt comfortable having Amy on site taking care of camp, setting a good example and helping out as needed. She created weekly training agendas, ran camp staff safety meetings, gathered supplies, sent out reminders, and handled a majority of questions that were sent her way from staff and parents. Not only was Amy an asset to our camp staff while at camp, she was also doing work at home, preparing to ensure that all things were kept in line and ready to go for the next day or week. Amy did a great job tackling her new role, and we hope she'll join us again next year!

### UPCOMING EVENTS

- 6 - Concert on the Green
- 13 - Oak Lawn's Karaoke Dance
- 20 - Movie in the Park

### FALL BROCHURE

Fall Brochures are out! Check out our website at [www.swsra.com](http://www.swsra.com) to download a brochure.

## SAFETY/HEALTH CORNER

### Dr. Oz's 8 Tips for a Healthy Heart

Provided by Oprah.com

Oprah's resident M.D., Dr. Mehmet Oz, shares his most effective tips for keeping your heart healthy.



#### 1. GET AT LEAST SEVEN HOURS OF SLEEP

That's per night, not week. And men-the needier breed-require eight. Getting by on less can cause metabolic changes that increase your risk for obesity and diabetes. And one recent study from the University of Chicago found that the fewer hours of sleep adults get each night, the more likely they are to have calcium deposits in their arteries.

#### 2. KNOW YOUR BLOOD PRESSURE

What's the fastest way to age an artery? Subject it to high blood pressure, which will harden it like a garden hose that's been left out in the sun. A range of 120/80 to 130/85 mmHg is considered below the hypertension point, but it's not ideal. In fact, reducing your blood pressure from 130/85 to 115/76 can make your body up to ten years younger.

There's no data to show that using drugs to lower blood pressure offers the full youth effect. So for now, you guessed it: Exercise, lose weight, reduce stress. The good news is, the benefits from physical activity are just about instantaneous.

#### 3. AVOID SECONDHAND SMOKE

Don't let people puff away in your space. An hour of passive smoke can cause the same amount of aging as having two to four cigarettes.

#### 4. WALK 30 MINUTES EVERY DAY

A Harvard study suggests that for every hour you exercise during your life, your longevity increases by two hours. It's important to get your heart pumping every day-moving regularly is the key to exercise's antiaging effect.

#### 5. EAT FISH THREE TIMES A WEEK

It may not be just the omega-3s in the oil that keep the heart and arteries humming along; a number of animal studies have also indicated that a protein in fish provides a separate boost to cardiovascular health. Eat a variety of low-mercury fish (such as wild salmon, catfish, or tilapia). And if you're not nuts about seafood, an ounce of walnuts a day will give you a good dose of omega-3s.

#### 6. TAKE HALF AN ASPIRIN DAILY

Yes, those big studies came out a few years

ago saying low-dose aspirin does pretty much zilch to prevent heart attacks and cancer in women, but the evidence is strong for aspirin's reducing the risk of stroke. If you're over 40, I recommend half a 325 milligram tablet (or two baby aspirin), with half a glass of warm water both before and after you swallow so that you're less likely to irritate your stomach.

#### 7. LIVE WITHIN YOUR MEANS

Feeling out of control financially can affect not only your sleep (see number one) but also your arterial health due to chronic stress. And a bankruptcy can put miles on your body's odometer.

#### 8. FLOSS AND BRUSH

Any chronic infection (including gingivitis) stimulates your body to protect against bleeding with an increase in clotting-a recipe for heart attack.



As a reminder, always consult your doctor for medical advice and treatment before starting any program.

Information obtained from:

<http://www.aolhealth.com/condition-center/heart-disease/dr-oz-8-tips-for-heart-health/>

### HIGHLIGHTS OF JULY 2010

- The Special Olympics Softball team participated in the ITRS tournament. Congrats on taking 4th Place!
- The Planetarium trip had 9 enrolled and ran successfully.
- Camp ended on July 30th! We had a GREAT year at camp and we're sad to see everyone go. The addition of a Camp Director proved to be a big asset!
- The car wash with Alsip Park District was a huge success. The campers from both agencies reported having a great time. Thank you Alsip for your collaboration and purchasing the supplies!
- Family Fun Day was held at the Worth location this year. Everyone had a good time, with approximately a third of the families joining in. We had two inflatable jump and funs, an airbrush tattoo station, a reptile show and more!
- LPGO Fundraiser was a success. Thank you to Laura Kane and Ann Thatcher.

### BRAINTEASERS



1. I am the tool, for inspiring many. Buy me in the store, for not much more than a penny. Don't overuse me, or my usefulness will go, what am I? Do you know?
2. I have three eyes, all in a line. When the red one opens, all freezes. What am I?

### DID YOU KNOW.....

#### August in History

- Colorado became the 38th state, August 1, 1876.
- Gertrude Ederle became the first woman to successfully swim the English Channel, August 6, 1926.
- Richard M. Nixon became the first U.S. President ever to resign from office, August 9, 1974.
- Missouri became the 24th state, August 10, 1821.
- Thomas Edison invented the phonograph, August 12, 1877.
- U.S. Social Security Act approved, August 14, 1935.
- Panama Canal opened to traffic, August 15, 1914.
- Hawaii became the 50th state, August 21, 1959.
- Amendment 19, giving women in the United States the right to vote, proclaimed, August 26, 1920.
- Oil production began commercially in the United States when Edwin Laurentine Drake struck oil, August 27, 1859.

Information obtained from: <http://www.entourages.com/barbs/august.htm>

Answers:  
1.) An inkpen 2.) Traffic light