

## MESSAGE FROM LORI...

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



**Lori Chesna**  
Executive Director

Fall season has arrived at SWSRA even though the weather keeps going through high and low temperatures. I think fall is my favorite season as I am partial to Halloween, hot apple cider, caramel apples and the crisp, fresh air.

We have a spectacular line up of programs! We just finished the Knights of Columbus candy day fundraiser. We had the most beautiful weather on Friday, but Saturday was a bit balmy. THANKS to those who helped in the name of SWSRA! The Knights have always been very good helping individuals with disabilities all OVER the country! Your help is very much appreciated!

Welcome new staff and volunteers! You will see a few new friendly faces this season! Please welcome these staff and make them feel "at home." We look forward to many years of service ahead!

Speaking of which, we are thinking of changing the way we do things around here. Whenever the word CHANGE comes up, people tend to get a little uncomfortable. It has been under consideration for some time and I will try to simplify it. I would like to make a slight change in the way we staff our programs from season to season. For repeat programs such as Socialites, bowling, pet therapy and all the "regular" programs, I want to hire/place the staff/volunteers on an ongoing basis. That means, if you're working that program, you can count on working it until you decide to quit. For all "seasonal" programs such as Special Olympics, trips and special events, we would still go about our regular way of signing up or being assigned. I would like to see consistency for our clients. They like it when they can count on seeing the same staff from week to week. It's also beneficial for us so we're not scrambling to find staff each season and training new staff over and over again. With that being said, I want to see this new procedure start in the winter 2011 season. I just want you to be prepared now for changes in the near future. We will keep you posted as we continue to work on this new hiring process.

Last, if you haven't heard by now "I'm in LOVE!" Yes, I fell in love all over again with the birth of my first granddaughter, Grace Catherine! Grace was born September 8, 2010 at a whopping 10lbs 1 oz and 21 inches long! Bob and I are enjoying this "phase" of our life! Couldn't be happier! Just stop by my office anytime and see the pictures of little "Gracie."



Grace Catherine

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### JUST FOR FUN

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## EMPLOYEE OF THE MONTH

### Denise Iwinski

Over the past couple months, Denise has been involved in several projects. She has been getting organized for our upcoming 30th Anniversary by developing a logo and preparing for the celebration at Bourbon Street by checking out venues and bands and planning out details. With the Candlelight Bowl coming up, Denise added tiers to the sponsorship program and secured prizes. Denise has also been very involved in the Kaboom Project in Posen and the Walk, Run Roll event through attending meetings, sitting on conference calls and working on PR & Marketing. In addition, Denise has also spent time working on SWSRA's website issues, developing a new web site for charities and assisting at our annual Sports Banquet. Denise has good ideas and shows initiative in following through.

## SUDUKO

This month's puzzle level is: Mild

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

## UPCOMING EVENTS

- 1 - Rock & Roll Sock Hop
- 10 - Children's Museum
- 23 - Alsip's All Hallow's Eve Carnival
- 29- Oak Lawn's Halloween Hip Hop Dance

## SAFETY/HEALTH CORNER

### What are colds?



Everyone gets a cold from time to time. Colds usually last 1 to 2 weeks. You can catch a cold at any time of year, but they are more common in late winter and early spring. There is no cure for a cold. Antibiotics will not cure a cold. If you catch a cold, treat the symptoms.

#### What are the symptoms?

Lots of different viruses cause colds, but the symptoms are usually the same:

- \* Runny nose and sneezing
- \* Red eyes
- \* Sore throat and cough
- \* Headaches and body aches

You will probably feel a cold come on over the course of a couple of days. As the cold gets worse, your nose may get stuffy with thicker mucus.

A cold is not the same as the flu. Flu symptoms are worse and come on faster. If you have the flu, you may feel very tired. You may also have a fever and shaking chills, lots of aches and pains, a headache, and a cough.

If you feel like you have a cold all the time, or if cold symptoms last more than 2 weeks, you may have allergies or sinusitis. Call your doctor. What can you do for a cold?

Good home treatment of a cold can help you feel better. When you get a cold:

- \* Get extra rest. Slow down just a little from your usual routine. You don't need to stay home in bed, but try not to expose others to your cold.
- \* Drink plenty of fluids. Hot water, herbal tea, or chicken soup will help relieve a stuffy nose and head.
- \* Take aspirin, ibuprofen (such as Advil or Motrin), or acetaminophen (such as Tylenol) to relieve aches. Follow the package instructions carefully. If you give medicine to your child, follow what your doctor has told you about the amount to give. Do not give aspirin to anyone younger than 20. It has been linked to Reye syndrome, a serious illness.
- \* Use a humidifier in your bedroom and take hot showers to relieve a stuffy nose and head.
- \* If you feel mucus in the back of your throat (postnasal drip), gargle with warm water. This will help make your throat feel better.
- \* Use paper tissues, not handkerchiefs. This will help keep your cold from spreading.
- \* If your nose does get red and raw, put a dab of petroleum jelly on the sore area.

Don't take cold medicine that uses several drugs to treat different symptoms. For example, don't take medicine that contains both a decongestant for a stuffy nose and a cough medicine. Treat each symptom on its own.

A nasal decongestant spray can help your stuffy nose, but make sure you don't use it for more than 3 days in a row. You could get a "rebound" effect, which makes the mucous membranes in your nose

swell up even more.

#### Call your doctor if:

- \* You have trouble breathing.
- \* You have a fever of 101 F (38.3 C) or higher that has not come down after 12 hours of home treatment. Or you have a fever of 100 F (37.8 C) to 101 F (38.3 C) that has not come down after 3 days of home treatment.
- \* You have new symptoms that are not part of a cold, like a stiff neck or shortness of breath.
- \* You cough up yellow, green, or bloody mucus.
- \* Mucus from your nose is thick like pus or is bloody.
- \* You have pain in your face, eyes, or teeth that does not get better with home treatment, or you have a red area on your face or around your eyes.
- \* Your cold seemed to be getting better after a few days but is now getting worse with new symptoms.

#### How can you prevent colds?

There are several things you can do to help prevent colds:

- \* Wash your hands often.
- \* Be extra careful in winter and when you are around people with colds.
- \* Keep your hands away from your face. Your nose, eyes, and mouth are the most likely places for germs to enter your body.
- \* Eat well, and get plenty of sleep and exercise. This keeps your body strong so it can fight colds.
- \* Do not smoke. Smoking makes it easier to get a cold and harder to get rid of one.

Obtained from: <http://www.aolhealth.com/health-concern/colds>

## HIGHLIGHTS OF SEPTEMBER 2010

- 15 out of 19 programs are running this season, and enrollment has increased in a majority of programs/events!
- We are excited to have 4 new employees and a volunteer. WELCOME!
- SWSRA has been working recently with School District 109 (Justice) and District 104 (Summit). We are excited about the possibilities of expanding our programming and reaching out to more people.
- Soon Leisure Education programming will be starting with several schools in our member districts.
- SWSRA's Sports Banquet had a great turnout of around 70 athletes. There, they received medals/trophies, ate and socialized with one another.
- We hope you got to see us in action at Knights of Columbus. Thank you to everyone who worked and/or donated.

## BRAINTEASERS

1) I am the center of gravity, hold a capital situation in Vienna, and as I am foremost in every victory, am allowed by all to be invaluable. Though I am invisible, I am clearly seen in the midst of a river. I could name three who are in love with me and have three associates in vice. It is vain that you seek me for I have long been in heaven yet even now lie embalmed in the grave. What am I?

2) Voiceless it cries, Wingless flutters, Toothless bites, Mouthless mutters. What am I?



## DID YOU KNOW.....

### Facts about Halloween



Residents in 93% of households consider their neighborhood safe, and 78% feel safe walking at night within a mile of their home.

Your Jack o' Lantern most likely came from Illinois, which grew 542 million pounds of pumpkin in 2007. California, New York and Ohio each produced at least 100 million pounds of the gourd.

Each American ate 24.5 pounds of candy last year, on average. There were 2,077 costume rental shops across the country in 2006.

About 1,170 manufacturers make chocolate and cocoa products, employing 39,457 people and shipping \$13.9 billion worth of sweets. The most are located in California and the number two state is Pennsylvania.

Only 473 plants manufacture non-chocolate candy, worth \$7.2 billion, providing jobs for 18,733 people. Again, California was the sweetest state.

Obtained from: <http://workingmoms.about.com/od/kidsactivities/a/Halloweenfacts.htm>

Answers:  
1.) The letter V. 2.) Wind.