

## MESSAGE FROM LORI...

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Lori Chesna  
Executive Director

It's back-to-school time for the kids, and new fall programs for SWSRA are starting in September. Because the economy is on a slow recovery, the scholarship requests keep pouring in at SWSRA. In an effort to accommodate all the requests, I am asking for your assistance in the upcoming fundraisers:

#### Knights of Columbus Tootsie Roll Drive: Friday, Sept. 17 & Saturday, Sept. 18.

We need volunteers, age 18 & up, to assist for this event. We pay our employees (unless they choose to waive their pay), but we also need more volunteers. Why not ask your parents, spouse, family, friends, etc.? The more people who represent SWSRA, the more money we get in return. This is one of SWSRA's easier fundraisers because all we have to do is show up, "shake our can" for a few hours, and we get a considerable return. Now, if working in the middle of an intersection isn't your "thing" and you work at a fairly large company or can sell a box at your school, you can take some of the candy to your school/work in advance and try to sell it to fellow employees/students or customers in the name of SWSRA. Contact me for more details.

#### Candlelight Bowl: Saturday, November 6

This is an annual event for SWSRA, but I am asking for your assistance! If you're planning on working the event, GREAT! However, we are in great need of raffle prize donations, lane sponsorship and more. This is a tough economy and people are just not as giving due to their own financial situation. This year, I am asking staff and volunteers if they can make a donation or contribution for this event. We are looking for gift baskets and raffle prizes. Perhaps you are creative and would like to donate an entire "theme" basket. OR, if you have a NEW item to donate, have an extra bottle of wine or liquor you can spare, we can add your item to our prize table. We are also in need of wicker baskets and supplies such as colorful tissue paper or bows. Perhaps you know a business that would like to make a donation of some sort. If you want to sponsor a lane, the sponsorship details are on page 12 of the fall brochure. You can simply sponsor a lane for as little as \$25. Remember 100% of your sponsorship goes directly to the scholarship fund. We really need your help!

I look forward to seeing everyone this fall! Keep up the great work!

## EMPLOYEE OF THE MONTH

### Christine Blankenstein

This was Christine's second year at camp, the first of which she served as a volunteer for college. She has a bubbly and energetic personality, making her easy to work with. When we needed a staff to work as an inclusion aide in Summit, she was asked. Christine was happy to go wherever needed. Throughout the summer she worked as an aide with two boys in Summit's day camp program, as well as SWSRA programs and events. Christine worked hard to include the boys at camp, adapting when necessary. She was dependable and independent, never needing to be reminded of her assignments, and contacting us only a couple of times for advice. With Christine's energy, positive attitude and dedication, she is an important person on the the SWSRA team!

## UPCOMING EVENTS

17 & 18 - Knights of Columbus Tootsie Roll Fundraiser  
24 - Sports-A-Thon

## AGENCY RECOGNITION

### Worth Park District

Since moving in the new building in December, Worth Park District staff has made SWSRA feel very welcomed. In June, as part of the PDRMA Healthy Living program, Worth participated in a softball game, followed by lunch and smoothies. They generously invited SWSRA to attend. At the end of each day camp season, SWSRA holds a Family Fun day. We requested the use of two inflatables and an air brush tattoo machine from Worth P.D. Not only did they allow us the use of the equipment, but they also came out to set it all up and train our staff on how to use it. In addition, they filled the dunk tank we ordered and came in the middle of the day to fill the generator. When the event was over, several Worth staff arrived to take down the equipment. Most of the take down was done in the rain, which meant they would also have to open it to air out before packing it away again to store. The staff was happy to help, even in the rain, without complaint! Thank you Worth for always being very accommodating and making us feel part of your team.

# SAFETY/HEALTH CORNER

## 7 Best Stress-Fighting Foods

By David Zincenko



### Papaya

Wouldn't it be awesome if there was a magic nutrient that could stop the flow of stress hormones—the very hormones that make your body superefficient at storing fat calories? Wouldn't you want to gobble that food up like crazy, especially if it tasted great? Half a medium papaya carries nearly 75 percent more vitamin C than an orange, and provides potent protection against stress. Researchers at the University of Alabama found 200 milligrams of vitamin C—about as much as you'll find in one large papaya—twice a day nearly stopped the flow of stress hormones in rats. It should work for you, too.

*Other smart sources of vitamin C: Red bell peppers, broccoli, oranges*

### Peppermint Tea

The mere scent of peppermint helps you focus and boosts performance, according to researchers. Another study discovered that peppermint tea makes drivers more alert and less anxious.

*Other smart sources of peppermint: Peppermint candy and peppermint oil*

### Pumpkin Seeds

Pumpkin seeds are loaded with stress-busting

potential thanks to high levels of magnesium. Only about 30 percent of us meet our daily magnesium requirements, placing the rest of us at a higher risk for stress symptoms such as headaches, anxiety, tension, fatigue, insomnia, nervousness and high blood pressure. (Basically we're frayed wires, and magnesium is the electrical tape that can pull us back together.) A quarter cup of pumpkin seeds gives you half your day's magnesium requirements.

*Other smart sources of magnesium: Spinach, Swiss chard, black beans, soybeans, salmon*

### Avocados

The healthy fats buried in the avocado's flesh make it an ideal choice when you're craving something rich and creamy. The reasons? Monounsaturated (healthy) fatty acids, and potassium—both of which help combat high blood pressure. Avocado fat is 66 percent monounsaturated, and gram-for-gram, the green fruit has about 35 percent more potassium than a banana. Whip up a fresh guacamole or slice a few slivers over toast and top with fresh ground pepper.

*Other smart sources of potassium: Squash, papaya, spinach, bananas, lentils*

### Salmon

Not only does omega-3 fat protect against heart disease and cognitive decline, but according to a study from Diabetes & Metabolism, the wonder fat is also responsible for maintaining healthy levels of cortisol. And what's the world's best source of omega-3s? Salmon. But there's another trick in salmon's arsenal—a sleep-promoting amino acid called tryptophan. One salmon filet has as much tryptophan as you need in an entire day, and if there's one remedy for stress, it's a good night of Zs.

*Other smart sources of omega-3 fats: Flaxseeds, walnuts, sardines, halibut*

*Other smart sources of tryptophan: Chicken, tuna, beef, soybeans*

### Almonds

The almond's first stress-buster is the aforementioned monounsaturated fats, but at risk of belaboring that point, let's look at another almond-centered, mind-calming nutrient: vitamin E. In one study, Belgium researchers treated pigs with a variety of nutrients just before sticking them in a transportation simulator (basically a vibrating crate). After 2 hours of simulation, only those pigs treated with tryptophan and vitamin E had non-elevated levels of stress hormones. Almonds, thankfully, are loaded with vitamin E. To reach your day's requirement from almonds alone, you need to eat about 40 to 50 nuts. Or you can mix them with other vitamin-E rich foods to save calories and add more dietary variety.

*Other smart sources of vitamin E: Sunflower seeds, olives, spinach, papaya*

### Oatmeal

A biochemical effect of stress is a depleted stock of serotonin, the hormone that makes you feel cool, calm, and in control. One reliable strategy for boosting serotonin back to healthy levels is to increase your intake of carbohydrates. That said, scarfing down Ding Dongs and doughnuts isn't a sustainable solution. Rather, to induce a steady flow of serotonin, aim to eat fiber-rich, whole-grain carbohydrates. The slower rate of digestion will keep serotonin production steady and prevent the blood sugar roller-coaster that leads to mood swings and mindless eating.

*Other sources of fiber-rich carbohydrates: Quinoa, barley, whole-wheat bread, Triscuits*

Information obtained from: <http://health.yahoo.net/experts/eatthis/7-best-stress-fighting-foods>

## HIGHLIGHTS OF AUGUST 2010

- SWSRA hosted the South Side All Star Softball game in Worth. 17 Athletes participated from 4 agencies.
- Special events, Movies in the Park and Concert on the Green, both ran.
- Karaoke Dance had 38 enrolled and 35 attended. It went very well; everyone wanted to be an Idol that night!
- SWSRA attended National Night Out and it was a great turnout. We held a promotional booth with games and giveaways.
- Rec. Specialist William Helling and participant Chris McKinney attended SSSRA's Adaptive Cycling. Chris got an opportunity to test out all types of adaptive cycling bikes. He looked like he had a blast!

## BRAINTEASERS

1. Though liquid in nature, don't push me too far; for then I will break, and the damage may scar. What am I?
2. I can be cracked, I can be made. I can be told, I can be played. What am I?
3. We capture light, and yet we don't. We reflect rays of sun, and yet we don't. Without us all the world is gray and dull for everyone. What are we?



## DID YOU KNOW.....

### Labor Day Trivia & Fun Facts

The first observance of Labor Day is believed to have been a parade on Sept. 5, 1882, in New York City, probably organized by Peter J. McGuire, a Carpenters and Joiners Union secretary.

By 1893, more than half the states were observing a "Labor Day" on one day or another, and a bill to establish a federal holiday was passed by Congress in 1894. President Grover Cleveland signed the bill soon afterward, designating the first Monday in September as Labor Day.

#### Americans work in a wide variety of occupations. Here is a sampling:

| Occupation                                    | Number of employees |
|---|---------------------|
| Gaming services workers                       | 85,000              |
| Hairdressers, hairstylists and cosmetologists | 718,000             |
| Chefs and head cooks                          | 281,000             |
| Firefighters                                  | 258,000             |
| Musicians, singers and related workers        | 179,000             |
| Bakers  | 183,000             |
| Taxi drivers and chauffeurs                   | 286,000             |
| Service station attendants                    | 96,000              |
| Farmers and ranchers                          | 825,000             |
| Pharmacists                                   | 232,000             |
| Teachers                                      | 6.5 million         |

Information obtained from: <http://www.chiff.com/a/labor-day.htm>

Answers:  
1.) Glass 2.) A joke 3.) Colors