

WHAT'S IN THIS MONTH'S LETTER

Message from Lori

Employee of the Month

Safety/Health Corner

Upcoming Events

Highlights of August

JUST FOR FUN

Sudoku

Brainteasers

Did You Know

MESSAGE FROM LORI...



**Lori Chesna
Executive Director**

Hello Friends!

Is it me or is time flying by? Where did September go?

That reminds me, it's time to set the clocks back at the end of the month. "Spring forward, fall back."

Translation... we lose an hour of daylight. This is also a good time to make appointments: your annual physicals, mammograms, change the batteries in smoke detectors, carbon dioxide detectors etc. It's a good reminder to take care of you and your family.

As many of you have heard, Ryan Cortez has taken a Coordinator position at Gateway. Ryan will be missed by all of us at SWSRA because of her leadership qualities, friendly demeanor, team player and, most of all, her ability to laugh at my jokes! (Okay, she laughs at ME, not at my jokes, I get that!) But, Ryan has a sense of humor...that's what I am talking about. It's so important to have a sense of humor. Laughter relieves stress and tension, it makes people feel at ease, and it makes work a FUN place to be. You can still be professional and keep laughter in the workplace. You do have to make sure that you're not making fun of someone or being cruel, but laughter makes the day go by quickly. Congratulations Ryan; you will be missed, your gift of laughter will live on among us!

Fall also means the holidays are approaching. SWSRA offers many holiday special events and dances. Our clients love these events and again, they are all about how creative and fun YOU make them! Start planning ahead for some of these events. Check out our storage room to see what crafts and activities we have to enhance the events. Bring your laughter and excitement into each event! Add a dash of music to a program and it automatically enhances the "mood" of the program. This is a recipe for a successful event! You can't go wrong!

As for the building at Worth. We are a little off schedule, but we should be in there by mid November at the latest! Construction is complete! We are just waiting for furniture to arrive, phones to be installed and last minute finishing touches. We're very excited about moving our Recreation staff over there! Finally, a place to call our own!



Candlelight Bowl Fundraiser



The Candlelight Bowl Fundraiser is right around the corner. Mark your calendars for Saturday, November 7th, from 9:30 - Midnight, at Orland Bowl for fun, friends, laughs and much more. The cost is \$25 for 3-4 games of bowling (shoe rental is a separate fee) and a delicious buffet dinner. The cost is \$15 for the buffet only. Tickets can be purchased at the SWSRA office and must be paid in advance. Don't forget about the raffles, door prizes and split-the-deck; and if you can't make it to the event, then sponsor a lane for only \$25. There is so much fun to be had by all!!

EMPLOYEE OF THE MONTH

Amy Mepham

Amy is being awarded Employee of the Month for October because she really stepped up to the plate when we needed her! Amy is always willing to assist when others need a substitute. She has come in to assist with extra projects around the office. When she works with clients, she gives 110% of herself. She strives to give clients a good experience that will not only increase their physical well being, but also their social and emotional well being. She raises the bar for SWSRA to a new standard. She also makes sure that she communicates any problems or issues with clients, staff and facilities. She gives us suggestions in the office as to how we can make changes that will benefit everyone. We really appreciate Amy! She has been a great asset to our team!

UPCOMING EVENTS

- 2- Rock & Roll Sock Hop
- 9-Barrel of Laughs Comedy Club
- 17-Haunted Trails
- 24-Super Sports Saturday
- 24-All Hallows Eve Carnival
- 30-Halloween Hip Hop Dance

SUDOKU

This month's puzzle level is: Easy

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

Fatigue-Fighting Foods

Feeling tired all the time? You can avoid the vicious cycle of energy highs and lows, by planning balanced meals, packed with fatigue-fighting properties -- we'll show you how.

Balance Protein and Carbs

To keep your energy at peak performance, pick superfoods that will keep you going longer than the quick, but fleeting jolt of a sugar rush, says Bonnie Taub-Dix, MA, RD, CDN, and national spokesperson for the American Dietetic Association (ADA). She recommends planning meals and snacks that combine protein and carbohydrates, such as whole grain crackers with peanut butter or cheese. The carbohydrates will give the more immediate energy boost, while the protein will have real staying power as your body gradually digests it and uses its energy over time.

Eat an Energizing Breakfast

One of the best ways to start out your day with high energy is through a hearty breakfast. A high-fiber cereal paired with low-fat milk has that balance of protein and carbohydrate which is essential to staying refreshed throughout the morning, says Taub-Dix. But watch out for kinds with high sugar content,

which may mean an energy crash waiting to happen.

Go for Yogurt

If you're looking for quick pick-me-up before or after a trip to the gym try yogurt. Since it's technically a liquid, it breaks down more readily than solids, providing the energy your body craves at a faster speed. Yogurt also contains that nice balance of protein and carbohydrate. Low-fat or skim milk or even milkshakes can be energizing too, Taub-Dix says.

Up Your Inulin Intake

Inulin is a fiber that keeps you feeling fuller, longer which can be very energizing, says Taub-Dix. It also helps reduce constipation which can be an energy drainer. Found in wheat, garlic, onion, chicory root, and Jerusalem artichokes, inulin may increase how efficiently your body can absorb certain dietary sources of iron, according to a study conducted by the Agricultural Research Service on pigs. The study found that a diet comprised of four percent inulin had a significant impact on iron absorption, which plays an important role in preventing fatigue.

Snack Smart

You're eating three full meals a day, so why do you feel drained? "It's not always about the food itself. It's about how you eat," says

Taub-Dix. Do not let yourself go too long without eating, because that can zap your energy. Your mind runs better on small meals and snacks every few hours, rather than large meals, according to Harvard Health Publications. To keep you from slowing down, space meals about five hours apart and snacks about two and a half hours after each meal. Don't go overboard -- a piece of fruit or handful of nuts will suffice.

Enhance Your Endurance with Vitamin C

This antioxidant rock star aids normal bodily functioning and growth and also improves the body's ability to absorb iron, which helps fight off anemia-related fatigue. Getting 250 to 500 milligrams of this vitamin two times per day may help reduce the symptoms of chronic fatigue by enhancing endurance and immunity, according to the University of Maryland's Medical Center (UMMC). Citrus fruits like oranges, grapefruits, and tangerines, as well as, kiwi, mangos, apricots, strawberries, cantaloupes, and watermelons are all packed with vitamin C. For veggies rich in vitamin C, try broccoli, peppers, tomatoes, cabbage, potatoes, and leafy green vegetables like romaine lettuce, turnip greens, and spinach.

This articles was obtained from: <http://www.aolhealth.com/healthy-living/nutrition/energy-food>.

HIGHLIGHTS OF SEPTEMBER 2009

- You may have seen our workers and volunteers taking it to the streets on September 18 and 19 to help raise money for SWSRA services. SWSRA was just one of many organizations who joined with Knights of Columbus to raise money for the annual Tootsie Roll Drive. SWSRA thanks all who helped - either working or donating! The amount we will receive is still to be determined.
- SWSRA Support Group Meetings started up again! Donna McCauley from Moraine Valley was a phenomenal first speaker with great information to provide those who attended the meeting. Reminder that Support Group Meetings are held the 3rd Monday of each month. If you know someone who would like to speak at one of the meetings and their topic would be of interest to Support Group attendees, please call the office with their information!

BRAINTEASERS



- 1) What do you call a 100 year old ant?
- 2) What do you call an ant who likes to be alone?
- 3) Why don't anteaters get sick?
- 4) What is the biggest ant in the world
- 5) What kind of ant is good at math?
- 6) What games do ants play with elephants?

DID YOU KNOW.....

ALL ABOUT BLUE ISLAND

The population was 23,463 at the 2000 census.

Blue Island is so named because it is situated on the south end of a glacial moraine that was once an island when Lake Chicago covered the surrounding area thousands of years ago at the end of the last ice age.

Blue Islanders have enjoyed a system of parks since 1912 when the park district (which was formed in 1909) acquired the property of the late Benjamin Sanders, who was Blue Island's first village president when the town incorporated in 1872 and served as the chairman of the building committee of the Cook County Board after the Great Chicago Fire of 1871.

Blue Island athlete Don Kolloway became a Major League Baseball player when he became an infielder for the Chicago White Sox in 1940.

All information was obtained from Wikipedia.

Ants are social insects that live in colonies. They are known for their ability to work together and build complex structures. Ants are also known for their strength and ability to lift many times their own weight.