



Creating opportunities for
people with developmental disabilities

Three-time Oregon Business Magazine
Award Winner for
best medium-sized nonprofit
to work for in the state!
and
Two-time Alfred P. Sloan Award Winner

Summer Time: Have Fun and Be Safe

It's that time of year again, summer, and to many of us this means being outside and having fun with friends and family. Below are some important safety considerations to ensure you and your loved ones stay safe and healthy.

- **Stay out of the heat:** Make sure there is shade available when enjoying the outdoors. Plan your activities for the morning or evening, when the temperatures are lower and the sun is less intense.
- **Dress for the heat:** Wear loose-fitting clothes that cover as much skin as possible. Consider lightweight, light-colored clothing that reflect heat and sunlight and help maintain normal body temperature.
- **Protect your skin:** Consider wearing a wide-brimmed hat. Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. Use a sunscreen lotion with a high SPF (sun protection factor) rating.
- **Drink for the heat:** Drink plenty of water, even if you don't feel thirsty. Even under moderately strenuous outdoor activity, the rate your body can absorb fluids is less than the rate it loses water due to perspiration.
- **Don't forget your furry friends.** It will "feel" as hot for them as it will for you. As with children, do not leave your pets in a closed vehicle. Be sure your animals have access to shade and a water bowl full of cold, clean water. Dogs and cats don't tolerate heat well because they don't sweat. Their bodies get hot and stay hot. During summer heat, avoid outdoor games or jogging with your pet. If you would not walk across hot, sun baked asphalt barefoot, don't make your dog walk on it either. (Dogs can also get blisters on their paws from hot pavement.)



Happy Summer!



Birthdays!!!

Anna S

Ben M

Blaine S

Bo B

Brenda G

Charlene S

Darci S

Dareth S

David S

Dawn R



Emily M

Felicity W

Jamie L

Jason B

Jason B

Jean D

Jeremy K

Jesse C

John C

John S



Kenneth R

Kimberly A

Lee B

Lyndon S

Marcia S

Mark K

Mark S

Mary H

Megan L

Meghan B



Michael M

Michelle S

Miguel T

Nathaniel K

Nikos T

Paul M

Paul P

Perry J

Richard J

Robert C



Roberta F

Rochelle T

Sara P

Sarah B

Sarah V

Scott F

Svea O

Traci R

Zechariah B



And to anyone we may have missed!!

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