



Supporting Unlimited Possibilities, Inc.  
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# What' S.U.P.?



Supporting Unlimited Possibilities, Inc.

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## Happy Birthday For the Month of June:



- Aimee Jones 6/1
- Isabel Drouillard 6/4
- Dawn Beahm 6/5
- Brittaney Andrews 6/9
- Shanay Waters 6/9
- Sue Sonntag 6/11
- Makynna Clark 6/12
- Brenda Torres 6/14
- Shaquita Bailey 6/18
- Taj Outlaw 6/20
- Jazmon Gibson 6/21
- Devonte Hervey 6/25

## Tips for Preventing Heat-Related Illness

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask your doctor how much you should drink while the weather is hot.
- Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others.
- Check regularly on:
  - Infants and young children
  - People aged 65 or older
  - People who have a mental illness
  - Those who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

## Employee Incentive Winners For the Month of May:

- Dawn Williams  
Broken Arrow
- Ronald Caraway  
Catlin
- Mayra Giocochea  
Chicago
- Tatiana Gomez  
Mack
- Maria Johnston  
Mayberry
- Phillip Avila  
White
- Stephanie Russaw  
Day Program

Each employee received a gift card!!



### Did You Know?

Doorways are not stronger than any other part of a structure so don't rely on them for protection! During an earthquake, get under a sturdy piece of furniture and hold on. It will help shelter you from falling objects that could injure you during an earthquake.

