

WMCAP INFORMER



HELLO SUNSHINE!!

June 1st, 2010

HEAT-RELATED ILLNESS: SYMPTOMS & FIRST AID

Match the number from Heat-Related Illness to the letters from Signs & Symptoms and First Aid
(Look closely answers can be found on this page)

Heat-Related Illness

- | | | |
|------------------|----------------|--------------------|
| 1. Heat Fatigue | 2. Heat Cramps | 3. Heat Rash |
| 4. Heat Collapse | 5. Heat Stroke | 6. Heat Exhaustion |

Signs & Symptoms

- A. Irritation, especially where skin is wet with sweat or clothing is tight. Can lead to infection.
- B. Headache, nausea, dizziness, weakness, thirst, and giddiness. Can lead to vomiting, and/or fainting. Victim has pale, clammy (moist) skin.
- C. Weakness; impaired motor skills; reduced ability to concentrate.
- D. A person suddenly faints. Happens when the brain doesn't get enough oxygen because the blood has pooled in the victim's arms or legs.
- E. Painful muscle spasms caused by salt imbalances in the body due to sweating.
- F. Victim has dry, pale skin (no sweating) or hot, red skin (looks like a sunburn) and is confused. Victim may have seizures and pass out.

First Aid

- G. Remove victim to a cool shaded area. Give water if the victim is alert and not nauseous. Don't leave the person alone. Cool the victim with a spray mist or wet cloth. If the person does not feel better in a few minutes, call for emergency help.
- H. Remove the victim to a cooler area to lie down during recovery. Do not give liquids to an unconscious person.
- I. Drinking carbohydrate-electrolyte replacement liquids may not eliminate the pain, but helps during recovery. Prevent by drinking a small cup of water every 15-20 minutes-even if you aren't thirsty.
- J. Take a short break in a cooler area. Pushing yourself to work through the condition can lead to a more serious illness.
- K. Return to cooler area. Wash and change clothing.
- L. Call for emergency help! Help the victim lie down in a cool shaded area. Don't leave the person alone. If the victim is alert and not nauseous, give water. Cool the person. Place ice packs under the arm pits and groin area.

Ohio Summer Food Service Program



This summer brings the beginning of the Ohio Summer Food Service Program for children, also referred to as Summer Feeding. Free lunches will be served from June 21st to August 20th to all children 18 years and younger and those who are over 18 who are determined by a state or local public educational agency. The free lunches will be served from noon to 1:00 p.m. at the following sites; *Article submitted by: Lauren Behe, Vista Volunteer

Old New Matamoras School:

100 Stover Drive, New Matamoras, Ohio
Reservation phone #: 740-373-3455

Morgan Metropolitan Housing Authority:

45801 Ohio 376, McConelsville, Ohio
Reservation phone # 740-962-3827

Malta United Methodist Church:

390 North Main Street, Malta, Ohio
Reservation Phone # 740-962-3827



Don't forget to look for the special message in this newsletter!!
You may be a winner!!

Inside this Issue

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- Mark Your Calendar—Pasta Dinner, 4th Of July, WMCAP Picnics
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Mark Your Calendars

The Annual Pasta Dinner will be held Friday, June 4th from 5 to 8 p.m. at the Unitarian Universalist Church (232 Third Street, Marietta, Ohio). Tickets are \$6.00 for adults and \$3.00 for children under the age of 5. While you are there check out the country store and you can also purchase tickets to win a beautiful quilt. Remember all proceeds will benefit the Secret Santa Program.



In observance of the 4th of July holiday WMCAP will be closed on Monday, July 5th—yes that's correct folks—the 4th of July falls on Sunday so we will observe it on MONDAY, July 5th.

Upcoming WMCAP Picnics

Friday, July 23rd for Morgan County



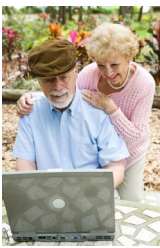
And Friday, August 6th for Washington County

Stay tuned for more information.....

Answers: 1. C-J; 2. E-I; 3. A-K; 4. D-H; 5. F-L; 6. B-G



Generations on Line Offers Free Computer Instruction



The O'Neill Senior Center, the Morgan County Learning Center, the Belpre Senior Center, and the New Matamoras Library are now home to Generations on Line, a web-based tutorial designed to teach seniors age 55 and older and disabled individuals basic Internet skills free of charge. Peer coaches who relate to seniors' needs provide personalized assistance with tutorial lessons that cover general familiarity with the keyboard and mouse, and Internet use. The program is part of a Digital Inclusion Initiative provided through Community Action and Senior Service America, Inc. If you know someone who could benefit from this service, please spread the word. For more information about Generations On Line, call Coach Coordinator, Becky Caldwell at (740) 373-3745 ext. 102. **Article submitted by: Beth Judy*



The Planning & Development Department is pleased to announce that WMCAP has been awarded two Edward Byrne Memorial Justice Assistance Grants (JAG) by the Office of Criminal Justice Services (OCJS). The grant awards were funded at \$150,000 each and will support the development of an offender reentry task force in Washington County and in Morgan-Noble (bi-county). The task forces will be charged with creating a five year strategic plan to reduce recidivism by 50%. (Recidivism = the tendency to relapse into a previous undesirable type of behavior, especially crime).

A profile of Ohio's offenders and correctional system:

- In 2004, 28,177 ex-offenders were released from Ohio's prisons. This is 6 times the number of prisoners released in 1980.
- Ohio has the 7th largest prison population in the country.
- One in 25 Ohio adults is in prison, on parole, or probation.
- The annual cost to house a single adult inmate in Ohio is \$24,875; for juvenile offender the cost climbs to \$110,000.
- Ohio spends \$1.6 billion a year on prisons.
- 80% of Ohio's inmates do not have a high school diploma or GED; 30% are functionally illiterate.
- Over one-quarter of released prisoners had a drug offense as their most serious conviction offense.

Summer Birthdays!!!

With rays of sunshine that summer brings us, let's remember to wish those employees listed below a very Happy Birthday!!

June

Don Leasure—1st	Rose Hansen—19th
Brandee Nau—4th	Peggy Rayburn—22nd
DJ Schilling— 5th	Harold Brown—24th
Don Young—9th	Carl Davis—24th
Mary Sue Matheney-9th	Jessie Thompson—24th
Vesta Kidd—15th	Tonya Lemon—25th
Mandy Hunter—17th	Susie Wilhelm —25th
Patsy Hupp—17th	Brenda Adams-26th
Marcie Petty—19th	

July

Billy Johnson—7th	Nathan Britton—23rd
Tonya Mock—10th	Beth Guinn—25th
Linda Corp—20th	Diane Jett—27th
Bill Cassidy—21st	Jason Ross—31st
Sue Clegg—22nd	Cathy Rees—31st

August

Mary Lee Syme—2nd	Teresa Markle—15th
Mary Bayless—2nd	Sheila Williamson— 18th
Lisa Adams—2nd	Carolyn Hanson—19th
Denny Herndon—2nd	Kristi Vincent—19th
Mona Croston—5th	Brenda Eddy—23rd
Vickie Bigley—7th	Doug Mills—26th
Sherry Rhodes—10th	Rachel Shipley—31st



HAPPY BIRTHDAY!!

Welcome to the WMCAP Family.....

Tracy Carver-Case Manager-Meigs Building (Main Office)
 Barbara Chalfant—Sub Home Meal Delivery Driver/Site Mgr.
 Hank Starcher-Home Meal Delivery Driver-O'Neill Ctr.
 Jamie McCombs—Physicians Assistant-Family Health
 Megan Ogden-Head Start Teacher-Chesterhill
 Jennifer Powell-Early Head Start Teacher-PALS
 Rene Rudd-Housekeeper-Meigs Building (Main Office)
 Richard Ogden—Heat Tech-H&T
 John Priest- Weatherization Laborer-H&T
 Shawn Haga-Weatherization Laborer-H&T
 Rick Moore-Weatherization Laborer-H&T



Kudos Korner

Congratulations goes out to our Spring newsletter winner!!
 Brenda Eddy had the newsletter with the winning message!! She won a great spring gift -an umbrella.

