

ON MY OWN NEWSLETTER

August 2016

CONGRATULATIONS MIKE!



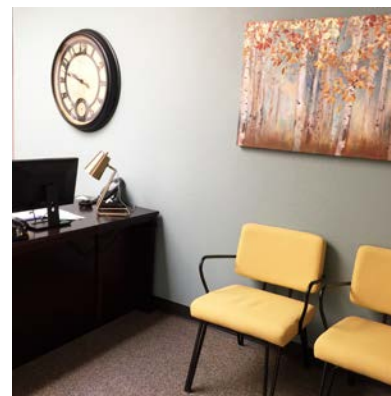
After many years of taking classes off-and-on, we are very proud to announce that Mike Walker graduated from Sunrise Tech Center-San Juan Unified School District after 30 years.

Mike has been a participant in our Supported Living Services Program for almost 11 years now. Mike took classes as he could, showing all of us that one should never give up on their goals.

"During a good chunk of the past 30 years, I've been a client of OMO. They alone, with my friends, family, and BFF, have all been by my side encouraging me to finish. I am proud to be a client of OMO." - Mike Walker

MAKING SOME MOVES

The Accounting Department & Human Resources Departments have moved! The Accounting office is now in Suite 206. Rachel Nelson, our Accountant, can be reached at ext 101. Our Payroll/Accounting Assistant, Jessica Armendariz, can be reached at ext. 118. The HR office is currently in Suite 205. Mike Egan is our HR Assistant, Camille Walton is our Recruiter at ext. 109, Betsy Ash is our Employee Relations & Benefits Specialist at ext. 116, and John Butler is our HR Manager at ext. 115. Feel free to stop by either office to say Hi!



NEW REGION

On My Own has established a new office in the Regional Center of the East Bay territory (RCEB). We now serve Contra Costa and Alameda Counties. We provide both Independent Living Services (ILS) and Empowered Parenting (EPP).

Ironically, we just learned that RCEB is moving into the same building. The office is in a central Concord location, accessible to public transportation. This regional office will be managed by Adria Carson who also oversees our Sonoma Office. Come check us out!



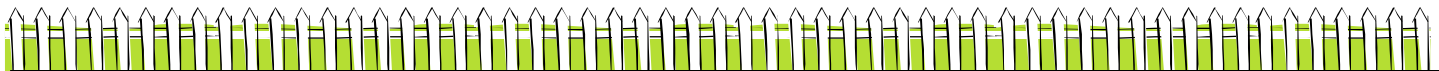
NURSES NOTE: SUN SAFETY

As the summer continues to heat up, it's important to remember some safety tips for staying hydrated and sunburn free! Here are a few ways to stay safe and injury free!

- **Be sun smart.** Avoid the peak hours of sun, usually between 10 am and 4 pm.
- **Be skin safe.** Apply a sunscreen that is broad spectrum, covering both UVA and UVB rays and is at least 15 SPF.
- **Be burn bold.** If you do burn, cool it down, moisturize it, take a non-steroidal anti-inflammatory drug (such as ibuprofen) for swelling and be sure to hydrate! See a doctor if your burn has severe blistering.
- **Be a deliberate drinker.** During the summer it is important to hydrate. Sometimes eight glasses of water just isn't enough. Be sure to fuel-up with electrolytes from sports drinks or natural juices, especially when working or playing outside.
- **Be symptom sensitive.** Dehydration can hit at any time and this affects kids and the elderly the most. Symptoms of potential heat stroke include elevated temperature, pale/clammy skin, headache, fatigue dizziness and muscle cramps. If you experience these symptoms, move to a cool place and hydrate with electrolytes.



Have a safe and fun summer! ~ Lisa Howard, RN



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