

## Know Where to Go When Severe Weather Strikes

We love summer in Minnesota - from camping and fishing to sports and more, we spend a lot of our summer outdoors. But hot and muggy temps increase the chance of getting caught outside when thunderstorms hit.

Even if the sky seems clear, lightning can travel up to 10 miles from the storm and strike "out of the blue." Remember: if you hear thunder, you are close enough to be struck by lightning. Time to stop what you are doing and seek shelter immediately.

### Fast Facts About Lightning Fatalities

According to the National Oceanic and Atmospheric Administration (NOAA), lightning kills an average of 35 people per year, with the most deaths occurring between June and August.

Two thirds of lightning fatalities occur during outdoor leisure activities:

- Fishing and other water activities account for nearly 20% of all lightning fatalities, with fishing as the number one activity associated with lightning deaths.
- Men account for nearly 80% of lightning deaths.
- 70% of fatalities occur in June, July and August, the peak time for both lightning and outdoor activities. July is by far the deadliest month.
- Most victims are between the age of 10 and 59. Of that group, people age 20-29 account for the most fatalities and age 30-39 the least.

Visit [www.lightningsafety.noaa.gov](http://www.lightningsafety.noaa.gov) to learn more.



## Free Online Classes - The Arc Minnesota

Are you a person with a disability who self-directs your own life and services? Are you a family member or guardian who hires direct support professionals for a loved one with a disability? If you answered "yes" to either of these questions, you might be interested in taking advantage of The Arc Minnesota's new partnership with the University of Minnesota's DirectCourse to provide online, customizable training classes free of charge.

DirectCourse offers more than 40 training programs that improve service practices and quality of life outcomes in support of people with disabilities. The training curricula are built on the fundamental principle that everyone deserves a rich and rewarding life.

The online training available through DirectCourse increase the knowledge and skills of support professionals, family members, other caregivers, and community members who are crucial to promoting community inclusion and individual safety, as well as increased involvements in education, community living, recreation, employment and other outcomes important to people with disabilities.

The Arc Minnesota is partnering with the University of Minnesota and DirectCourse to provide educational outreach and enrollment assistance to Minnesota families, people with disabilities and other community members to inform them of these **free**, self-paced and customizable training opportunities.

Courses are now available through four online colleges including:

- The College of Direct Support
- The College of Personal Assistance and Caregiving
- The College of Employment Services
- The College of Recovery and Community Inclusion.



To learn about the classes available and how to participate, visit their website at: [www.thearcofminnesota.org](http://www.thearcofminnesota.org).

Very soon it is going to be canning season! This is a perfect time to think "is this for me"? I personally love it. Being on a fixed income, it saves a lot of money. You can purchase your vegetables from the local farmer's market and also save money by using your EBT card. Tomatoes are a very easy vegetable to start with. You don't need a pressure cooker to prepare the tomatoes. I use both jars and freezer bags to preserve. For more information on, go to: [www.homecanning.com](http://www.homecanning.com).



For a fun activity, have you every thought about going to a dog show? This is a free event and if you like dogs and people, this is for you. This will be held on August 26th and 27th from 8am to 5pm. The show is at the Washington County Fairgrounds and is located at the corner of Hwy 5 and County Road 15 in Lake Elmo.

This is a great sport for people with disabilities. I have seen several people showing their dogs from wheel-chairs/scooters. I am one of those people and have been showing dogs for many years. They also have a children class called junior handlers. There will probably be around 50 different breeds of dogs. There is also a free horse show this weekend as well. For more information about dog showing look at: [www.akc.org](http://www.akc.org).  
*Until next time.....Jim*



## SUMMER WORD FIND



T	O	H	N	E	R	C	S	N	U	S
M	S	G	N	I	T	A	O	B	E	F
A	A	B	I	C	Y	C	L	E	L	D
E	N	S	S	E	I	L	F	A	N	T
R	D	G	P	F	B	S	U	C	S	A
C	A	N	S	A	L	G	T	B	E	H
E	L	I	A	N	U	O	M	R	A	W
C	S	P	W	S	O	L	W	E	O	N
I	Y	M	T	A	N	F	A	E	K	H
L	L	A	B	E	S	A	B	Z	R	A
E	U	C	E	B	R	A	B	E	Y	S
R	J	M	O	S	Q	U	I	T	O	E

ANTS	HAT
AUGUST	HOT
BAND	ICE CREAM
BARBECUE	IDLE
BASEBALL	JULY
BEE	LAKE
BICYCLE	MOSQUITOES
BOATING	SANDALS
BREEZE	SEA
CAMPING	SHORTS
FAN	SUNSCREEN
FISHING	TAN
FLIES	WARM
FLOWERS	WASPS
GOLF	

### DID YOU KNOW...

Women who gives birth to twins are more likely to live a healthier and longer life than the others who do not.

Calm mind brings inner strength and self-confidence, so that's very important for good health.  
-Dalai Lama-

Use the bottom portion of an empty 2 liter pop bottle to make flavored ice for your punch bowl. It will look like a flower!

*Submitted by Sandy (client)*



**Jamie Hamm** has been selected for Superior Home Care's Employee of the Month for August 2017. Jamie has been a PCA with Superior Home Care for 1 year. We are grateful for her hard work and dedication. Thank You Jamie!



## AUGUST BIRTHDAYS



03 - Ben	19 - Caroline
04 - Gary	19 - Kelly
04 - Eleanor	20 - Krystal
04 - Nancy	20 - Chad
04 - Charlene	20 - Patricia
04 - Miles	20 - Rosemary
05 - Dillon	21 - Kayla
05 - Alicia	22 - Rita
05 - Janet	23 - Tasha
05 - Blaine	23 - Jon
06 - Luis	24 - Shawanna
06 - Tere-Ka	25 - Joe
07 - Ryan	26 - Sandy
07 - Melissa	26 - Semyon
08 - Thu	27 - Abigail
08 - Kimberly	27 - Monica
11 - Philissa	27 - Glenda
12 - Susan	28 - Stacy
13 - Paul	28 - Abigail
13 - Teaira	29 - Emily
13 - Dianne	30 - Milton
15 - Erin	31 - Gabrielle
18 - Susan	30 - Tanner
18 - Bette	30 - Nancy
18 - Allen	31 - Laylah
19 - Alan	

### It's Fair Time!

Dakota County Fair - \* Aug. 7-13

Goodhue County Fair - \* Aug. 8-12

Steele County Free Fair - \* Aug. 15-20

MN State Fair \* Aug. 24- Sept. 4

Discounted tickets can be purchased at Cub  
thru 7/23 - \$11. savings of \$3 per ticket.



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