



Housing Authority of Somerset

# What's Up at My PHA

Shaping a Housing Plan with Vision

Volume 1 Number 14

July 2015



## SOAR

### Summer Art & Reading Camp

Hope Way 11:00—12:15

Colonial Village 12:30—2:00

**Grades K—8 Every Tuesday & Thursday—June 23—July 30**

Mrs. Ross is back with her friends this summer at Colonial Village & Hope Way! All student residents from all locations are invited to participate this summer! SOAR meets every Tuesday & Wednesday at Hope Way & Colonial Village. Participants will enjoy arts & crafts, reading and cultural activities! Don't be left out, join in for summer fun with Mrs. Ross and her friends.



### Summer Lunch Program

**June 8—July 24, 2015  
Monday-Friday**

Hope Way 10:45—11:15

Colonial Village 11:45—12:30

*Times are approximate*

**Weekend bags are available on Fridays.**

**Participating youth under age 19 must be present to obtain lunch & weekend bags.**

**The Summer Lunch Program is provided through a partnership with the Pulaski County Public Library, Project 58:10 & your Housing Authority.**

**While we do our best to serve everyone, lunches & weekend bags are available while supplies last and are on a first come first served basis.**

#### FREE BOOKS.....

The SOAR program will have special visitors on July 16th at both Colonial Village & Hope Way. The Somerset Family Resource/Youth Service Center & the Pulaski Co. Public Libraries Bookmobile will be on hand to provide free books for SOAR participants! Be sure to attend on the 16th and all summer.

### Pulaski County Public Library

There are several activities on the libraries July calendar.

Call 679-8401 or visit their website for information.

[www.pulaskipubliclibrary.org](http://www.pulaskipubliclibrary.org)



### Water is Wonderful!

**But What If You Are Not Getting As Much As You Need?**

Water is indeed the most important nutrient our body needs. It is recommended we get at least 6-8 8oz glasses every day. When we fail to keep our bodies hydrated, we may suffer some uncomfortable symptoms. Here are some problems you may face when not staying properly hydrated.

- Head Ache
- Dehydration
- Chronic Constipation
- Heart Burn, Allergies, Arthritis, Lupus, and Other Autoimmune Conditions

Water can be found in some of the foods you eat, such as fruits and veggies, however, our main source of this nutrient comes from the water we drink. Watermelon is made up of 92% water, while cucumbers are 95% water. These are just a few examples; however eating the daily recommended allowance of fruits and veggies will help improve your water consumption.



**Housing Authority  
Main Office Computer Lab  
Summer Hours \* Mon-Fri—8:30 am—4:30 pm**

Requests for Reasonable Accommodation for HAS activities should be made at the HAS office 679-1332



## Avoid an accident with poison prevention at home

(BPT) - Nearly 1 million children under the age of 5 are exposed to potentially poisonous medications and household chemicals every year, according to the Centers for Disease Control and Prevention. And more than 60,000 young children end up in the emergency room each year from wrongly ingesting medications.

It's not only parents who need to be aware of the risks; many of these incidents occur outside of a child's home. In fact, in 23 percent of the cases in which a child under age 5 mistakenly ingested an oral prescription drug, the medication belonged to someone who did not live with the child, such as an elderly relative or grandparent.

Medications can be poisonous, too

Parents know to keep household cleaners and other chemicals out of the reach of children, but should also be cautious about prescriptions, over-the-counter medications and vitamins.

There is no better time than now, to learn more about preventing accidental and unintentional poisonings. Here are some important tips you can share with family and friends.

**Be cautious of colors:** Medications are colorful and attractive to children and can be mistaken for candy. For example, Tums look like SweeTarts, and Advil and Ecotrin resemble Skittles or M&M's. Parents should not encourage children to take their medication by comparing it to candy, as this may lead to improper use.

**Lock it up:** Don't leave your next dose out on the counter where a child can reach it. Tightly secure caps and lock up all medications and vitamins in a cool, dry place. Keep medications in their original labeled containers so if there is an emergency, you can tell medical personnel exactly what the child ingested.

**Do not share:** Be sure to remind children that they should never share their medications. When playing "doctor," friends and younger siblings of those taking a medication are often the recipients, leading to an accidental poisoning. This is an important message for teens, too, as this behavior often leads to prescription-drug abuse.

**How to respond to accidental poisonings**

If you suspect a child has ingested a potentially poisonous substance, here is what you should do:

**Know your numbers:** If the child has collapsed or is not breathing, dial 911 immediately. If the child is awake and alert, call the poison hotline at 800.222.1222 and follow the operator's instructions. If possible, have available the victim's age and weight, the container or bottle of the poison, the time of the poison exposure and the address where the poisoning occurred.

**Know the signs:** Reactions to ingested medications or household products may vary. Look for signs such as vomiting, drowsiness and any residue odor on the child's mouth and teeth. But know that some products cause no immediate symptoms, so if you suspect that your child has ingested a potentially hazardous substance, call the poison hotline immediately.

**Keep calm:** It's important to remain calm so you can effectively communicate with emergency personnel. If the child ingested medication, do not give anything to the child by mouth until advised by the poison control center. If chemicals or household products have been swallowed, call the poison control center immediately or follow the first aid instructions on the label.

Medications can keep you healthy but can be extremely dangerous if taken by the wrong person or in the wrong amount. Add in a child's insatiable curiosity, and you have the ingredients for a very serious and dangerous situation. Fortunately, with a little vigilance, you can keep your little ones safe.

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**Get rid of your unused, unwanted or expired medications safely.**

Permanent medication disposal containers can be found at the following locations.

**Pulaski County Sheriff's Office \* Pulaski County 911 Center  
Somerset Police Department \* Burnside Police Department  
Somerset Police Department—Somerset Mall Substation**

No syringes or needles accepted \* Containers emptied daily  
Containers under video surveillance



***Have a Happy and Safe Fourth of July and a Great Summer!!***

