Our Mission:

To empower people to make choices that result in a life of dignity and increased independence.

# **AbSSLC News**

Week of June 4th, 2018

## Have you certified your May 2018 Timesheet?



### Lone Star Coffee & Tea House

7:30am-3:00pm - Monday - Friday 2501 Maple - Located inside Shirley's Cinema

Beat the heat with an amazing selection of cold smoothies!

#### **Securing Your Vehicle**

The importance of securing your vehicle (locking doors, windows down no more than  $\frac{1}{2}$ "-1") cannot be stressed enough. We have several Individuals that will get into your vehicle to find money, etc.

A person in a locked vehicle without the a/c running is at very significant risk of death!

#### **HHSC Emergency Notification System**

Have you registered for the new HHSC Emergency Notification System?

Register @ https://txhhs.sendwordnow.com/homepage.aspx

Need help? <u>S:\Forms\Flyers\SWN - Alert System Instructions.pdf</u> What is this? S:\Forms\Flyers\SWN - Flyer.pdf

See Something? Say Something! Help keep AbSSLC Safe!

#### Mosquitos!

Mosquito Season is here ... we can help by getting rid of mosquito breeding spots-

- Eliminate standing water in and around your home. Throw out or empty and scrub items that hold water such as tires, buckets, planters, toys, pools and birdbaths.
- Dispose of trash such as plastic bags, bottle caps, open drink cans or bottles, disposable cups and food wrappers.
- Keep mosquitoes out of your home by using air conditioning when available and making sure there are screens on windows and doors and that screens do not have holes.
- Clean out roof gutters and down-spouts. Ensure tarps and swimming pool covers are positioned so water drains off.

Stopping mosquitoes where they breed by draining or treating standing water is especially crucial, but we all should adhere to all protection recommendations. We can protect from mosquito bites by remembering and practicing the 4Ds.

- DEET All Day, Every Day: Whenever you're outside, use insect repellents that contain DEET or other EPA approved repellents and follow instructions.
- Dress: Wear long, loose, and light-colored clothing outside.
- Drain: Drain or treat all standing water in and around your home or workplace.
- Dusk & Dawn: Limit outdoor activities during dusk and dawn when mosquitoes are most active.

LSC Tip of the Week: You can never hang decorations (or anything else) on sprinkler piping in the building.