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Changes and/or corrections to your name, or if you don't
want to receive this newsletter.*

*1-800-569-5926
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We're on the Web!
www.linkinc.org

Vision Loss/Home Accident Prevention/Fall Prevention

Are you working for a consumer who is experiencing vision loss due to age or illness? Following is some advice on how to help your consumer to prevent falls and/or home accidents due to poor vision.

An older person needs about three times the amount of light a 15-year-old needs to see the same thing. Contrasting colors play a big part in seeing well. While working with your consumer, remove all hazards that might lead to tripping.

- Clear clutter, remove debris, loose cords or slippery rugs.
- Have safety bars, grab bars or handrails in shower or bath.
- Put non-slip stickers or tape on the tub/shower floor.
- Keep stairways well lit.
- Have consumer increase lighting level in their home to aid vision.
- Tack rugs down to the floor, especially those near the top of or on stairs.
- Tape electrical cords to baseboards or put them behind furniture.
- If your consumer has fall mats, put them in bathrooms or beside the bed, where falls occur most frequently.
- Keep frequently used items in easy-to-reach cabinets.
- Wipe up spills immediately.

Besides taking care of your consumer, are you taking care of yourself?

If you have high blood pressure, that isn't a problem you can treat and ignore. It's a condition you need to manage for the rest of your life.

Take all medications properly. If side effects are causing problems, ask your doctor about other options. Adopt healthy eating habits. Eat healthy foods, lose excess weight and get regular physical activity. If you smoke, try to quit.

Manage stress.

Say no to extra tasks, release negative thoughts, maintain good relationships and remain patient and optimistic. Try deep breathing.

Sticking to lifestyle changes can be difficult. No single day of exercise or eating right makes much of a difference in your health, but 30 days do it. Sixty days makes even more of an impact; a year's worth of a new lifestyle will provide a remarkable shift in mood and self-esteem. People who take up the challenge presented by diet and exercise prescriptions make huge strides in their physical and emotional recovery.

Motivation is the # 1 factor for people to change their lifestyle. Imagine yourself as a healthier, happier you and get motivated!

Pay Period	Time Sheets Due By 1 p.m. C.S.T.	Pay Day
04/16/11 TO 04/30/11	5/4/2011	5/11/2011
05/01/11 TO 05/15/11	5/18/2011	5/25/2011
05/16/11 TO 05/31/11	6/3/2011	6/10/2011
06/01/11 TO 06/15/11	6/20/2011	6/27/2011
06/16/11 TO 06/30/11	7/5/2011	7/12/2011

Summer

Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item.

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J U N E S T S S S S Y K S E U L B M
U S M E A U Y E O U H I K I N G S A
S M W E E A N L U B N W A S E Y R E
U T W I R R S G I C A B L N A R E R
N S H V M T C C L T E A U D T V L C
T Y U G I M Y S E A D B I R S S K E
A G L C I C I R N N S L R R N D N C
N R E U L F M N A U O S E A R G I I
O E A E J E R S G H S W E A B N R C
S E D A L B R E L L O R O S R I P R
C N A O F L O G T L T B T E E T S E
H G N I H S I F F A E O A E E A H C
O R C A M P I N G T W T H B Z O C C
O A C I N C I P A W A S P S E B A O
L S F L I E S K M O S Q U I T O E S
T S U G U A S I L L A B E S A B B O
G N I N F D R A G S U N S H I N F N
    
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|----------|-------------|---------------|--------------|
| ANTS | FISHING | JULY | SUNBURN |
| AUGUST | FLIES | JUNE | SUNGLASSES |
| BARBECUE | FLOWERS | MOSQUITOES | SUNSCREEN |
| BASEBALL | GARDENING | NO SCHOOL | SUNSHINE |
| BEACH | GOLF | PICNIC | SUNTAN |
| BEES | GREEN GRASS | ROLLER BLADES | SWEAT |
| BICYCLE | HAT | SANDALS | SWIMMING |
| BLUE SKY | HIKING | SKATEBOARD | U V RAYS |
| BOATING | HOLIDAYS | SOCCER | WASPS |
| BREEZE | HOT | SOLSTICE | WATER FIGHTS |
| CAMPING | ICE CREAM | SPRINKLERS | WATERMELON |



CPR and First Aid Training



LINK is making available First Aid Training and CPR classes. The training is free but there is a minimal charge for books and certification.

This training is available to all consumers, their families and all PCA's

Anybody interested in CPR or First Aid Training please contact Bonnie Werth at 1-800-569-5926 for further information or to sign up.



To all of our PCA's who
celebrate a Birthday in
May and June
HAPPY BIRTHDAY!



Please remember that due to the
Memorial Day Holiday Banks and
Post Office will be closed on May
30, 2011

March—April 2011

May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Time Sheets due by 1 p.m.	5	6	7 
8 	9	10	11 \$ Pay Day	12	13	14
15 	16	17	18 Time Sheets due by 1 p.m.	19	20	21
22	23	24	25 \$ Pay Day	26	27	28
29	30 LINK closed for Memorial Day	31	If you are not having enough taxes taken out of your pay-check, let us know. You may need to fill out a new W-4/K-4			

June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
PCA's cannot be paid while the consumer is in the Hospital. Consumer and/or PCA MUST contact LINK when consumer is hospitalized			1	2	3 Time Sheets due by 1 p.m.	4
5	6	7	8	9	10 \$ Pay Day	11
12	13	14 	15	16	17	18
19 	20 Time Sheets due by 1 p.m.	21 	22	23	24	25
26	27 \$ Pay Day	28	29	30	Don't forget to mark AM or PM on your timesheets.	