

## Elvina Guice Awarded

**E**lvina Guice has been awarded the Bev Messner Award for May 2014. Elvina called 911 on behalf of her housemate when her housemate was having a distressing medical emergency. She jumped at the chance to help her room mate and didn't let her hearing impairment stop her from taking action to help out. Elvina's brother and sister were present when she received her award. Later that evening the home had a celebration party for her. Congratulations Elvina, for receiving the Bev Messner Award for May 2014.



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## What is Important to you?

### *Tips for Professionals*

- What do you want out of life? Do you do something every day to bring you closer to it? Or do you only want it?
- Success is never easy. If it were, there would be more successful people. Success comes from hard work, staying focused, delivering excellence, discipline and much more. These are simple ideas that require hard work.
- We work together. We are not related. I don't have to like you or spend time with you. I just have to work with you. Everything else is a matter of choice.
- Focus on the must-get-dones -and make sure they get done.

### Quote of the Month:

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will."

-Vince Lombardi

# What's Happening Around Town

**Frederick:** Spring is in full bloom at the Frederick home. We welcomed two new staff, Amber and Yolanda. We all are glad to have them aboard. Frederick's individuals are also taking strides everyday to better themselves. **Tom** is always willing to lend a hand and take laundry baskets back to designated areas. **Rick** is there to assist with laundry and **Annie's** friendly nature is always a breath of fresh air. We are all looking forward to great weather and plenty of activities to do this summer.

**Lane:** As usual, the ladies at Princess Lane have been keeping themselves busy. We recently went to see Scooby Doo Live Musical Mysteries at the Akron Civic Theatre. **Gabe** and **Jenna** have been spending a lot of time together this month. They took a cake decorating class on Tuesdays and played bocce ball on Wednesdays. In the beginning of the month **Erica** went to a candy making class where she made and decorated chocolate covered oreos and pretzels. Needless to say, we have been enjoying some very delish treats! **Allie** is really taking advantage of the nice weather. She runs track twice a week and spent a whole weekend at rotary camp. They may be busy ladies but they always make time to hang out with their good friends from the Nantucket home.

**Mowbray:** Finally we think winter is over, enough of the cold weather. We are all ready to enjoy the warm weather and sunny days. **David** still keeps us entertained by being our master DJ, cranking out the awesome tunes. **Doug** has an incredible library of magazines and newspapers. You should see the enormous smile he has when he receives a care package from his mom. She sends him toy airplanes, magazines and little trinkets. He loves showing his airplane collection to people

and never leaves home without them. **Jeff** loves just hanging out, kicking back and relaxing while looking out the window. We even take walks with him around the cul-de-sac. Then there's **Josh** who is very busy from putting his car models together or visiting his girlfriend. On nice days he's even washed the van. We are all ready to get out and visit the Naturealm Metro Park and many other parks. Maybe some free concerts too. **Doug** loves to jam to live music. We hope everyone has a safe spring and summer. Cedar Point here we come! Yea!

**Nineteenth:** After a winter we thought would never end, we turn the calendar to spring, so let the outdoor activities begin. **Monroe** celebrated a birthday on April 17th and can't wait to grill out and enjoy some warm sunshine and BBQ ribs. Monroe continues to add to his always expanding C.D. collection as well as spend time with Brenda and his mom as much as possible. **Michael** has been getting out more lately with home visits and activities. He is really waiting for the "Rockin' on the River" season to get started as he loves all of the live music. **Tim** has moved on from Bravo to his new job @ Goodwill in Streetsboro and is doing very well. He looks forward to weekends with his mom and dad and going to church. **Terry** also has a birthday soon and has started playing soccer. He continues working on his Karaoke skills and enjoys watching movies.

**N. Thomas:** Hello everyone! We are all so excited about the warmer weather here at N. Thomas. Even though a few of us have been under the weather we are feeling good about the green grass and bright sunshine. **Jason** is happy that finally he gets to sit outside and watch the planes fly by. **Tim**

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# What's Happening Around Town

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has been enjoying time in his room watching movies, flipping his books and seeing all the deer out his window eating the grass. **Ernie** has been enjoying his visits with his sister and had a good time at her house on Easter. **Sean** looks forward to every Saturday or Sunday for his mom or dad to pick him up. **Brian** has been having a wonderful time going out to dinner and spending time with his family. **Paul** is getting excited about having his plants grow. He waters them almost every day. We hope everyone had a happy and safe Easter and we look forward to seeing a lot of you at Cedar Point soon.

**Priscilla:** Here at the Priscilla house we were ready for Easter. The Easter baskets were out and ready and everyone colored Easter eggs. **Ronnie** is glad that baseball season is here. **John** celebrated his birthday recently and we all went with **Matt** to visit his mom. We all enjoy our visits with her! We had a great time at the Fairfax home. We celebrated **David's** birthday with three other homes! Thank you for the good food and cake and ice cream. You all did a great job! The Priscilla home hopes that everyone had a nice Easter and are enjoying the spring weather. Let's hope the warm weather is here to stay.

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## Work Safely with Cleaning Products

By; Pete Spadafino, Operations Director

Many workers use cleaning products every day as part of their job responsibilities. Common cleaning products may seem harmless, but they can lead to serious health problems if mishandled. According to the New Jersey Department of Human Services in Trenton, cleaning products can cause asthma or aggravate a pre-existing asthma condition.

When working with cleaning products, the department recommends workers watch for wheezing, chest tightness, shortness of breath or coughing. If you experience any of these symptoms, contact your doctor.

To avoid becoming sick while using cleaning products:

- ⇒ Always read and follow warning labels, as well as Safety Data Sheets.
- ⇒ Wear eye protection when using caustic cleaners.
- ⇒ Wear gloves. Skin contact with cleaners can sometimes cause allergies.
- ⇒ Never mix cleaners, as poisonous fumes may result.
- ⇒ Be mindful of small rooms with poor ventilation. Leave windows and doors open or use a fan to better circulate air.
- ⇒ Be aware that dust masks will not prevent you from breathing in fumes.
- ⇒ Use less-toxic cleaners, if possible.

[www.safetyandhealthmagazine.com](http://www.safetyandhealthmagazine.com)

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### Personal Development:

- Follow your sense of calling, even to unexpected places.
- Give your time and talents to causes you believe in.
- Envision the future you want to create.
- Make positive values a forethought.
- Have a time frame for your dreams.
- Use your head to follow your hearts.
- Find a way around roadblocks.
- Leave an impact on those you serve.
- Practice forgiveness as a way of life.
- Turn disappointments into discoveries.
- Lead from your values.
- Maintain the tension between control and growth.

The Entrepreneur's Creed

# National Nurses Week History

May 6<sup>th</sup>-12<sup>th</sup>

Don't forget to recognize the wonderful nurses we have here at Evant. Thank you to Traci A., Brenda W., Ronda H., Maggie B., Pattie S., Cindy F., Cindy C., Pam M., and Cathy K. We appreciate all of your hard work.

National Nurses Week begins each year on May 6th and ends on May 12th, Florence Nightingale's birthday. These permanent dates enhance planning and position National Nurses Week as an established recognition event. As of 1998, May 8 was designated as National Student Nurses Day, to be celebrated annually. And as of 2003, National School Nurse Day is celebrated on the Wednesday within National Nurses Week (May 6-12) each year.

The nursing profession has been supported and promoted by the American Nurses Association (ANA) since 1896. Each of ANA's state and territorial nurses associations promotes the nursing profession at the state and regional levels. Each conducts celebrations on these dates to recognize the contributions that nurses and nursing make to the community.

The ANA supports and encourages National Nurses Week recognition programs through the state and district nurses associations, other specialty nursing organizations, educational facilities, and independent health care companies and institutions.

## A Brief History of National Nurses Week

**1953** Dorothy Sutherland of the U.S. Department of Health, Education, and Welfare sent a proposal to President Eisenhower to proclaim a "Nurse Day" in October of the following year. The proclamation was never made.

**1954** National Nurse Week was observed from October 11 - 16. The year of the observance marked the 100th anniversary of Florence Nightingale's mission to Crimea. Representative Frances P. Bolton sponsored the bill for a nurse week. Apparently, a bill for a National Nurse Week was introduced in the 1955 Congress, but no action was taken. Congress discontinued its practice of joint resolutions for national weeks of various kinds.

**1972** Again a resolution was presented by the House of Representatives for the President to proclaim "National Registered Nurse Day." It did not occur.

**1974** In January of that year, the International Council of Nurses (ICN) proclaimed that May 12 would be "International Nurse Day." (May 12 is the birthday of Florence Nightingale.) Since 1965, the ICN has celebrated "International Nurse Day."

**1974** In February of that year, a week was designated by the White House as National Nurse Week, and President Nixon issued a proclamation.

**1978** New Jersey Governor Brendon Byrne declared May 6 as "Nurses Day." Edward Scanlan, of Red Bank, N.J., took up the cause to perpetuate the recognition of nurses in his state. Mr.

Scanlan had this date listed in Chase's Calendar of Annual Events. He promoted the celebration on his own.

**1981** ANA, along with various nursing organizations, rallied to support a resolution initiated by nurses in New Mexico, through their Congressman, Manuel Lujan, to have May 6, 1982, established as "National Recognition Day for Nurses."

**1982** In February, the ANA Board of Directors formally acknowledged May 6, 1982 as "National Nurses Day." The action affirmed a joint resolution of the United States Congress designating May 6 as "National Recognition Day for Nurses."

**1982** President Ronald Reagan signed a proclamation on March 25, proclaiming "National Recognition Day for Nurses" to be May 6, 1982.

**1990** The ANA Board of Directors expanded the recognition of nurses to a week-long celebration, declaring May 6 - 12, 1991, as National Nurses Week.

**1993** The ANA Board of Directors designated May 6 - 12 as permanent dates to observe National Nurses Week in 1994 and in all subsequent years.

**1996** The ANA initiated "National RN Recognition Day" on May 6, 1996, to honor the nation's indispensable registered nurses for their tireless commitment 365 days a year. The ANA encourages its state and territorial nurses associations and other organizations to acknowledge May 6, 1996 as "National RN Recognition Day."

**1997** The ANA Board of Directors, at the request of the National Student Nurses Association, designated May 8 as National Student Nurses Day.

# Employee News

Bev Messner Excellence

Award Nominations!

Please take a moment to

recognize an

employee who goes above and beyond

in their work!

Please submit nominations to Kathy

Wilbraham, Executive Director



## Finder's Fee

“Do you know someone who might like to work for Evant? Refer him or her to the main office to fill out an application. If we hire them, and they successfully complete probation, you will receive a One Hundred Dollar (\$100.00) Finder's Fee for your referral!”

## In-House Fundraising Programs

Thank you to everyone that has helped with the empty toner cartridge recycling. Unfortunately I will no longer be collecting cartridges until I find a suitable recycler again. STAY TUNED.

Do you shop at Gordon Food Service (GFS)? If so, let the cashier know that Evant has an account. The amount you spend at GFS will go towards a rebate at the end of the year. A check will automatically be sent to Evant at year end.

Do you have old cell phones lying around your house collecting dust? If that is the case, think about donating them to Evant. **A recycle box is located in the Evant reception area.**

## ATTENTION

Remember if you are looking for extra hours or a new position to transfer to, there are opportunities available. Please contact HR if interested in any other positions.

# Healthy Lifestyle

## Is it a Cold or Allergies?

What is the difference between a cold and allergies? Do you treat them differently? When do you go to a doctor?

Whatever the answers are to these questions having a cold or having allergies can make you feel pretty bad. So, let's take a closer look.

### **COLDS**

Colds are caused by a **virus** and there are many types of viruses that can cause a cold. The virus can be spread when a person sneezes or coughs. The virus can also be spread when shaking hands with someone with the virus on their hands.

The virus then enters the body. Once in the body, the body's immune system responds. Congestion and coughing occur and then after two weeks or so, the body heals itself of the virus and the cold is gone.

Other symptoms include sneezing, sore throat, runny nose, stuffy nose, and sometimes general aches and pain and fatigue. Rarely does a fever occur.

There is not a cure available for the common cold but treatment consists of drinking plenty of fluids, rest, pain relievers, and over-the-counter cold remedies. **Antihistamines** block symptoms such as congestion and a runny nose. **Decongestants** reduce swelling of the nasal passages making it easier to breathe through your nose. Before starting any medications, please check with your physician. If the symptoms are not gone after two weeks, visiting a doctor is recommended.

Keeping your distance with those that have a cold is a good way to help prevent getting a cold. Avoid shaking hands with them or coming in close facial contact. Wash your hands often with soap and water using a lot of soap and rubbing. Remember to cover your mouth and nose if you sneeze by using your sleeve or a tissue - not your hands.

### **ALLERGIES**

Allergies happen when the body overreacts to something **that normally is not harmful to others** such as pollen or dust. The body responds to these "allergens" the same way it responds to a cold virus with nasal stuffiness, runny nose, coughing and sneezing. The allergens here are NOT contagious as those are with a cold but there are family tendencies to have allergies.

Other symptoms include itchy eyes, sneezing, runny nose, stuffy nose and sometimes sore throat and fatigue.

Common allergens include pollen, mold, animal dander, dust mites and cockroaches.

Treatment for allergies includes antihistamines, nasal steroids/sprays, and decongestants, and avoidance of exposure to the causing allergen.

Of course, there are also series of allergy shots that are used. Small amounts of the allergen are injected into the body. Hopefully, over a period of time the body will react less reducing the symptoms.

### **COLDS AND ALLERGIES**

Both colds and allergies can lead to other infections such as ear infections or sinus infections, so both need to be monitored.

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