

THE CIRCLE

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SES 2023 Retreat @ Lake Arrowhead

We are happy to announce that on July 29th Supported Employment Specialists had its first Staff Retreat. Beginning at 10am we started things off with a team building IceBreaker, after which we jumped into Person-Centered training by Deb Conway. This was an extensive training and really opened the eyes of the team. Following lunch the executive staff went over some policies and procedures which led us into a calm and relaxing boat ride throughout Lake Arrowhead itself to finalize an amazing Saturday in fellowship and work.

Health And Wellness Focus: Heat Stroke!!!

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

Heat Stroke

- **Symptoms: Throbbing headache, confusion, nausea, dizziness, body temperature above 103°F, hot, red, dry or damp skin, rapid and strong pulse, fainting, loss of consciousness.**

Heat Stroke



Confusion

Dizziness

Becomes
Unconscious

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Heat stroke can cause death or permanent disability if emergency treatment is not given.

Don't take the effects of HEAT lightly

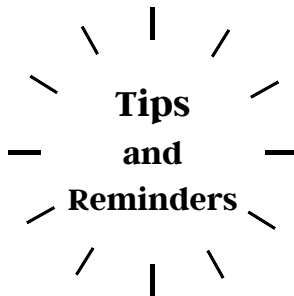
SES Creativity and Ingenuity



After meeting with our clients a couple of times, Megan and I realized they all had things in common and wanted to make new friends. We pitched the idea of meeting for dinner and introducing everyone to each other, just to see where it led. At dinner we asked, "Get to know you" questions and one of our clients shared that she liked to read while each of them shared a love for the Jonas Brothers. We asked other clients if they liked to read also and they said they did. The idea of a book club was born. We asked each client how often would they like to meet and what kind of books would they like to read. Many suggestions were made and with a vote, a choice for our first book club meeting was decided. A name for our book club was next and after lots of suggestions The Jonas Brothers Book Club won. Lastly we checked our calendars, picked a date for our first meeting, exchanged numbers and created The Jonas Brothers Book Club text group. Everyone left excited about newly formed friendships and The Jonas Brothers Book Club.....written by: Coach Erin Barnes



SES activities in the community



- **Labor Day Sept 4th movie "Champions"**
- **Special Pops Night "North Ga. State Fair" Sept 26th**
- **Next Book Club @ Zumba on Barrett Pkwy Nov 13th, 2:30pm**

KNIVES & FORKS

Coach Gretchen's

Yogurt and Fruit Parfait.

Ingredients:

- 3 cups of vanilla nonfat yogurt.
- 1 cup of fresh or defrosted frozen strawberries in juice.
- 1 pint of fresh blackberries, raspberries or blueberries
- 1 cup of good quality granola

Directions:

- Step 1: Layer 1/3 cup of vanilla yogurt in each of 4 tall glasses
- Step 2: Combine defrosted strawberries and juice with fresh berries.
- Step 3: Alternate layers of fruit and granola with yogurt until glasses are filled to the top. Serve immediately to keep granola crunchy.



Yogurt and Fruit Parfait