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It's Summer time and its getting hot outside. Here are some easy tips and guidelines for keeping yourself and your children safe in the sun and the heat.

For babies 6 months and younger it is recommended to limit exposure to the sun and when out to keep skin covered with light-weight clothing and hats. For older children it is suggested to always apply sunscreen, wear hats to cover areas sensitive to the sun. Staying in the shade as soon as possible is recommended while avoiding the sun at the peak hours of the day from 10 a.m.– 4 p.m. Reapply sunscreen about every two hours or after swimming. Heat exhaustion is another summer downfall. Here

are some pointers to keep in mind while the kids spend their days outside playing.

-The intensity of activities that last 15 minutes or more should be reduced whenever high heat or humidity reach critical levels.

-Before outdoor physical activities, children should drink freely and should not feel thirsty.

During activities less than one hour, water alone is fine. Kids should always have water or a sports drink available and take a break to drink every 20 minutes while active in the heat.

-Clothing should be light-colored and lightweight and limited to one layer of absorbent material

to facilitate evaporation of sweat. Sweat-saturated shirts should be replaced by dry clothing.

Information provided by The American Pediatric Association.



From the Director.....Safe and Healthy Home

Michael A. Bates

The month of June has been designated the "National Safety Month". Mainly to encourage and highlight the importance of keeping our community and families safe. I think it is also an opportune time to talk about the importance of how to maintain a safe and healthy home.

Unhealthy housing conditions if not corrected timely can have negative impact on one's health. The heart of a healthy house is the prevention of injuries, diseases, and other life hazards conditions. The Housing Authority typically identifies health and safety hazards in the home environment by visual inspection. It is by this method that a Property Manager discovers: tripping hazards, moisture/mold problems, ventilation issues, pest problems, infestation: mice, roaches, ants, etc., uncleanli-

ness/hoarding and clutter. Assessing and remediating health and safety risks in housing is essential to a healthy home.

Visual inspections can evaluate many structural, environmental, and behavioral risk factors. It is you as residents; however, who mainly control the type of healthy or unhealthy environment in which you live. Many times the high risk of an unsafe and unhealthy home environment is dictated by behavioral influence. This behavioral influence includes: having a loaded gun in the home were a small child can reach it; illegal drug usage or trafficking in the home; misuse of pesticides; and, tobacco smoking particularly around small children is a health hazard.

The Property Manager, while assessing a housing condition, also inspects the site and exterior of the building. Exterior physical Inspection includes: adequate caulking and weather-stripping, sidewalk tripping hazards; trees too close to roof lines; and, identifying water or moisture penetration through the roof which can create an unhealthy home environment if not remediated immediately.

Housing conditions should support the health and well-being of its residents; and we at the Gallatin Housing Authority will work with you, the residents, to create and maintain a healthy and safe home environment together with each other doing their part.

Prescription Drug Safety

Provided by Kit Sinyard, Project Coordinator at Sumner County Anti-Drug Coalition

Families take medications and vitamins to feel well and to stay well. But did you know that more than **60,000** young children end up in emergency rooms *every year* because they get into medicines when their parent or caregiver isn't looking?

Any kind of medicine and vitamin – even one you buy without a prescription – can cause harm if taken in the wrong way or by the wrong person. All medicines and vitamins should always be kept up and away and out of your child's reach and sight.

Protect your child. Here's how:

- **Put medicines and vitamins up and away – out of reach and out of sight.**

Children are curious and put all sorts of things in their mouths. Even if you turn your back for less than a minute, they can quickly get into things that could hurt them. Pick a storage place in your home that your child cannot reach or see. Different families will have different places. Walk around your house and decide on the safest place to keep your medicines and vitamins.

- **Hear the click to make sure the safety cap is locked.** Always relock the cap on a medicine bottle. If the bottle has a locking cap that turns, twist it until you hear the click. Remember, even though many medicines have safety caps, children may be able to open them. Every medicine and vitamin must be stored up and away and out of children's reach and sight.

- **Teach your children about medicine safety.** Teach your children what medicine is and why you must be the one to give it to them. *Never* tell children medicine is candy to get them to take it, even if your child doesn't like to take his or her medicine.

- **Tell your guests about medicine safety.** Ask houseguests and visitors to keep purses, bags, or coats that have medicine in them up and away and out of sight when they are in your home.

Be prepared in case of an emergency. Call your poison control center at **800.222.1222** right away if you think your child might have gotten into a medicine or vitamin. Program the Poison Control number into your home and cell phones so you will have it when you need it.

Top 5 Safety Tips

1. Leaves of three, let them be!

Teach kids to identify poison ivy, poison sumac, and poison oak .

2. Check for Ticks

Don't forget to check behind your child's ears, underarms, and other warm dark places located on the body for hiding ticks.

3. Practice Sun Smarts

Avoid the direct sun during peak hours 10 a.m.– 4 p.m.

4. Be Water Wise

Supervise children playing in water, even baby pools at all times.

5. Learn CPR

This life saving technique is a valuable skill. Classes offered in most communities.



Beware of Bugs

Warmer temperatures aren't just attractive to people, but to mosquitoes, ticks, and fleas.

To prevent these illnesses, use an appropriate insect and tick repellent and apply it properly. Prime mosquito-biting hours are usually from dusk to dawn, but ticks are out at all times. Young ticks are so small that they can be difficult to see, but both young and adult ticks

hungrily look to animals and sometimes people to bite. To keep ticks at a distance, avoid tick-infested areas (especially places with leaf-litter and high grasses) and use repellent containing 20% DEET. After coming indoors, shower as soon as possible and check your body for ticks. Make sure that your children also bathe or shower and get checked for ticks. Wash and

tumble dry your clothing and check your pets for ticks. If you find an attached tick, don't panic, ticks are easy to remove with a pair of fine-tipped tweezers. Consult your healthcare provider if you develop a rash, fever, body aches, fatigue or headache, stiff neck, disorientation in the 1-3 weeks following a bite.

Information obtained from the Center for Disease Control

Congratulations to our Graduates!!

The Gallatin Housing Authority would like to congratulate our residents who recently graduated! We wish you the best in your future endeavors!

- Christen Aldridge
- Christine Deng
- Summer Taylor



June 2014

Sun Mon Tue Wed Thu Fri Sat

1	2 <i>Rent Due</i>	3 <i>Bug Man</i> <i>Gallatin 1.,2,4 & 5b</i>	4	5	6	7
8	9 <i>10% Late fee on rent</i>	10 <i>Bug Man</i> <i>Gallatin 3,5,& 14</i> <i>*Nurturing Parenting</i>	11	12	13	14
15	16	17 <i>Bug Man</i> <i>Gallatin 11</i> <i>*Nurturing Parenting</i>	18	19	20	21
22	23 <i>Last Day to pay rent</i>	24 <i>Bug Man</i> <i>Carthage & South Carthage</i> <i>* Nurturing Parenting</i>	25	26	27	28
29	30					

Summer Activity Series

Nurturing Parenting

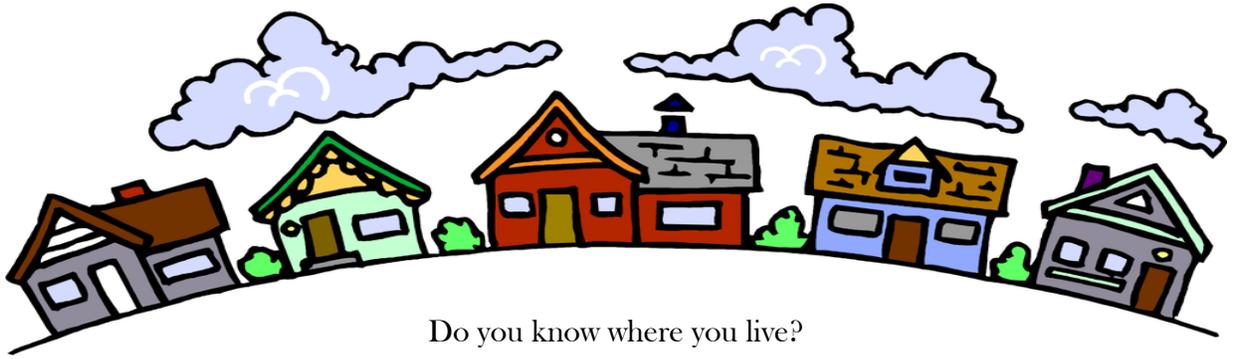
Tuesdays beginning June 10th thru July 1st **11:00 am -1:00 pm** at the Gallatin Housing Authority Community Center

Gallatin Housing Authority and New Vision, inc. are sponsoring an educational opportunity for anyone raising children to develop stronger and more loving families through Nurturing Parenting. Come to these classes and become a certified Nurturing Parent!

- Earn up to 8 hours towards your community service requirements
- Snacks and drinks for families participating in the class
- Free Childcare while parents/caregivers attend the class
- Weekly door prizes
- Attend all 4 and receive a certificate

Contact Carrie Cook to register for the classes

*** The first 5 people to register will receive a gift at the first class**



Do you know where you live?

Of course you know your address, but did you know each community
development has a name?

What neighborhood do you live in?

Woodall Murrey Homes- Woodall Murrey Homes consists of homes on North Boyers Avenue and Hull Circle

Ramsey Courts - Ramsey Courts consists of homes of odd numbered addresses on Small Street, Blythe Street, and Owen Drive.

Ramsey Courts Addition- Ramsey Courts Addition consists of homes of even numbered addresses on small street and Chambers Circle.

Harold Olmstead Port- Harold Olmstead Port consists homes on Cosco Drive and Yale Drive.

Frank Laird Apartments- Frank Laird Apartments consists of homes on South Blakemore Avenue.

Cordell Hull Homes- Cordell Hull Homes consist of homes located on Upper Ferry Road and Cordell Hull Circle.

McClarín Courts- McClarin Courts consist of homes located on McClarin Court and 1st street.

Chaffin Heights- Chaffin Heights consists of homes on Project Circle.

Clearview Court- Clearview Court is made up of homes on Lackey Circle, Pace Street and Alexander Drive.

Chaffin and Womack- Chaffin and Womack is made up of homes located on Trimble Street, Santa Monica Blvd, Vine Street, Chaffin Court and Womack Circle.

Enjoy
your
summer

