



# June

2022

Happy Summer! We hope you're staying cool and enjoying the sunshine safely! While we don't have any announcements this month, we do have plenty of exceptional HoH team members to put in the spotlight, and some useful tips for staying safe when it gets hot out!

## Summer Weather Tips

# How to stay cool, stay safe, and have fun this summer!

- ✓ Stay out of the sun between 10 a.m. and 4 p.m.
- ✓ Limit outdoor activities, especially exercise in the heat.
- ✓ Protect skin using sunblock with a sun protection factor (SPF) of 15 or more: the lighter the skin, the higher the SPF should be. Apply 15-30 minutes before going in the sun and reapply according to package directions.
- ✓ Use a lip balm that contains sunscreen.
- ✓ Wear muted (lighter colored), loose-fitting clothing.
- ✓ Wear a hat (the looser, the better).
- ✓ Wear sunglasses that absorb at least 90% of ultraviolet rays. Clouds and particles in the air scatter sunlight; you can receive a sunburn even on a cloudy day!
- ✓ Be aware that using a fan as the main cooling source may not be enough. If possible, spend a few hours in air-conditioned areas (e.g. the mall).
- ✓ Drink water, even when you don't feel thirsty!



## Recognition

# Team Member of the Month

It's time to highlight one of our outstanding team members again, and this time we're cheering on Erin Ruskamp at our Lincoln location!

## Erin R. (Lincoln, Nebraska)

Erin has a way of connecting with families, employers, Vocational Rehabilitation Counselors, and coworkers that makes them feel at ease and comfortable. Erin goes above and beyond in her job duties each day to ensure each individual's needs are met. Erin loves learning and is always looking for new ways to better our program. Erin has just completed an ACRE-approved National Certificate in Employment Services. We're so happy to have Erin on our team!

## Spotlight

# Get to Know Hands of Heartland

Get to know a very important facet of our organization: the people we work with, and our team members!

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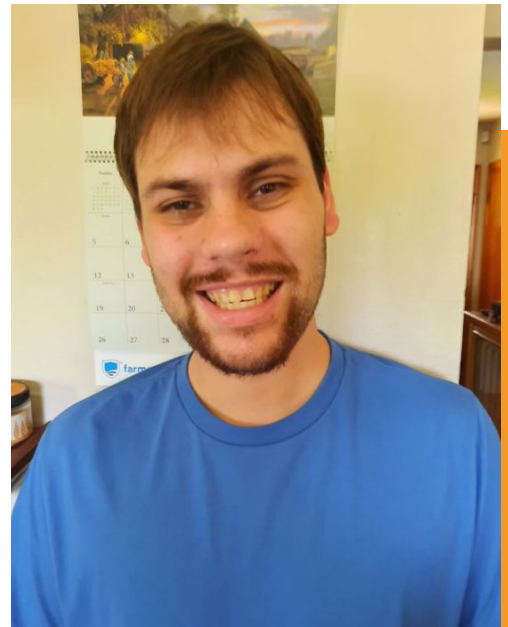
## Team Member Highlight

# Person in Services Highlight: Dakota O.

Dakota started here at HoH and instantly made so many friends! Dakota is someone who is always asking questions and wanting to get to know his peers and staff. He comes in with a smile everyday.

The coolest thing about Dakota is that he collects cookie jars. During his first week here at HoH, Dakota had found a Santa cookie jar at Paint Yourself Silly. He wanted this cookie jar so badly, but it was going to cost him 35 dollars. So he saved up his money for an entire month, just to be able to go to Paint Yourself Silly and get his cookie jar.

Our Lincoln location has been so blessed by having Dakota join us!



## Introducing

# Health Support Services

Our team of skilled medical professionals is here 24 hours a day 365 days of the year to serve you and your loved ones by offering layers of support and dedication from our team by offering full and complete access to our nurses. We provide a variety of services to help those with physical and intellectual disabilities experience life, employment, and independence within the community.

## Emily Sellers, had this to say about working within the Health Support Services team

"What gets me out of bed in the morning? Coming to work for a company that treats each employee and individual like a family member."

## Brett Chambers had this to say about the work done at Hands of Heartland

"The thing I like most about working at Hands of Heartland are the people that we serve and care for, and also that I am always learning something new."

## Grand Island Nurse, Lisa Ingram, had this to say about the work HOH does

"I love being an advocate for the people who can't advocate for themselves. I have worked in the field as a unit nurse for 11 years & love this type of work."

As you can see, the Health Support Services team at Hands of Heartland is an important part of our organization, and we are proud to have them on our team. They play a vital role in helping our client's experience life, employment, and independence within a community.

## Celebrating June Anniversaries

AYITEH A (1 YEAR)	SAMANTHA A (2 YEARS)
ALEXANDRIA C (1 YEAR)	ALI H (2 YEARS)
ASHLEY C (1 YEAR)	DAWN K (2 YEARS)
TYLER D (1 YEAR)	SAMANTHA M (2 YEARS)
NATHANIEL D (1 YEAR)	BAILEY P (2 YEARS)
TAYLOR H (1 YEAR)	ERIN R (2 YEARS)
SARA L (1 YEAR)	KIMBERLY T (2 YEARS)
TONYA M (1 YEAR)	MASON M (3 YEARS)
MEGAN O (1 YEAR)	DAVID P (5 YEARS)
ELIZABETH P (1 YEAR)	LUCY S (6 YEARS)
EMMA S (1 YEAR)	SANDRA H (6 YEARS)
KARLA S (1 YEAR)	KIMBERLEY C (10 YEARS)
CALEB W (1 YEAR)	SCOTT E (13 YEARS)
SHERITA W (1 YEAR)	CHERYL L (23 YEARS)

## Celebrating June Birthdays

KAREN K (6/1)	ZACHARIA S (6/10)	ALLISON P (6/18)	COLLEEN Y (6/24)
MARGARET M (6/2)	MICHELLE P (6/11)	MIKE H (6/19)	LINDA B (6/25)
RYAN M (6/2)	TONY W (6/12)	GABRIEL S (6/19)	LAINI R (6/25)
JULIEN A (6/3)	JASON C (6/13)	JERRY K (6/20)	ROBERT P (6/26)
MOHAMAD A (6/6)	IKE C (6/13)	LARONN S (6/20)	THOMAS T (6/26)
SESSI Y (6/6)	ROSEMARY N (6/15)	HOLLY W (6/20)	TONY M (6/27)
HOWARD D (6/7)	MIKE R (6/15)	MARK F (6/22)	CANDIS S (6/27)
GINA A (6/7)	HUNTER H (6/16)	SHAVON M (6/23)	MASON M (6/28)
ZACHARY B (6/8)	KEITH H (7/17)	ALTHEA A (6/24)	CINDY C (6/30)
JEFFREY W (6/8)	DARLENE S (6/17)	RENEE J (6/24)	PAUL W (6/30)
RUSSELL W (6/10)	ALFONZO B (6/18)	KAITLYN P (6/24)	

Share feedback  
We'd love to hear from you!



Share your content ideas with Jessica Lode  
at [Jlode@handsofheartland.com](mailto:Jlode@handsofheartland.com)