



**Headwaters, Inc.**  
Empowering Lives

# Headwaters Headlines

Volume 8, Issue 2

[www.headwatersinc.org](http://www.headwatersinc.org)

April May June 2018

## Director's Notes

### Headwaters and the Northwoods United Way

The Northwoods United Way, Inc., a locally directed organization, works to improve lives in Forest, Oneida and Vilas Counties by mobilizing community resources and strategically investing in human service programs.

The Northwoods United Way was incorporated on May 28, 1976 and held its first Board of Directors meeting on September 3, 1976. The board set a goal of \$45,021 to help meet the human care needs of 14 local agencies. Headwaters was among those 14 agencies and we're still receiving United Way support on an annual basis. Today, the Northwoods United Way spans a tri-county area that includes Oneida, Vilas and Forest Counties in Northern Wisconsin. In 2017 the Northwoods United Way will help fund 28 agencies.

Headwaters couldn't be prouder to be partnered with such a great organization, that helps support the work of many local non-profit agencies. We're also very grateful to the Northwoods United Way in helping us meet our mission year after year- we couldn't do it without great community partners like them.





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## Children & Family Services

Headwater's Inc. Home Based Head Start program promotes school readiness of children by enhancing their cognitive, social, and emotional development. We promote healthy lifestyles and parent involvement with the emphasis on the role of parents as their child's first and most important teacher. The services continue through the summer months to keep family's connected to peers and the community. This spring has been busy with the children making bird feeders and becoming bird watchers. We invited families to the Northwood's Children's Museum where families could get sponsored year long memberships at no cost. This summer will be filled with many fun activities and socializations where families can get the opportunity to meet other Home Based Head Start families that foster relationship building and friendships that last a lifetime. Our visitation services provides comprehensive prenatal and post-birth education and support through age 5.





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## **RHINELANDER SPECIAL OLYMPICS SHINE AT STATE COMPETITION**

Four athletes from Rhinelander Special Olympics 2-05 competed at the Athletics State Competition in Stevens Point on June 8-9, 2018. AJ Larson received second place in both the 100 meter run and the standing long jump; Ashley Mathy took first place in the 400 meter run and softball throw, as well as a second place in the 200 meter run; Darrick Nelson placed first in the 100 meter run and 5th place in the 200 meter run; and Hannah Karstedt took home a first place in the 50 meter run and 5th place in the standing long jump. The coaches for Special Olympic Athletics for 2018 were Rod Ankrom and Anna Mathy.





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# HEADWATERS RESIDENTIAL

## Anniversaries

### April

Shania S - 3 yrs.  
Jenna J - 2 yrs.  
Sharon P - 2 yrs.  
Monica S - 2 yrs.  
Tanya S - 2 yrs.  
Ken W - 1 yrs.

### May

Leone C -1 yr.  
Julie D - 29 yrs.  
Krystal B - 4 yrs.  
Brian M -2 yrs.  
Stephanie H - 1 yr.  
Claire M -1 yr.  
Terese W - 2 yrs.

### June

Mary P - 9 yrs.  
Becky W - 4yrs.  
Norman CT -2 yrs.  
Clyde E -2 yrs.  
Colette B -2 yrs.

## Birthdays

Shannon E -4/2  
Colin M -4/4  
Lisa B -4/5  
Nicole G -4/5  
Nicholas G -4/5  
Donna B -4/10  
Benjamin S -4/10  
Albert M -4/17  
Donald H -4/25  
Rose R -4/29  
Jessica L -5/3  
Daniel N -5/17  
Dennis B -5/19  
Alan V -5/19  
Dan J -5/20  
Aaron H -5/20  
Eric T -5/25  
Suzanne H -5/26  
Peter B -6/1  
Scott B -6/1  
Billy D -6/4  
Jonathan A -6/7  
AJ L -6/8  
Amanda B -6/13  
Melinda B -6/14  
Steve B -6/14  
Joseph H -6/28  
Steven B -6/29

Steve is on the "go" during the week, frequently visiting local stores, shops, and restaurants with his staff Clyde. Steve surprised Clyde on his birthday with a few gifts, and sang "Happy Birthday" which Clyde said it was his best birthday ever!

Steve is looking forward to the warm weather, outdoor events and activities that he will be attending with Clyde. You can't miss them riding in Clyde's '74 Jensen Healy on these nice days ! If you see Steve out and about, be sure to say "Hi"! He will always leave you with a smile...





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### July is UV Awareness Month

July is National Ultraviolet Safety Month. As summer gets into full swing, many of us are spending the majority of our time outdoors. Summer is the season of pool parties, beach trips, patio barbeques, and picnics at the park. But did you know UV radiation is the leading cause of skin cancer in the U.S; and can even cause eye damage, including cataracts and macular degeneration?



Here is a GREAT way to keep yourself safe from the hot sun-  
~Murad's "5 S's of Sun Sense" :

1. SLIP on clothing to keep your body protected.
2. SLOP on sunscreen to all exposed areas of the body.
3. SLAP on a hat to keep your scalp, neck and top of your head protected.
4. SEEK the shade between 10 a.m. and 4 p.m. when the sun is the strongest.
5. SLIDE on protective eyewear to keep your eyes sun-safe.

If you find yourself asking, "I'm sunburned, now what?" Here are a couple things you can do:

- ~Apply a cold compress to the affected area(s).
- ~Take aspirin or acetaminophen (Tylenol) immediately after to relieve the sunburn discomfort and inflammation.
- ~Apply a cooling gel or ointment containing Aloe Vera to the sunburned area(s).
- ~Drink plenty of water and avoid alcohol, which will dehydrate the skin.
- ~Avoid further sun exposure until the discomfort lessens.

Remember not all sunburns are immediately visible. Sunburn can appear from one to six hours after the sun exposure and reach it's peak in 24 hours. Understanding the harmful effects of UV rays will help you recognize which precautions you should consider while spending time outdoors.

~HAVE A SAFE AND WONDERFUL SUMMER~ REMEMBER THE 5 S'S~

