

# June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Say Something Nice Day
2	3 Timesheets Due 8:30pm BP Softball	4 Open House 1-3pm@ Day Services	5 8:30pm BP Softball	6	7 Payday	8 Upsy Daisy Day
9	10 Nurse Ass't Day 7:30pm BP Softball	11	12 Board Meeting	13	14 Flag Day 	15
16 Father's Day 	17 Timesheets Due	18	19 6:30pm BP Softball	20	21 Summer 	22 Take your dog to work day
23 Public Service Day	24 Payday 7:30pm BP Softball	25	26 8:30pm BP Softball	27	28 World Handshake Day	29
30						

# SUNBEAM

Blue Peaks Developmental Services

June 2019

The Annual Open House/Public Forum will be **June 4th** from 1pm-3pm at Day Services.



Ed June providing information to one of the Board members.



- ◆ DAY SERVICES  
Open House/Public Forum.
- ◆ Summer officially begins June 21st
- ◆ Father's Day
- ◆ COME OUT AND SUPPORT BLUE PEAKS SOFTBALL TEAM!!!! GAMES ARE ON MONDAY AND WEDNESDAY NIGHTS AT LEE FIELD 3!
- ◆ OPEN ENROLLMET FOR INSURANCE BENEFITS IS JUNE 28TH. 10:30,am 1:30pm AND 3:30pm
- ◆ FUN PAGE
- ◆ CALENDAR



Father's Day is June 16, 2019



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## Summer Fun!

The Webb family was trying to plan their summer activities but they got all mixed up. Can you help them unscramble all of their ideas of things to do and places to go this summer?

LROLRE CSOAE TR

ARDPEA

MSIMNIWG OPOL

KBIE IDRSE

AOCAVTIN

ICCPNI

ACMINGP

EBCAH

MHETE RPAK

EOVMIS

RFIESORWK

OUNAMINTS



## JUNE BIRTHDAYS

**PUBLIC FORUM WILL BE JUNE 4H FROM 1:00PM TO 3:00 PM. COME JOIN US AT DAY SERVICES FOR AN AFTERNOON OF GOOD COMPANY AND VALUABLE INFORMATION. MEET OUR AMAZING CLIENTS AND STAFF.**

Softball starts May 15th at 6:30pm. Games are Monday and Wednesday evenings.



## 10 best treatments for sunburns

**Oatmeal** – oatmeal is the bob when it comes to soothing irritated, inflamed skin. Wrap ½ cup of dry oatmeal in gauze, running it under cool water and applying directly to your sunburn every few hours.

**Cold compress** - A nice cool shower or bath will cool the sunburn.

**Yogurt** – the natural cultures in yogurt can work wonders on skin. Use it as a topical cream and slather it over sunburn, leaving it for 5 minutes rinse off under cool shower.

**Witch Hazel** – is a beneficial natural astringent with anti-inflammatory properties it also soothes painful acne and razor burn. Apply two drops on a moist cloth or cotton swab and dab directly to skin.

**Baking Soda** – a bit of baking soda in a cool or luke warm bath will temporarily provide a relief to sun burn pain, remember to let skin dry out of the bath so that the baking soda soaks in and soothes the pain.

**Hydrocortisone** – Over – the Counter hydrocortisone topical cream, spray or ointment can sooth inflamed and painful sunburns.

**Apple Cider Vinegar** – will actually provide the relief you need form sunburn. Add a cup to your bath.

**Tea Bags** – quick relief for sun-burned eyelids cool tea bag applied to each eye. The tantric acid within will ease swelling & reduce pain.

**Aloe Vera** – slathering on aloe Vera gel will provide refreshing blasts of relief to the sunburnt skin.

**Water drinking** –