



# Bailey's Respite Care

## March 2019

### News Letter



# HAPPY ST. PATRICK'S DAY



### **Happy Birthday to U!**

M.Cuevas-3/3

J. Jones-3/8

L.Williams-3/10

U. Araiza-3/18

S. Kelly-3/21

A. Cunningham -3/31



To all staff this is just a reminder... Make sure that all **documentation** is put in to **Therap on time**. You have up until 11:00 pm of the same day /night you worked.

If for any reason you are unable to submit your documentation in to Therap **contact your QP/ or the office in this matter**. Remember **it's your responsibility to make sure that your documentation is put in Therap on time**, this is how you get paid.



To all whom would like to participate in the 2019 Special Olympics Spring Games at Hunt High School on April 18, 2019.

Please see your Q.P. to sign up for this event.

To all parents /guardians it would be very nice to have your support and involvement in being there for this event if possible.

Looking forward to seeing you there. For question call the office 252-234-0350



**April Butcher**

252-236-5124



Everyone's Irish  
On March 17th.

### **Welcome to BRC.... Safety Corner, Where safety always come first**

#### **COLD/FLU season**

##### **What To Do**

**1.Get vaccinated.** Vaccination is the first step to flu prevention. In general, all healthy people should get vaccinated. The CDC now recommends that, in addition to other high risk groups, all healthy children get a flu vaccination. Find a local vaccination center here.

**2.Wash your hands.** Cold and flu viruses may be spread by indirect contact. Maybe someone sneezes onto their hand and then touches a doorknob, only to have the virus picked up by the next person who also touches it. Washing your hands is the best way to prevent getting sick.

**3.Do the elbow cough.** Since viruses cling to your bare hands, you can reduce the spread of viruses by perfecting the art of the elbow cough. When you cough, simply cover your face with your entire elbow. It's also an easy technique to teach kids.

**4.Disinfect common surfaces.** Viruses that cause colds and flu can survive on common surfaces for up to 72 hours. Don't forget to use Clorox® disinfecting products on phone receivers, doorknobs, light switches, and remote controls.

**5.Drink Water\*.** Water can help strengthen your immune system, keeping the flu at bay. And if you do get sick, water flushes your system, rehydrates you and washes out the toxins. An adult should drink eight 8-ounce glasses of fluids each day. If the color of your urine is close to clear, then you are getting enough. If it's deep yellow, drink more water.



Hey you , I see YOU....  
I need a current copy of that nice form called Car Ins. You kn. It tells me all about your car coverage and your driving . So come on in and let's get down to business.

Ask for  
Ms. IRIS MASSEY  
She will be waiting...



#### **No School**

Teacher's Workday- 3/11/19