



Bailey's Respite Care June, 2019 Newsletter



What's on BRC Calendar for June

- June 4** -Movie Day (Office) 10:30am/12:30pm
- June 6** -Summer Bash (sunset park) Rocky Mount-11:00am/1:00pm
- June 12** -Music Therapy (Office) Meredith Johnson -2:00pm/2:45pm
- June 17th -28th and July 8th -26th (Camp Sunshine)**
Camp Sunshine will be closed July 1st-5th
Location-First Christian Church
Address: 207 Tarboro St NE, Wilson, NC 27893
Time: 9:00am/3:00pm (Monday-Friday)
- June 19th** Birthday Party (Office)
- June 27th** Music Therapy (Office) 3:00pm/3:45pm



Happy Birthday

- C. Cazares - 6/10
- P. Cazares -6/14
- M. Collie -6/23
- M. Edwards 6/25
- R. Moore -6/25



April Butcher
Office #252-234-0350
Cell #252-236-5124



It's HOT!!!!!!..... Ways to stay Cool

1. Staying hydrated is key to keeping cool. **Drink Water**
2. Never forget your **sunscreen**
3. **Wear lightweight, light-colored, loose-fitting cotton clothing** that allows for the evaporation of perspiration. Cotton is breathable and can help keep you cool. Avoid dark clothing, which absorbs more heat.
4. Good **sunglasses prevent harmful UV rays from hurting your eyes.**
5. **Wear a wide-brimmed, loose-fitting hat while gardening, fishing or walking.** It will allow for ventilation and helps prevent sunburn and heat-related problems.



Meet me here at BRC. Make sure you bring in a current copy of your car insurance to beat summer heat. Reading temp. now it's At 109 degrees. Help make my day and bring in some cool car insurance update AC.

From the BRC Family to Yours...



Happy Father's Day



School is Out
Enjoy Your Summer