


NEWS & KNOWLEDGE...
NEWS YOU CAN USE....
July, 2024

HAVE A HAPPY SUMMMER!

HAPPY 4TH of JULY!

UPCOMING CONNECTIONS OUTINGS:

Monday, July 1, 2024-Trip to the Catawba County Library.
Thursday, July 4, 2024-4th of July Holiday/Visit to Brighter House in Morganton, North Carolina.
Friday, July 5, 2024-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).
Saturday, July 6, 2024-Swimming (Location to be Determined).
Monday, July 8, 2024-Trip to the Catawba County Library.
Tuesday, July 9, 2024-Talented Tuesday (Painting Rocks to Sprinkle Positivity in the Community).
Thursday, July 11, 2024-Bowling at the Pin Station.
Friday, July 12, 2024-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).
Monday, July 15, 2024-Trip to the Catawba County Library.
Thursday, July 18, 2024-Employment/Education Dinner.
Friday, July 19, 2024-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).
Saturday, July 20, 2024-Trip to Catawba County Science Center.
Monday, July 22, 2024-Trip to the Catawba County Library.
Thursday, July 25, 2024-Bingo, Baby!, at the Clubhouse.
Friday, July 26, 2024-Unit Grocery/Supply Shopping at the Walmart Neighborhood Market (Subject to Change).



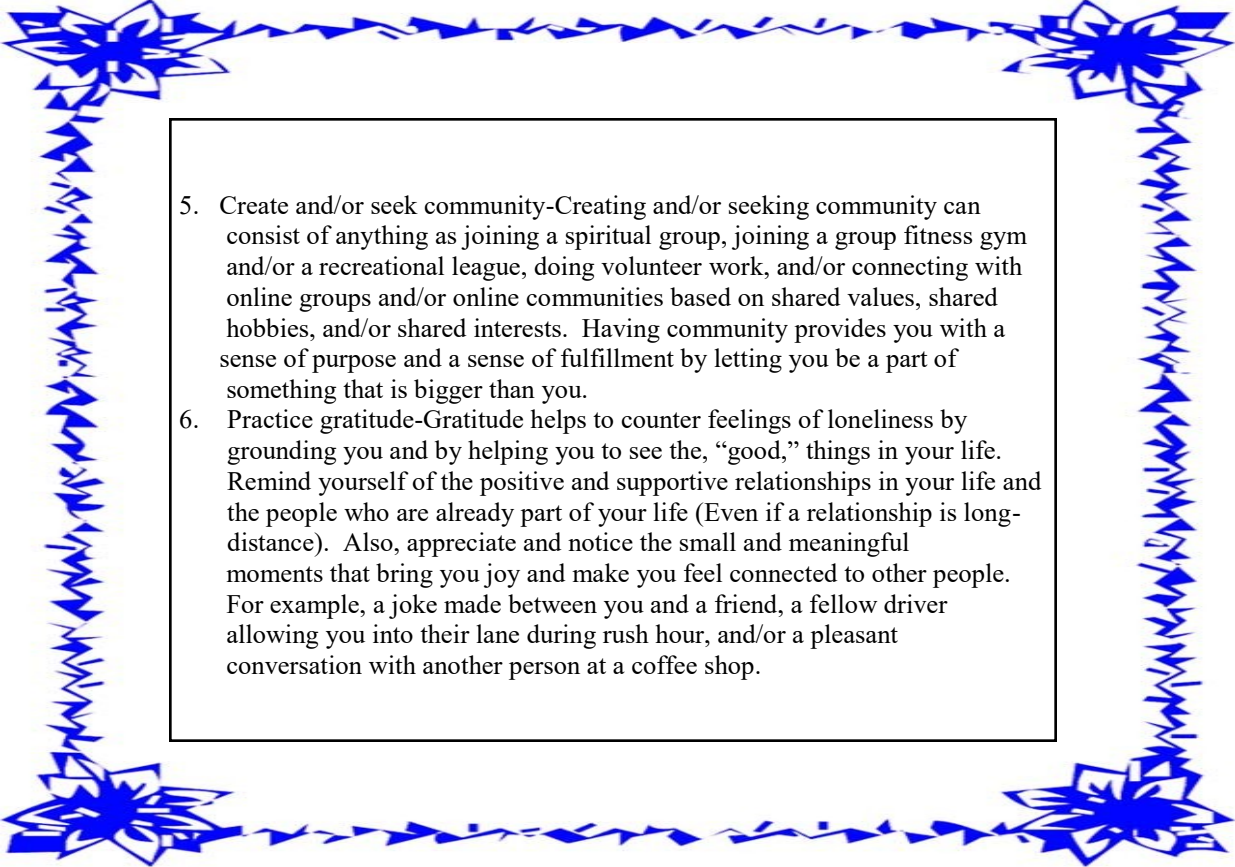
Independence Day (July the 4th):
(From: <https://kids.nationalgeographic.com>):


If you see fireworks exploding in the sky at night in the month of July, you know it's Independence Day (Also known as July the 4th). On Independence Day, people will also cook hot dogs on the grill and they will also listen to marching bands playing patriotic music. Independence Day (July the 4th) commemorates the historic date in 1776 (July 4, 1776) when the Continental Congress, representing the 13 original American colonies, approved the Declaration of Independence, which basically stated that the American colonies no longer wanted to be ruled by Great Britain and that the colonies wished to form their own country. Before the drafting of the Declaration of Independence, Great Britain ruled the American colonies. In the 1600s, people from Great Britain came to settle in what is known as North America. Between the years of 1607 and 1732, the British established 13 colonies, which were as follows: Virginia, New York, Massachusetts, Maryland, Rhode Island, Connecticut, New Hampshire, Delaware, North Carolina, South Carolina, New Jersey, Pennsylvania, and Georgia. As the populations in the colonies grew, people in the colonies felt that the British government treated them unfairly. For example, the colonists had to pay taxes on items, such as tea, to Great Britain. Also, the British government wanted the colonists to house British troops in their homes. The British government required the colonists to follow their (British) laws, but the colonists could not do anything to change those laws. In the end, the colonists rebelled against Great Britain, leading to the start of the Revolutionary War between the American colonies and Great Britain in 1775. Even though they were fighting against the British, the American colonists thought that they needed to do more in declaring their independence from Great Britain in the form of a written document that explained their reasons for breaking from Great Britain. The colonists also wrote the Declaration of Independence to help them to get support from other countries such as France in the war against Great Britain. The Declaration of Independence was written by a committee led by Thomas Jefferson. On July 4, 1776, members of the Continental Congress approved the Declaration of Independence. Representatives from the 13 colonies signed the Declaration of Independence on August 2, 1776. However, the British government refused to accept the Declaration of Independence. So, the American colonists continued to fight the British until 1783 when the American colonists defeated Great Britain. Now, the original Declaration of Independence is housed at the National Archives. Today, the United States and Great Britain enjoy a friendly relationship. Most American celebrate Independence Day with parades and fireworks. Historians credit John Adams (One of the men who helped to write the Declaration of Independence, who later served as the Second President of the United States) for the celebration of Independence Day. In a letter that Adams wrote to his wife, Abigail, he predicted that future generations would celebrate Independence Day as an annual festival with parades and bonfires, which makes the celebration of Independence Day a blast!

Six Ways to Cope with Loneliness:
(From: www.psychologytoday.com, written by Leah Aguirre, LCSW):

Everyone experiences loneliness in one degree or another since loneliness is a part of life. But people do not talk about loneliness or tolerate it very well. People believe that talking about and acknowledging loneliness makes other people see them in a shaming way. Even if people are be strong, independent, and capable, they still deal with loneliness since both conditions co-exist with each other. "It should also be noted that you can be in a relationship and feel lonely. You can live in a busy household or be part of a large family and feel lonely. You can be, 'successful,' and, 'have it all,' and feel lonely. And you can feel grateful and fulfilled by many aspects of your life and, also, at the same time, feel lonely." Loneliness is like any other feeling-It comes and goes. It also is a valid feeling that is part of being a human being. Here are six ways to help you work through and deal with loneliness as follows:

1. Feel your feelings-Acknowledge your loneliness and call it what it is. You can journal your feelings, say them out loud, and tell your feelings to a good friend and/or a therapist. Avoiding your feelings gives them more power, cause you to have shameful feelings, and cause you more distress. Sometimes, you may need to cancel plans and/or take a mental health day to give yourself more time to, "be," and ride the waves of your feelings since feelings do come and go. Fighting with your feelings never works.
2. Recognize your shared humanity-Feelings of disconnection and believing that you are the only one with your feelings accompany loneliness and these feelings can bring about shame. Realize that loneliness is a shared human experience and realize that other people have the same feelings. By addressing this shared humanity, you can approach loneliness with more self-compassion and with more compassion toward your fellow human.
3. Cultivate connection-You can also connect with close friends/or your family who make you feel more seen and loved. You can call them, text them, or Face Time them. You can also invite a friend and/or family member to come to your home to hang out with you, go see a movie, take a walk in the park, go to a coffee shop, and/or walk around in your neighborhood. You also can smile at other people and start up a conversation with them. Being around other people physically can reduce your feeling of loneliness and can help you to foster human connections.
4. Do something that brings you joy-You can do simple things such as physical activity, listening to your favorite music, trying a new recipe, watching your favorite television shows, and/or read a good book. Make your time intentional in nature and make sure you do things that make you feel good. Sometimes, you need to do things that positively reinforce your self-worth and nurture you as well.

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5. Create and/or seek community-Creating and/or seeking community can consist of anything as joining a spiritual group, joining a group fitness gym and/or a recreational league, doing volunteer work, and/or connecting with online groups and/or online communities based on shared values, shared hobbies, and/or shared interests. Having community provides you with a sense of purpose and a sense of fulfillment by letting you be a part of something that is bigger than you.
 6. Practice gratitude-Gratitude helps to counter feelings of loneliness by grounding you and by helping you to see the, “good,” things in your life. Remind yourself of the positive and supportive relationships in your life and the people who are already part of your life (Even if a relationship is long-distance). Also, appreciate and notice the small and meaningful moments that bring you joy and make you feel connected to other people. For example, a joke made between you and a friend, a fellow driver allowing you into their lane during rush hour, and/or a pleasant conversation with another person at a coffee shop.



**PEOPLE RARELY SUCCEED
UNLESS THEY HAVE FUN
IN WHAT THEY ARE DOING.**

Dale Carnegie



Unusual Holidays in July, 2024:
(From: www.timeanddate.com):

Monday, July 1, 2024-International Joke Day.
Tuesday, July 2, 2024-I Forgot Day/World UFO Day.
Wednesday, July 3, 2024-Compliment Your Mirror Day/International Plastic Bag Free Day.
Thursday, June 4, 2024-Sidewalk Egg Frying/Independence Day (4th of July).
Friday, July 5, 2024-Workahloics Day.
Saturday, July 6, 2024-World Kissing Day.
Sunday, July 7, 2024-Tell the Truth Day.
Monday, July 8, 2024-Video Game Day/Math 2.0 Day.
Tuesday, July 9, 2024-Sugar Cookie Day.
Wednesday, July 10, 2024-Teddy Bears' Picnic Day/Clerihew (A clerihew is a whimsical, four-line biographical poem) Day.
Thursday, July 11, 2024-Cheer Up the Lonely Day.
Friday, July 12, 2024-Simplicity Day.
Saturday, July 13, 2024-Embrace Your Geekness Day.
Sunday, July 14, 2024-Pandemonium Day.
Monday, July 15, 2024-Gummi Worm Day.
Tuesday, July 16, 2024-Corn Fritters Day.
Wednesday, July 17, 2024-Yellow Pig Day/Emoji Day.
Thursday, July 18, 2024-Insurance Nerd Day/Caviar Day.
Friday, July 19, 2024-Stick Out Your Tongue Day.
Saturday, July 20, 2024-Space Exploration Day.
Sunday, July 21, 2024-Ice Cream Day/Junk Food Day.
Monday, July 22, 2024-Pi Approximation Day.
Tuesday, July 23, 2024-Vanilla Ice Cream Day.
Wednesday, July 24, 2024-Cousins Day.
Thursday, July 25, 2024-Culinarians Day.
Friday, July 26, 2024-Uncle and Aunt Day.
Saturday, July 27, 2024-Take Your Pants for a Walk Day.
Sunday, July 28, 2024-Milk Chocolate Day.
Monday, July 29, 2024-Lasagna Day.
Tuesday, July 30, 2024-National Cheesecake Day.
Wednesday, July 31, 2024-Uncommon Musical Instrument Day.

**International Standards for Clubhouse Programs:
(From: www.clubhouse-intl.org):**

WORK-ORDERED DAY:

15. The work-ordered day engages members and staff together, side-by-side, in the running of the Clubhouse. The Clubhouse focuses on strengths, talents, and abilities; therefore, the work-ordered day must not include medication clinics, day treatment or therapy programs within the Clubhouse.
16. The work done in the Clubhouse is exclusively the work generated by the Clubhouse in the operation and enhancement of the Clubhouse community. No work for outside individuals or agencies, whether for pay or not, is acceptable work at the Clubhouse. Members are not paid for any Clubhouse work, nor are there any artificial reward systems.
17. The Clubhouse is open at least five days a week. The work-ordered days parallels typical working hours.
18. The Clubhouse is organized into one or more work units, each of which has sufficient staff, members and meaningful work to sustain a full and engaging work-ordered day. Unit meetings are held to foster relationships, as well as to organize and plan the work of the day.
19. All work in the Clubhouse is designed to help members regain self-worth, purpose, and confidence; it is not intended to be job-specific training.
20. Members have the opportunity to participate in all of the work of the Clubhouse, including administration, research, enrollment and orientation, reach out, hiring, training, and evaluation of staff, public relations, advocacy and evaluation of Clubhouse effectiveness.

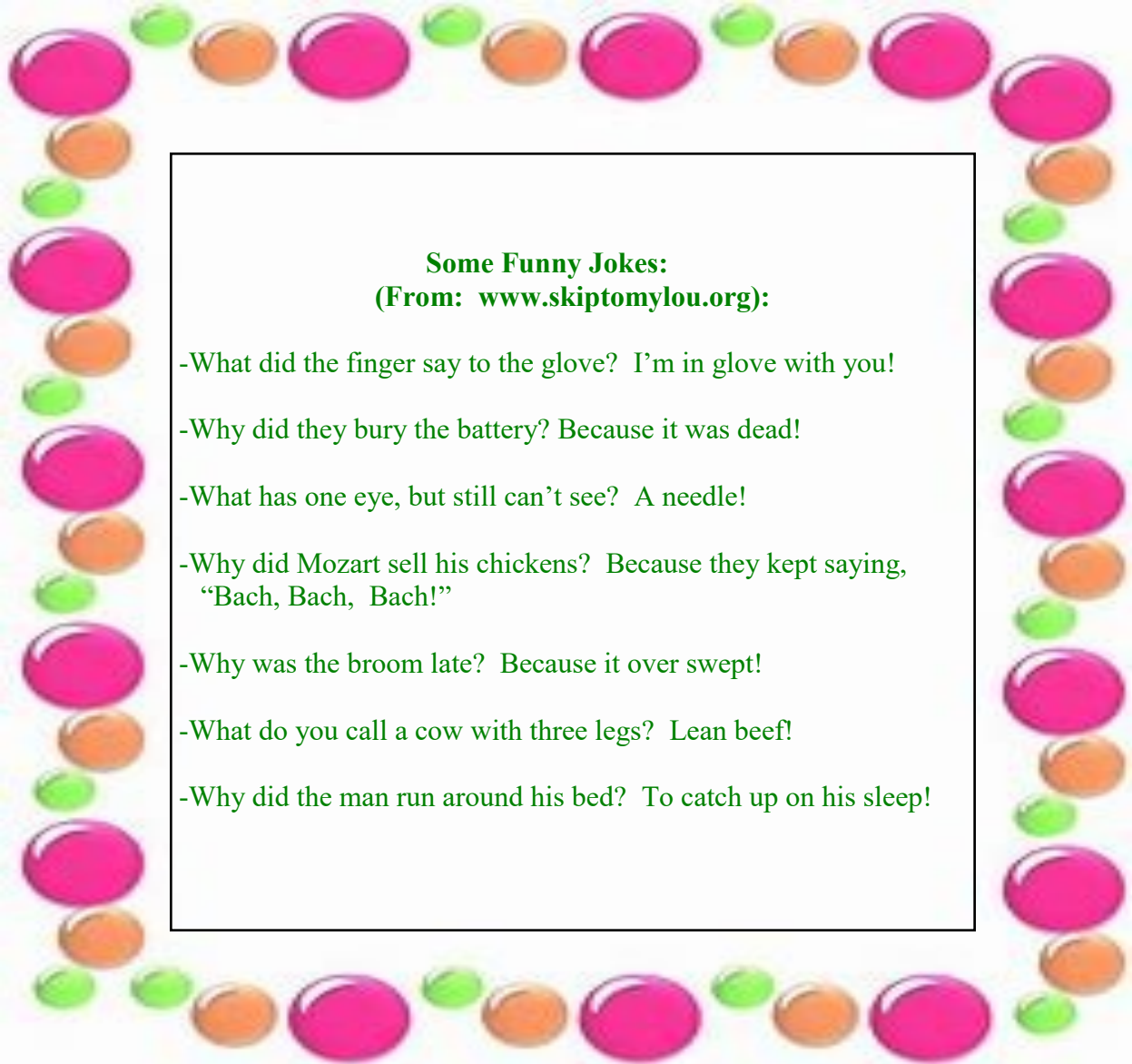


Ten Tips for Summertime Safety:
(From: <https://go.homester.com>):

Summertime is a great time for people to enjoy such activities such as barbecuing, pool parties, and relaxing with friends and family, but summertime weather and summertime activities can also carry chances for injuries and illnesses as well. Here are ten tips for summertime safety as follows:

1. Use sunscreen. Buy a sunscreen with a high enough SPF to protect your skin from sunburn, but also, try to get a sunscreen that is waterproof as well. Please remember to apply your sunscreen thoroughly and make sure that you cover every part of your skin that is exposed.
2. Avoid heat stroke and heat exhaustion by staying well-hydrated during the day. Also, staying in shady places will help you keep cool and keep the hot rays of the sun off of you as well.
3. Remember to wear clothing that has loose, light, breathable fabrics that will help you keep cool when you're out in the sun. Wearing fabrics such as cotton will help you to stay cool outside.
4. Remember to use bug spray since insects, such as mosquitoes, carry dangerous diseases like Lyme disease and Malaria. Use bug spray that contains DEET so it can help you to repel mosquitoes and other insects and to help you stay safe.
5. Keep food safety in mind. Bacteria in food grows quicker in warmer temperatures. When you are grilling in the summertime, please remember to keep raw meats in the refrigerator until you are ready to grill them.
6. Check playgrounds for damage. Rusty materials and faulty parts on playground equipment can cause serious injuries. Please do not let your children play on playgrounds-Either yours or public ones-until you have checked the playground equipment for damage.
7. Remember to use helmets and knee pads as needed for activities such as riding bikes. Please remind children of the importance of wearing helmets and knee pads as needed.
8. Please remember pool safety. You and/or your children should not run around a pool. Also, remember that children should be not in a pool without adult supervision, even if they know how to swim.
9. Avoid poisonous plants, such as poison ivy, which causes painful rashes. Also, poison ivy rashes are contagious as well. Learn how to identify poison ivy and other dangerous plants in your area. Also, teach your children how to avoid dangerous plants.
10. Avoid trampolines. While playing on trampolines is fun, it can also be quite dangerous. Even if you use additional netting, the chances of someone getting hurt on a trampoline are still quite high. Because of the dangers of trampolines, most insurance companies will require you to buy additional coverage. If you do not get the additional coverage, the insurance companies will refuse to insure your home.

While summertime activities are fun, please keep safety in mind at all times so that you, your family, and/or friends can enjoy summertime without any unnecessary issues to spoil your good times!



**Some Funny Jokes:
(From: www.skiptomylou.org):**

- What did the finger say to the glove? I'm in glove with you!
- Why did they bury the battery? Because it was dead!
- What has one eye, but still can't see? A needle!
- Why did Mozart sell his chickens? Because they kept saying, "Bach, Bach, Bach!"
- Why was the broom late? Because it over swept!
- What do you call a cow with three legs? Lean beef!
- Why did the man run around his bed? To catch up on his sleep!

The Housing Choice Voucher (Section 8) waiting list will open for new applications on Monday, July 1st, 2024 at 8:00am. Apply online at HOUSING.WPCOG.NET. Applications **MUST BE** made online and they will not be accepted prior to this date. Visit www.wpcog.org for more information about the program or call Western Piedmont Council of Governments at (828)322-9191 for more information.



Information on Observing Dress Codes at Work:
(From: www.indeed.com, written by Indeed Editorial Team):

In the workplace, you will encounter rules for dressing appropriately. These sets of rules are better known as dress codes. The vast majority of workplaces have a dress code in place to make sure that employees dress in a professional manner, to make sure that employees present a positive image of the company, and to make sure that employees present a clean, neat image at work. The advantages of observing the dress code at your workplace are as follows:

1. Dressing appropriately at your workplace shows your supervisors, your co-workers, and your customers that you are serious about the work that you are doing. It also shows that you have spent your time and your effort on your professional appearance, which demonstrates to others that you care about representing yourself well at work. When you show that you take your job seriously, it helps other people to see you as a person that they should respect and they will take that in consideration.
2. Dressing professionally helps you to represent your workplace in a positive and professional light. As an employee, you serve as a representative for your company to the general public, whether you're making service calls, visiting clients, or speaking with customers. Your appearance reflects on your company positively or negatively. In dressing professionally, you help your company present a positive and professional image to others. Even if you dress casually or wear a uniform, make sure that you look neat and put together so that you can receive a more positive reception from others. Employers appreciate employees who serve as ambassadors of the company to the public.
3. Dressing professionally helps you to feel more confident. You do your best work when you feel your best. Dressing professionally helps you to feel empowered and confident so you can take on new challenges, meet new people, and make progress in your career. Your ability to present yourself in a positive manner is something that you can control and you can use that to your advantage, even if other areas of your professional life are out of your control. The image you create serves as your personal/professional brand and it communicates a great deal about you to other people who do not interact with you. In creating a wardrobe for work, keep in mind your professional goals, your personality, and your creativity as you create a suitable wardrobe for work.
4. Dressing appropriately helps you to feel like part of your work team. Being able to work with others is a very crucial part of success at many workplaces. In dressing professionally, you feel that you belong in the same environment as your peers and as your supervisors.

In closing, the ability to dress professionally is a very important part of your success at the workplace, as well as knowing how to do your job and knowing how to interact and work with your co-workers.

**A Few Tips to Keep in Mind When Creating a Professional Wardrobe for Work:
(From: www.indeed.com, written by the Indeed Editorial Board):**

There are a few things to keep in mind as you put together a professional wardrobe to wear to work. You need to make sure that you adhere to the dress code for your job and for the organization for which you are working. You can also wear clothing that showcases your personality, as well as your ability to follow the dress code at your job. Here are a few tips to help you organize your professional wardrobe for work as follows:

1. Dress one level above your position. Generally, professionals need to wear outfits one level above their current position. An entry-level employee should dress like an intermediate-level employee. Middle managers may dress in a manner more akin to department managers and/or directors.
2. In organizing your professional wardrobe for work, keep in mind that there are other parts of your professional wardrobe that you need to consider, such as wearing clothes that are clean and neat. You should appear to be well-groomed as well. Make sure that your hairstyle and your accessories fit within your company's standards. You should notice how other people in your department dress and strive to match that level of formality. You should also cover the following areas of your appearance.
 - a. Keep your nails trimmed and neat.
 - b. Go for neutral makeup in corporate settings.
 - c. In wearing perfumes and/or colognes, please select light scents or avoid wearing perfumes and colognes all together.
 - d. Please make sure that your shoes are clean and polished if needed.
 - e. Use breath mints or gum at work to freshen your breath at work.
3. Display your personality in your choice of appropriate work attire. In any work environment, you can use colors, patterns, and/or accessories to differentiate yourself from your co-workers. In creative professions such as design, having a unique look is very meaningful.
4. Please confirm your company's policy on tattoos and body jewelry. If you have tattoos and/or body jewelry, please review your company's policy on tattoos and body jewelry in the employee handbook or ask your manager about these policies. You may have to wear clothing that covers your tattoos and/or avoid wearing body jewelry at work.
5. Wear work clothing that is comfortable and easy to move in so you will not have to deal with distractions at work concerning your clothing. For example, if you spend a lot of time standing at work, you should wear comfortable and supportive shoes.
6. There are times at work when you need to dress more formally at work such as networking events, meetings with clients or company executives, job interviews, sales visits, formal presentations or meetings that you are leading, and company sponsored events.

**An Example of a Workplace Dress Code:
(From: The Catawba Valley Healthcare Website):**

In order to help readers understand more about workplace dress codes, this information from the Catawba Valley Healthcare will give people a clearer example of an actual workplace dress code. Here is the Catawba Valley Healthcare Dress Code as follows:

Business Attire:

-Suits, pantsuits, and formal dresses make up this dress code, one that's common in traditional, conservative working environments. Business formal attire means business, and items that show personality and vibrancy are far less common with this attire.

Catawba Valley Healthcare Dress Code:

Catawba Valley Healthcare expects all staff to present a professional and neat appearance. The dress code policy provides guidance to employees and management. Management who are representing the agency, either internally or with external stakeholders, must wear business attire during meetings. Business casual is defined as a dress, skirt, khaki, jeans, or dress slacks with appropriate tops. Business casual for men consists of dress slacks, khaki pants, or jeans with an appropriate shirt. Catawba Valley Healthcare offers the option of casual Friday, where employees can wear jeans with appropriate tops. Clubhouse/Residential/Transitional Housing, ACTT, Mobile Crisis, and Life Skills will follow a modified dress code due to the nature of their programs and the need to blend in when with consumers. They will wear activity-appropriate attire with supervisor discretion.

Explicit Items not Allowed During Work Hours:

- Crop tops, halter tops, tube tops.
- Short dresses or skirts (Use the model of if your arm is at your side, it cannot be shorter than your fingertips).
- Shorts shorts (If shorts are allowed at your side, they must be knee length).
- Clothing that shows the stomach or sides of the stomach.
- Backless tops.
- Tops that show too much cleavage.
- Visible undergarments.
- Sagging pants.
- Jeans with holes.
- Clothing that has profanity or insensitive language/images on it or has language promoting illicit drugs (Including marijuana). This list also covers promoting/disparaging political campaign.
- At the Duke Center, Burke Office, and 4th Street locations-No jogging, sweat or yoga pants.

Interview with Samaria: (“Sam”):

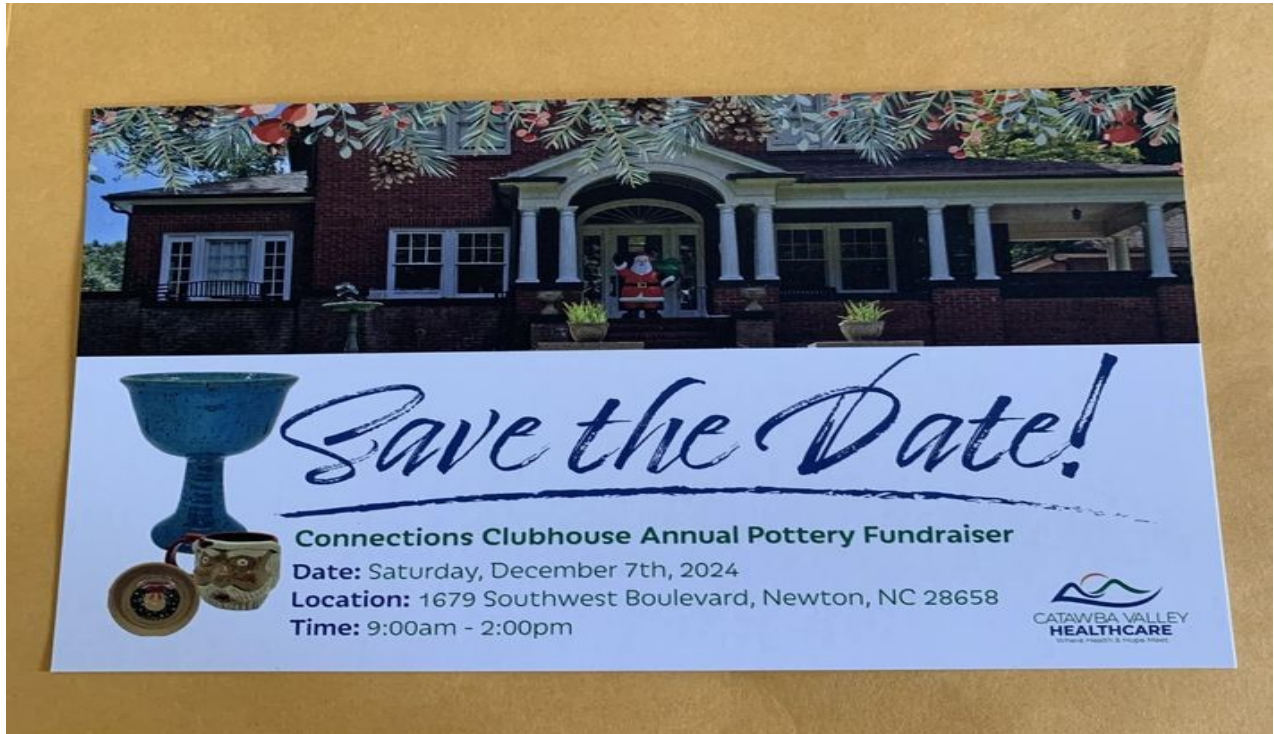
Recently, a member did an interview with a new staff member at Connections. Her name is Samaria, but she prefers to be called, “Sam.” Here are a few interesting facts about Sam as follows:

- She loves to watch anime
- She loves pizza and pasta.
- She thinks she can dance.
- She does not smoke, and loves to read books and is bad at video games.
- She love animals and science and, especially, planets.
- She has a special talent: She can do a cartwheel and she loves walking!

- Do you believe in life beyond earth? Sam does.

- Ask Sam about her dog Malachi.

- Take a walk with Sam! She loves walking!



If you need help in stopping smoking, you can contact the QuitlineNC (Website address: <https://quitline.nc.dph.ncdhhs.gov>). QuitlineNC helps smokers by providing free smoking cessation services to anybody in North Carolina struggling with smoking cessation from commercial tobacco use. The QuitlineNC website defines commercial tobacco as any tobacco products offered for sale, excluding sacred and traditional ceremonies by many American Indian tribes and communities. You can go to the website address as listed above to enroll online or text, "Ready," to 34191. You can also call 1-800-QUIT-NOW (1-800-784-8669). To help teenagers with vaping, you can text, "VAPERFREENC," to 873373. Support from QuitlineNC is available 24 hours, 7 days a week. The service is free and it is nonjudgmental.

PARTNERS CRISIS LINE: If you are experiencing a non-medical mental health emergency, you can call the Partners Crisis Line at 1-833-353-2093. They are available 7 days a week and 24 hours per day. If you are experiencing a medical emergency, please call 911 or go to your local emergency room. Also, Catawba Valley Healthcare has crisis support and mobile crisis response services available 24 hours, 7 days a week. The Catawba Valley Health crisis support/mobile crisis response services number is (828) 695-2511.