



# Specialized Services & Personnel, Inc.

Volume 2 - Issue 10 : July 2019

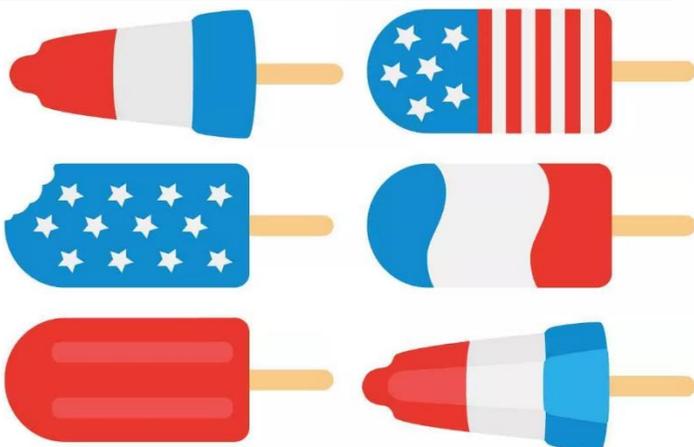
*Meraki...a verb... Labor of love...It means to do something with passion, with absolute devotion, with undivided attention.*

## Notes from the Administration...



*We Hope You All had a  
SAFE and HAPPY  
4<sup>th</sup> of July!!*

*If you have company news or something that you would like to see highlighted in the newsletter – Please feel free to reach out to us. Write it up and submit it to your supervisor or email [sspinnews@gmail.com](mailto:sspinnews@gmail.com) with ATTN: NEWSLETTER in the subject line.  
~Thank You~*



**A**s the beginning of **SUMMER** is upon us, it is important to know that some of your **medications** could cause you an unexpected problem. You may not be aware, but some prescriptions can increase your sensitivity to sunlight—causing your skin to burn more easily.

### **What type of reaction can occur?**

If your medication has a warning to avoid sunlight, don't ignore it. That usually means that you could be more sensitive to sunlight (photosensitive), which would cause you to sunburn more easily. You may also end up with a worse sunburn than usual—even a little exposure could mean a severe burn.

### **What is photosensitivity?**

Photosensitivity is an abnormally high sensitivity to ultraviolet (UV) rays from the sun. You could also be affected by other light sources, including indoor fluorescent lights. The reaction to UV or fluorescent lights can cause itchy spots or areas of redness and swelling on patches of sun-exposed skin.

### **What are some medications that can cause skin problems if you are exposed to the sun?**

There are a few basic types of medications that could cause sensitivity to the sun:

- Antibiotics, particularly tetracyclines (**doxycycline** or **minocycline**) and fluoroquinolones (**ciprofloxacin**)
- Tri-cyclic antidepressants (**amitriptyline**, **nortriptyline**)
- Some older antihistamines like **promethazine**
- **Griseofulvin**, an anti-fungal medication
- Antimalarial medications like **quinine**

- **Accutane** (isotretinoin), **Retin-A (tretinoin)**, and other acne medications
- Some chemotherapy medications
- Sulfonyleureas (**glyburide**, **glipizide**, **glimepiride**), used to treat diabetes
- Diuretics (water pills), especially **hydrochlorothiazide** and other thiazide diuretics
- Some heart medications for arrhythmia, including **amiodarone**

### How can I minimize my exposure to the sun?

There are a few things you can do to cut down on your sun exposure. First, and this may be obvious—avoid direct exposure to the sun. You'll also want to stay away from tanning beds—this is as bad or worse than direct sun exposure. If you do need to (or want to) spend time outside, wear sunscreen! Protective clothing like long sleeves, pants, hats, and sunglasses can also help.

## CQL Accreditation and Personal Outcomes Measures

### Part 1

CQL's **Personal Outcome Measures®** are used to identify people's quality of life outcomes, plan supports, and gather information and data about individual outcomes. We conduct **Personal Outcome Measures®** interviews to demonstrate the linkage between personally defined quality of life and excellence in person-centered services and the importance of data in planning and making change.

- **Are people achieving their priority life outcomes?**
  - **What organizational practices are in place to ensure that people are supported to achieve their outcomes?**

**Personal Outcome Measures®** has been reformatted into the following factors:

#### My Human Security

Non-negotiable human and civil rights

#### My Community

Access to be in, a part of, and included in the community

#### My Relationships

Social support, familiarity, intimacy, and belonging

#### My Choices

Decisions about one's life and community

#### My Goals

Dreams and aspirations for the future

## MY HUMAN SECURITY Factor 1

Indicators:

- 1 People are safe
- 2 People are free from abuse and neglect
- 3 People have the best possible health
- 4 People experience continuity and security
- 5 People exercise rights
- 6 People are treated fairly
- 7 People are respected



**Human Security** indicators are essential non-negotiable human and civil rights. While this includes a wide range of rights, from the right to access one's possessions to the right to privacy, there is also a requirement of freedom from physical or mental harm, including abuse, neglect, and mistreatment. People who receive services must be treated the same as people who do not; they must have dignity and respect, social stability, continuity, and security. People must have sufficient resources to meet their basic needs, as well as have person-centered services.

### Indicator 1: People are Safe

Feeling safe and free from danger concerns all of us. Threats to personal safety come from a variety of sources. Concerns about safety apply to our home, workplace, neighborhood, and community. Personal safety may be threatened by physical surroundings, other people, or lack of supports.

In some settings, we rely on regulations and inspections to ensure that safety standards are met. In other situations, we take personal actions to feel safer: for example, install smoke detectors or security systems, practice fire escape routes, or learn first aid or CPR. We memorize emergency fire and police numbers and post the poison control number near the telephone.

Living, working, and leisure time environments must meet all applicable health and safety standards. Places where we spend our time are clean and sanitary. Provisions for handling and securing toxic materials are in place. Plans exist for effectively meeting emergencies, including an evacuation plan that is rehearsed regularly.

### Values

- People live and work in environments that meet expectations for safety, sanitation, and emergency evacuation.
- People feel safe in all environments.

### Principles for Organizations

- Assist people to anticipate, recognize, and respond to safety issues.
- Provide support to keep people's environments clean and hazard free.
- Ensure that people who depend on others to identify and respond to emergencies have support and special equipment in order to anticipate, recognize, and respond to safety concerns.



# JULY BIRTHDAYS

- 1 ~ Arlicia L
- 2 ~ Shawntell W
- 2 ~ Sharee J
- 3 ~ Genese B
- 5 ~ Michael Q
- 6 ~ David M
- 7 ~ Jessica A
- 8 ~ Quatisha H
- 10 ~ Barbara F
- 11 ~ James F
- 12 ~ Gurnell H
- 12 ~ Brittany K
- 12 ~ Karen S
- 13 ~ Barbara B
- 14 ~ Susanna F
- 15 ~ Teresa B
- 17 ~ Roland C
- 18 ~ Janie Y
- 20 ~ Cynthia H
- 20 ~ Ardrenna T
- 24 ~ Devyn J
- 25 ~ Dannie S
- 29 ~ Sandra V

## RECOGNIZING the Following JULY SERVICE ANNIVERSARIES:

- WILLIAM D ~ 24 years
- WILLENE D ~ 20 years
- MICHAEL G ~ 17 years
- DANNIE S ~ 10 years
- VIVIAN B ~ 10 years
- MARY S ~ 10 years
- KIMBERLY A ~ 7 years
- JAMIE H ~ 7 years
- CRYSTAL V ~ 7 years
- ARLICIA L ~ 5 years
- DELORISE R ~ 5 years
- KAREN M ~ 2 years
- SABRINA J ~ 1 years
- LAHAMA Z ~ 1 years
- NICOLE C ~ 1 years

### A Note from Payroll

It is not too late to participate in **DIRECT DEPOSIT**, just ask your supervisor for a form or stop by the payroll office to complete one!

#### Upcoming Pay dates:

- Tuesday, 7/30/2019
- Thursday, 8/15/2019
- Friday, 8/30/2019
- Monday, 9/16/19

LIKE our Facebook page at <http://fb.me/SSandPInc>

and see a **digital copy** of this NEWSLETTER at our website



<https://www.sspinc.org/>



## Congratulations to ALL of the GRADUATES in the Family of SS&P, Inc.

# 2019

# Italian Mac & Cheese

## Ingredients

- 1 lb. Italian sausage
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 10 oz. shells
- 16 oz. marinara or tomato sauce
- 4 c. low-sodium chicken broth
- 1/2 c. half-and-half or heavy cream
- 1 c. shredded mozzarella
- Freshly chopped parsley, for garnish (optional)

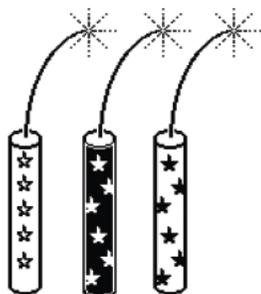


Taken from delish.com  
 If you have a recipe you would like to share, email it to:  
 sspincnews@gmail.com  
 with the subject line  
 Newsletter Recipe



## Directions

In a large skillet over medium heat, brown sausage until golden. Add onion, garlic and bell pepper and cook until soft, about 5 minutes. Add shells and stir until coated in sausage and peppers, then pour in marinara and chicken broth. Simmer until shells are al dente and almost all the liquid is absorbed, about 20 minutes. Stir in half-and-half and mozzarella. Garnish with parsley and serve.



## 4th of July Word Search

BLUE  
 CONGRESS  
 ENGLAND  
 FIREWORKS  
 FLAG  
 FREEDOM  
 JULY  
 KING  
 LIBERTY  
 PARADE  
 RED  
 STATES  
 TAXES  
 UNITED  
 WAR  
 WHITE

U	R	L	W	Z	T	O	G	B	T
N	G	U	A	K	I	N	G	S	P
I	M	K	R	S	E	T	A	T	S
T	A	X	E	S	W	Y	L	U	J
E	M	O	D	E	E	R	F	M	B
D	F	Y	T	R	E	B	I	L	L
A	W	E	N	G	L	A	N	D	U
R	L	L	Z	N	W	H	I	T	E
A	S	K	R	O	W	E	R	I	F
P	J	R	U	C	Q	L	N	L	B

We **NEED EVERYONE** to Participate on **BAND!**

<https://band.us/n/a3a8zaj10fUeY>

(once you reach the SS&P site, click **VIEW** and then scroll down to find the Sign Up Link)

It looks like this

First time in BAND? **Sign Up**

Then sign up with your email or cell phone #

If you **HAVE NOT** joined **PLEASE** use the link above to join

**BEFORE August 15<sup>th</sup>** and you will be **ELIGIBLE** for our

**Christmas in August Giveaway!**

(if you are already a member you are all set!)

Look for further instructions on **BAND**

Coming August 16<sup>th</sup>!

