

GOOD LIFE SERVICES

Good Reads

July–September 2023



JULY

April finally brought some warmer weather and melted all of the snow! Many celebrated Easter with family and friends. We spent time outside going for walks, blowing bubbles, and soaking up all the vitamin D! We can't wait for summer!



AUGUST

April showers brought May flowers and more beautiful weather, perfect for planting our gardens! We are looking forward to harvesting fresh fruits and vegetables later this summer. Some staff graduated this month as well. Congratulations!



SEPTEMBER

The beginning of June brought the end of the school year, which means we are officially in summer mode! Trips to the pool and splash park are always a blast. Visits to the zoo and all the summer festivals were so much fun. And everyday we have fun at Railway!



Summer Safety



Always wear sunscreen when outdoors. (SPF 30+)

Wear lightweight, light colored clothing.

Use insect repellent when needed and check for ticks after being in grassy/wooded areas.

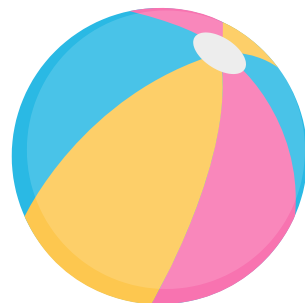
Avoid direct sunlight during the hours of 10 a.m. to 2 p.m. when possible.

When swimming, staff should be in the water with individuals at all times.

Be sure to drink plenty of water to avoid dehydration and heat exhaustion.

Signs of heat exhaustion:

- Dizziness
- Muscle cramping
- Fatigue
- Confusion
- Nausea



Upcoming Events

- Morris Crazy Days
 - July 26
 - Lots of shopping, food court near the mall, free games at the library, free movie, and a medallion hunt
- Horticulture night
 - July 27 at the University horticulture gardens, 4-8pm
 - See the gardens, eat some food, and watch some demonstrations
- Stevens County Fair
 - Aug. 8-13 at the fairgrounds
 - Free parking, admission, and many free activities and shows
- Prairie Harvest Fest
 - Sept. 22-25, Stevens County Fairgrounds
 - Many free activities, food and craft vendors, parade, and fireworks

Employment Opportunity

Anyone interested in a rewarding job at Good Life Services should contact Jo at (320) 304-0952.

Positions are available in Alexandria, Barrett, Elbow Lake, and Herman.

Reminders

- Keep your work area clean! Dishes should be done, floors swept, and counters cleaned every day.
- If you did not complete last quarter's training, PLEASE complete it by June 15th.
- Weekly hours are due every Sunday.



Everyone Can Communicate Training

Each quarterly Good Life Good Reads newsletter will contain information for a training to contribute to your annual training.

This quarter's training is Everyone Can Communicate.

If you have not completed last quarter's training, it NEEDS to be completed by July 15th.

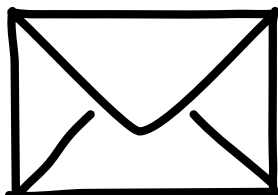
Please log in to your Direct Course to complete this training that has been assigned to you.

Your time spent doing this training can be recorded on your time sheet for training pay.

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Do you have ideas or photos to contribute to the next newsletter?

Send them to
m.mithun@goodlifeservicesinc.com



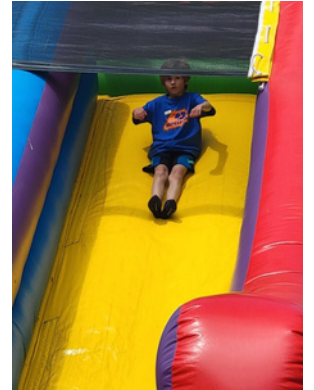
More Photos and Fun!



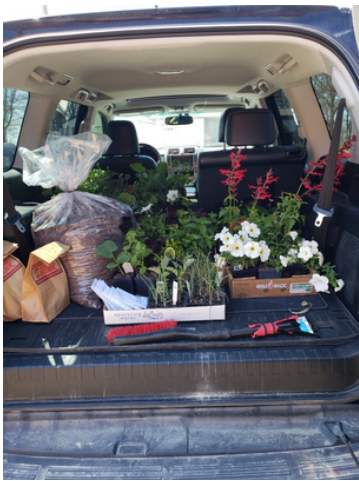
Logan at the zoo



Cody and Todd on the ATV



Jacob at Summerfest



Flowers, herbs, and veggies for planting at Railway!



Sophie, Patrick, and Katie at the Appleton pool



Josie making s'mores at Railway

SUMMER



Amber on the swing at Railway