

## Words of the Month

Where there is a will, there is a way.

Management Dept.

## Be Careful of Getting Heat Stroke!!

We are having hot days recently. During this time of year, we hear a lot about heat stroke on the news. Symptoms of heat stroke are hard to notice, so it can be fatal. Follow the instructions below to prevent getting it.



- ① **Maintain Health** When you have a slight cold or don't have good sleep, refrain from going outside and exercise, especially during hot daytime.
- ② **Dress Appropriately** Wear comfortable and breathable clothes, and put on a hat outside.
- ③ **Stay Hydrated** When you feel thirsty, your body has lost a lot of water already. Drink water regularly. Also, you lose salt in your sweat, so taking salt or isotonic drink is highly recommended.
- ④ **Mind Age** Children and elderly people can get heat stroke easily. Mind age and take preventive actions.

### What if you get heat stroke...

- Move to the cool shade of trees or inside of a room
- Loosen the clothes and rest
- Cool your body
- Get hydrated (isotonic drink is good for salt intake)

## The First Salon at "Futuro"

We held the salon (meeting) to talk about disabilities on June 8<sup>th</sup> (Sat). 19 people from 9 families participated (12 adults and 7 children). People with disabilities and his/her family gathered and shared their troubles, difficulties and experiences. Many people wanted to know how to deal with the behavior caused by the disability and how children with disability can live in the future (everyday life, school, job and life after the parents are gone). We also found that it is very difficult to obtain information about disability and social services in foreign languages.

Survey Results: 12 respondents (100% response rate)

Q1. Did you like the salon today?

1: I liked it (12/100%) 2: It was ok (0/0%) 3: I did not like it (0/0%)

Q2. Want to participate again?

1: Yes (10/83%) 2: Depending on the subject, yes (2/17%) 3: No (0/0%)

Q3. What kind of salon topic do you want to attend?

1: About social assistance service (10/63%) 2: How to obtain the disability portfolio (0/0%)  
3: On how to deal with the behavior of each type of disability (6/37%)

Based on the results, we will plan more salons. Thank you very much to everyone who participated.

## Summer Vacation

Shin-Ei office will be closed from August 10<sup>th</sup> (Sat) to August 18<sup>th</sup> (Sun) due to summer holidays.

During the period, many companies will be closed as well. It's usually hard to keep up with good daily routines during long holidays. Take care of your health and make it easier to get back into daily routines after the holidays.

