



## SUMMER

### JUNE NEWS 2019!!!

Home at Heart LLC has made it convenient for personal care workers to drop off timesheets in the mailbox. The mailbox is located outside before entering the office building. Timesheets are due every Friday, Monday, or Tuesday's before 5:00pm.

Each month Home at Heart will provide informative news on health tips and upcoming events throughout the community. We ask that you please share this information with your clients as well.

Juneteenth- A day of celebration for abolition of slavery. Home at Heart LLC will participate in this event. Milwaukee Juneteenth will be held on Wednesday June 19, 2019. The event will be located at 2460 N. 6<sup>th</sup>/MLK Drive. from 9:00am to 5:00pm. Racine WI, event will be celebrated on Saturday June 15, 2019 from 12:00pm. to 8:00pm. located at 601 21<sup>st</sup> Street. Home at Heart LLC will also be present on this date as well.

Summer is approaching and heat exhaustion in very hot temps is very dangerous. Please make sure if you are out on days temps are extremely hot that you protect yourself from heat exhaustion. Signs of heat exhaustion; dizziness, nausea, feeling faint and headache. Please seek a cool place to improve your body temp, drink cool water, elevate your feet, find a shaded area or place where there's air conditioning to cool off. If symptoms don't improve see emergency attention immediately.

**DID YOU  
KNOW  
BERRIES HELPS  
YOUR HEART?**

**WE WANT YOUR HEART TO BE BERRY GOOD.**

**TRY EATING MORE FRUIT.**

**BERRIES HELPS REDUCE HEART DISEASE.**

**IN NEED OF HELP?**

**SPINACH HAS GREAT SOURCE OF  
MINERALS, VITAMINS. HELPS  
WITH HAIR, SKINS, BONES AND  
MUCH MORE.**

**STAY STRONG EAT SPINACH**

**HERE'S A FEW LOCAL FOOD PANTRIES:**

**1220 W. Vliet. & 1700 W. Fond Du Lac Ave. South Side area: 1615 S. 22<sup>nd</sup> Street & 201 S. Hawley Ct.**