

POSITIVE INSIGHTS

MAY 2021 ISSUE

SPRING IS HERE

THERE'S EXCITING
ACTIVITIES COMING UP
SOON! DON'T MISS OUT!

WE'RE MOVING!

PSST! WE'RE LETTING YOU IN ON
A SECRET! WE'RE MOVING!

SPRING SAFETY

With warmer weather there comes
some safety concerns. From spring
storms to sun safety!

Positive Outlooks, LLC.
Monthly Newsletter



WE'RE MOVING!



We're Excited! That's an understatement.

As of July 1, 2021 we will be located in our new headquarters in Cheshire, CT.

The new office will allow us to expand operations and give us the freedom to do significantly more with our clients and employees. We have huge changes coming and we're happy that we have such an awesome team to do it with!

We're Expanding! We would love to hear from you.

We will be posting

We're Hiring! We need our employees' help.

With the new move, we also will be offering more services and programs. We're looking to hire over 10 new individuals! We rolled out new monthly referral program bonuses. Until these positions are filled, we are offering \$200.00 in a prepaid VISA gift card, or deposited with your paycheck. The new hire must finish their training and pass their 30 day review to qualify as a referral.

Non-employees: The best compliment we could get is your referral. If you love what we're doing, help us expand our services to more people!





LETTER FROM THE FOUNDER

TO OUR STAFF

Positive Outlooks Team,

The strength in you all as we stood through a pandemic that affected many of you personally has been truly amazing, Thank you!

As we move into this next quarter we are pleased to announce the opening of our new office location in Cheshire.

Please be on the look for our:

- Grand opening (Ribbon cutting Invitation)
- Advancement Opportunities
- New Positions
- Health Care Benefits to full-time employees
- Paid Time Off to full-time employees
- Professional training
- and more

You are all appreciated,

Sherryll McCowan

Founder & CEO



SPRING & SUMMER SAFETY.

WITH THE COMING OF SPRING, COMES SPRING SHOWERS, SUNBURNS AND MORE.



With the beautiful sunshine, green leaves and warm days, spring and summer can also come with a few hazards. Elderly and individuals with disabilities could prevent a dangerous situation from becoming worse by preparing ahead.

Some of the riskier things that come with spring includes but is not limited to:

- Flooding
- Hurricane and Tornado Season
- Power Outages
- Bug Bites
- Severe Allergies
- Heat Stroke & Over heating
- Brown Outs (Electric)

While you can not prevent all hazards you can certainly prepare for them and it only takes a few minutes of your time.

Flooding, Storms & Power Outages: While you can not prevent mother nature you can plan ahead for what to do during a dangerous situation. Road flooding can block roads and access to important things like food, gas and medical assistance.



Storms can cause downed power lines and trees and branches to fall, this can cause damage and power outages for hours, days or even weeks. It is important that during storm season you have enough non-perishable food, prescription medicine and a first aid kit available to use. For example, you can have dry cereal or cereal bars, peanut butter, crackers and other things that can be eaten during a power outage. Pre-sliced bread will stay good for a while as well. Try to keep a small cooler to store medications that require refrigeration cool. keep a small cooler and fill with what is left of ice or frozen food or vegetables to keep your medications cold. (This only works if your medication doesn't require consistent temperatures as temperatures can vary in a cooler.)

Bugs & Infections: Bugs such as ticks, mosquitoes fleas and bees can be a big problem. Insects such as mosquitos and ticks can carry diseases like Lyme disease or Rocky mountain spotted fever.

Mosquitoes can carry a variety of diseases depending on bird flight patterns. For example, Triple E (EEE) eastern equine encephalitis was in circulations a few years ago, causing parks and campgrounds to shut down. EEE can cause brain damage and death.

For individuals with diabetes, the risk is more significant. Infections can be worse if not treated immediately.

Allergic reactions can occur from any insect bite, but bee, hornet and spider bites typically have more reactions which can include infections to anaphylactic shock.

To reduce the risk of bites you can wear bug spray or wear long pants when hiking or in taller grass. Check for ticks before coming inside. Avoid bushes or notches in houses or trees that could contain bee hives, hornet or wasp nests. Do not approach hives or nests. Seek immediate medical attention if a bite appears red or swollen or if you have a known allergy from insect bites or stings.

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Sun & Heat Stroke: It can be easy to over heat or get sunburn in the early parts of warmer weather. Our skin and bodies can be sensitive to the changes in the seasons as we can still have cold nights and blazing hot days. Sun burns frequently happen in the beginning of warming weather as individuals don't feel the need for sunscreen in the spring. This can be a dangerous mistake as you begin to go outside and stay long periods without any protection from the sun. Sunburns can occur anytime of the year, but our skin isn't as exposed in the winter months. As we shed our winter coats, we begin to expose our skin to the elements. Wearing sun screen is the best and easiest method at protecting our skin from skin damage and dangerous burns. You can also wear hats and sun glasses to reduce burns on the top of head and face. To prevent heat stroke drink plenty of water and take frequent breaks if the weather is hot even if you feel okay. If you feel dizzy or feel tired in the sun, seek shelter and seek immediate help if you feel sick.

Always seek the advice of a medical professional. Nothing in this article is intended to replace medical advice, but only to help prepare you for warmer weather.

KEY THINGS:

- Home remedies are an option, but if you have a medical condition these can worsen your symptoms and lead to a dangerous situation.
- Always keep calm in an emergency to get a better/quicker response.
- Prevention is easier than treatment later.
- Use a buddy system or let someone know where you are going when hiking or walking long distances.
- Drink plenty of water.
- Eating juicy fruits is not only healthy but can help hydrate you.
- Keep your home cool. If an air conditioner is unavailable to you, use fans, limit non-LED lighting and oven cooking. Closing your blinds or curtains can reduce sunlight and heat in a room.
- If you want to learn more on how you can keep safe during spring and summer visit:
<https://tinyurl.com/CDCWarmweather>





AMUSEMENT PARKS

Quassy Amusement Park - Middlebury
Lake Compounce - Bristol

EVENTS

Robinhood Faire: May 22-June 20 Harwinton, CT

A medieval fair, Robinhood themed. Tons of vendors, crafters, food, and cosplaying actors to yield a fantastic magical day!

HIKING TRAILS

Mattabesett Trail - Higganum, CT
Mattatuck Trail - Wolcott, CT
Bigelow Hallow - Union, CT
White Memorial - Litchfield, CT
Steep Rock - Washington, CT

PLACES TO SEE

Walnut Hill Park - New Britain

Acres of beautiful gardens and pathways. Beautiful historic area. Beautiful 90-foot limestone memorial centers this beautiful park.

Harness Memorial Park, Waterford

230 acres of beautiful gardens surrounding the Harkness Family Mansion.

Beardsley Zoo - Bridgeport

Hundreds of animals, a greenhouse, a restaurant, and more fill this zoo. Stop by their gift shop for an array of toys, stones, and jewelry.

Adventure Zone - Bridgeport

Tons of climbing fun on this zip line adventure park. Dangle 20 feet off the ground, climb ropes, and more. Picnic tables and walking trails too!

FUN THINGS TO DO IN CONNECTICUT

BY CHRISTINE SEDITA



COMMUNITY PAGE

Share your stories, art, announcements, ads, and more here!

Email Csedita@positiveoutlookslc.com

Griffin Hospital

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