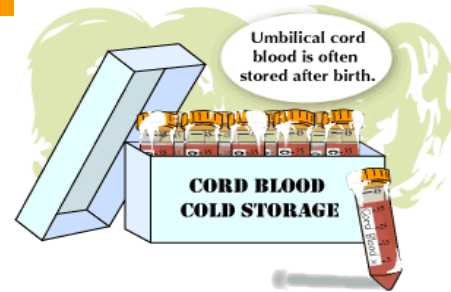




Walton Community Services, Inc.

Walton Chronicle

Cord Blood Awareness Month



July is National Cord Blood Awareness Month. Today, stem cells are mainly used in the treatment of disease and in tissue regeneration. They largely come from one of three sources – cord blood, bone marrow and peripheral blood. Cord blood stem cells are found in the blood of the umbilical cord. A 7-year old boy who testified before the Florida Senate health policy committee on the importance of cord blood stem cell education, was cured of sickle cell anemia with a transplant using his younger sibling's cord blood stem cells.

"Cord blood stem cells have incredible and immediate live-saving potential through treatments, but also the capacity to lead to long-term scientific advancements through research. To date, adult stem cells, like those in umbilical cord blood, are the only stem cells to have ever produced medical treatments. The funding provided is vital to advancing and promoting good and ethical science through the use of adult stem cells."

<http://www.cordbloodawareness.org/>

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"My brother's cord blood saved my life"
Joseph Davis, Jr. Cedar Hill Texas

Psoriasis Awareness

Psoriasis is an autoimmune disease that causes raised, red, scaly patches to appear on the skin.

It typically affects the outside of the elbows, knees or scalp, though it can appear on any location. Some people report that psoriasis is itchy, burns and stings. Psoriasis is associated with other serious health conditions, such as diabetes, heart disease and depression.

If you develop a rash that doesn't go away with an over-the-counter medication, you should consider contacting your doctor.

How is psoriasis diagnosed?

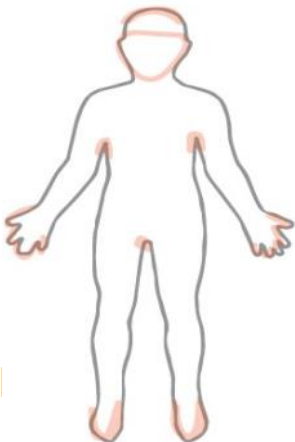
There are no special blood tests or tools to diagnose psoriasis. A dermatologist (doctor who specializes in skin diseases) or other health care provider usually examines the affected skin and determines if it is psoriasis.

Your doctor may take a piece of the affected skin (a biopsy) and examine it under the microscope. When biopsied, psoriasis skin looks thicker and inflamed when compared to skin with eczema.

Your doctor also will want to learn about your family history. About one-third of people with psoriasis have a family member with the disease, according to dermatologist Dr. Paul Yamauchi with the Dermatology and Skin Care Institute in Santa Monica, Calif.

Where does psoriasis show up?

Psoriasis can show up anywhere—on the eyelids, ears, mouth and lips, skin folds, hands and feet, and nails. The skin at each of these sites is different and requires different treatments.



- SCALP
- FACE
- HANDS, FEET & NAILS
- SKIN FOLDS

DD Community Integration

What is community integration: Strengthening the community integration of people with mental illnesses, mental retardation, and developmental disabilities will require a collaborative effort bringing together individuals with disabilities, provider programs, MH/MR/DD systems decision-makers, and the broader community to address the barriers that keep people with serious disabilities from effectively pursuing the opportunities in life that are available to others.

Barriers to Community Integration

1. Client capacities
2. Client knowledge levels
3. Transportation
4. Agency Attitudes
5. Risk Management
6. Agency Rules & Regulations
7. Community Attitudes
8. Family Resistance
9. The Challenge of Empowerment
10. Funding

Strategies

1. Citizenship and Civic engagement
2. Education
3. Employment
4. Housing
5. Recreation
6. Peer support and self-determination
7. Spirituality
8. Social roles



Effective communication in the workplace

1. Never Personalize Criticism

Whether you're giving or receiving criticism, it should be based upon observed actions and results, not intent. It is impossible to know the motivations behind any activity, only the physical actions and outcome of the activity. As a consequence, criticism should be given and accepted unemotionally, considered for its validity and pertinence, and implemented when action is justified. In other words, don't be too sensitive or defensive when you receive feedback. Consider the information received as intended to get a different result, not a personal attack.

2. Understand the Situation

At other times, constructive criticism is part of a regular employee performance review, designed to give both parties feedback. Use both opportunities to build your relationship and get information. Use a review as an opportunity to receive and give intelligence that might otherwise be missed.

3. Be Understanding

Whenever you receive what you consider to be an unjustified personal attack or criticism, recognize the source and their circumstances before jumping to a conclusion. Unfortunately, people have bad days, and they often respond by assailing others for little or no reason. When heads are cooler and pressures are less, contact the assailant to learn more about the problem and how you can be part of the solution. You may discover that the stimulus for the assault was an overreaction on the sender's part or had nothing to do with you or your work.

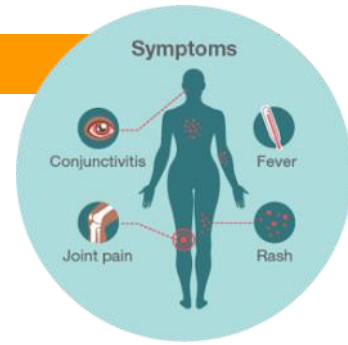
4. Learn From Your Mistakes

Whatever the stage of your career, you can and should continue to learn. Over your working life, you'll work for and with superiors of varying capabilities and talents. Some you will remember because of their great leadership, while others you'll remember because they were such poor managers. Even the latter can teach you something.

<http://www.moneycrashers.com/effective-workplace-communication-skills/>



Zika Virus



Zika Symptoms

Many people infected with Zika virus won't have symptoms or will only have mild symptoms. The most common symptoms of Zika are

- Fever
- Rash
- Joint pain
- Conjunctivitis (red eyes)

Other symptoms include:

- Muscle pain
- Headache

Symptoms can last for several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. Once a person has been infected with Zika, they are likely to be protected from future infections.

Why Zika is risky for some people

Zika infection during pregnancy can cause a birth defect of the brain called microcephaly and other severe fetal brain defects. Other problems have been detected among fetuses and infants infected with Zika virus before birth, such as defects of the eye, hearing deficits, and impaired growth. There have also been increased reports of Guillain-Barre syndrome, an uncommon sickness of the nervous system, in areas affected by Zika.

How to prevent Zika

There is no vaccine to prevent Zika. The best way to prevent diseases spread by mosquitoes is to protect yourself and your family from mosquito bites. Here's how



- Wear long-sleeved shirts and long pants. Treat your clothing and gear with permethrin or buy pre-treated items.



Use Environmental Protection Agency (EPA)-registered insect repellents with one of the following active ingredients: DEET, picaridin, IR3535, or oil of lemon eucalyptus or para-menthane-diol. Always follow the product label instructions.

When used as directed, these insect repellents are proven safe and effective even for pregnant and breastfeeding women.

Zika (continued)

How to Prevent Zika



- Stay in places with air conditioning and window and door screens to keep mosquitoes outside.
- Take steps to control mosquitoes inside and outside your home. Mosquito netting can be used to cover babies younger than 2 months old in carriers, strollers, or cribs



- Prevent sexual transmission of Zika by using condoms or not having sex.

How Zika is diagnosed

- Diagnosis of Zika is based on a person's recent travel history, symptoms, and test results.
- A blood or urine test can confirm a Zika infection.
- Symptoms of Zika are similar to other illnesses spread through mosquito bites, like dengue and chikungunya.
- Your doctor or other healthcare provider may order tests to look for several types of infections.

History of Zika

Zika virus was first discovered in 1947 and is named after the Zika Forest in Uganda. In 1952, the first human cases of Zika were detected and since then, outbreaks of Zika have been reported in tropical Africa, Southeast Asia, and the Pacific Islands. Zika outbreaks have probably occurred in many locations. Before 2007, at least 14 cases of Zika had been documented, although other cases were likely to have occurred and were not reported. Because the symptoms of Zika are similar to those of many other diseases, many cases may not have been recognized.

<http://www.cdc.gov/zika/about/overview.html>



Upcoming EVENTS

561 Thornton Rd. Suite Z
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DDNA Quarterly Board Meeting: Aug 11, 2016

WCS Annual Board Meeting: Aug 6, 2016

Annual Costume Contest/ Karaoke October 19, 2016

Certified Nurses Assistant class: October 2016 : 12 day course 3pm-11pm.
\$585.00

Annual Thanksgiving potluck Wednesday November 16, 2016

Annual Feed the Hungry : Saturday November 19, 2016 7am-1pm

Annual Toys for Tots: December 2016

www.waltoncommunityservices.com

I. T. Triumphs Triathlon

Recently our Information Technology specialist, Randy Coleman, competed in a Triathlon. He completed a 500 Meter Lake Swim, 16 Mile Bike, and 5K run all without breaking a sweat!



You did it!
Congratulations