



# What's Happening At Main Line July 2013

## 29th Annual Sun & Fun Day

You are invited to the 29th Annual Sun and Fun Day in Ocean City, New Jersey!  
Sponsored by the Brain Injury Association of New Jersey  
Cape/Atlantic Support Group

**Time:** 11:00 AM to 4:00 PM

**Date:** Thursday, July 18th

**Location:** 6th Street Beach, Ocean City, New Jersey

**Free Parking:** 5th Street Municipal Parking Lot. Mention that you are part of the Brain Injury Group.

**What is provided:** Beach access by ramp, beach umbrellas, surf chairs, beverages and pizza

**Guests Bring:** Beach chairs, towels, blankets, suntan lotion and good appetites!

RSVP to Shellia at 610-280-0180 extension 105



### Upcoming Events

- **Event:** For the folks in Berks, Bucks, Lehigh, and Montgomery County, the Iron Pigs Baseball Game. **Location:** Coca Cola Stadium, Allentown. **Time:** 11:30 **Date:** July 31st **Price:** General Admission \$7. **RSVP:** to Shellia at 610-280-0180 ext. 105.



### Inside This Issue:

Main Line's Demographics & Outcomes	2
Emergency Preparedness	3
Summer Weather Tips	4

## Main Line's Demographics and Outcomes

- In 2012 Main Line served 180 individuals in Pittsburgh, Philadelphia, the Lehigh Valley and all surrounding suburbs.
- For those served through our Autism Program, 88% improved in area such as cognition, functional skills and psychosocial skills (as measured by Main Line's assessment tool, the CEF).
- For individuals served in Pennsylvania Head Injury Program, 91% showed improvement in the Ability subcategory of the Mayo Portland Inventory. This part of the assessment looks at skills, such as mobility, communication, and cognitive skills.
- 82% showed improvement on the Participation section which includes social interaction, and mood.

For all individuals completing services in any of Main Line's program 100% were involved in at least three major types of activities at the time of discharge.

---

## The Mann Music Center

Once again, The Mann Music Center in Philadelphia has been kind enough to provide us with free tickets through their Access to the Arts program. It's always a beautiful night at the Mann— listening to our wonderful Philadelphia Orchestra under the stars.

You may reserve tickets now by contacting Pam at ext. 102.

Tickets are available for these 8:00 shows on a first come first served basis:

- July 24— Symphonic Sport-Tacular
- July 31— Russian Spectacular
- Aug 1— A Tribute to Van Cliburn





## Are You Prepared For an Emergency?

When emergency situations arise in PA that may affect you and your family, ReadyNotifyPA lets local officials notify you quickly. Be among the first to find out and stay informed during an emergency.

ReadyNotifyPA can send you an e-mail, or a text message to your cell phone or other device. You can choose how you want to be notified by ReadyNotifyPA. Alerts are free; however, your cell phone provider may charge for text messaging.

All subscribers will get emergency alerts. You may also choose to get other alerts, such as severe weather, transportation delays and crime alerts if offered by your county.

You can choose the county or counties that will send you alerts. Pick the county or counties where you spend most of your time. Sign up at [www.ReadyNotifyPA.org](http://www.ReadyNotifyPA.org) for more information.



Now is a good time to review and update your plan in your Resource Manual.

### Make an Emergency Preparedness Kit:

An emergency kit goes a long way in making sure you are prepared. Think about those special items you and your family need, but also think about including:

- Flashlights
- Radio (batter powered)
- First Aid Kit
- Non-perishable food
- Hand-operated can opener
- Bottled water (one gallon per person per day)
- Blankets and or sleeping bags
- Emergency contact phone list
- Cell phone with chargers



## Tips To Stay Cool in The Summer

Summer time is back!

Heat is the number one weather related killer in the United States. Intense heat can cause dehydration, sunburn, heat cramps, heat exhaustion and heat stroke. The effects of heat can be gradual on our bodies, so often we are unaware of how the heat is affecting us.

Here are some tips for staying cool and comfortable during the hot weather of summer:

- Stay inside during the hottest times of day (mid-morning– mid-afternoon) and in air conditioning if possible. If you need to be outside take frequent breaks to stay in the shade
- If your house does not have air conditioning consider going to a place that does (grocery store, mall, movie theater, etc.).
- Drink plenty of water. If the temperature soars above 90 degrees recommendations are to drink a gallon a day
- Dress lightly and when sleeping use light-weight breathable covers.
- Never leave a person or animal in a car during hot conditions.
- Frequently check on children, elderly adults and pets to ensure they are not suffering in the heat.

