



July & August Newsletter



A Dream Fulfilled

This spotlight is dedicated to Devin J.

When Devin came to Connections, he shared his lifelong dream to be a police officer. While planning his goals for the year, Devin and his team brainstormed on how he could practically pursue this. Devin always took a realistic stance, expressing thoughts like, "I know I can't *actually* be a police officer, but how cool would it be just to ride around with them?!" That thought was the epiphany we needed. Devin and his team began the process of setting up a Ride-Along experience with the Klamath Falls Police Department.

Over the next few months, Devin worked hard to learn and understand all the rules, risks, and requirements of a law enforcement Ride-Along. When the day finally came for his experience, Devin was buzzing with excitement. He kept his cool while he met Officer Connor Thun at the Police Department and left with him to patrol the community.

Later in the day, Devin burst into my office saying, "This has been the best day of my life!" His mom expressed that she had not seen her son this happy in years. The experience has opened many doors for Devin and his future with the Klamath Falls Police Department. He hopes to explore potential volunteer positions and support staff roles.

I would like to thank Officer Connor Thun and Lieutenant Rob Reynolds of the Klamath Falls Police Department for helping make Devin's dream come true.

Devin, I am so proud of you. Your heart to serve your community has been evident since the day we met. What a treat to be able to walk alongside you while you grow into such a kind young man.

By Casey Endacott, CCM Personal Agent

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This picture was taken days after the ride along. Still ecstatic, you can see Devin (right) pictured with Officer Joshua Lilley (left)

Safe Fun in the Sun



Be safe this summer by learning about and taking action to prevent skin cancer.

According to the American Cancer Society, skin cancer is the most common cancer of all cancer types.

Skin cancer is most often caused by exposure to UVA and UVB rays from the sun that cause DNA damage.

There is good news though – there is a lot you can do to protect yourself!



When you must spend time in the sun, consider these safety tips:

- ❖ Cover up with clothing
- ❖ Use sunscreen (SPF 30 at least)
- ❖ Wear a hat
- ❖ Wear sunglasses
- ❖ Seek shade

Source: <https://www.cancer.org/healthy/be-safe-in-sun.html>



Cowboy Salad

Also known as Cowboy Caviar, this salad is perfect with chips, as filling for a burrito, or plain. Packed with nutrients and protein, this is the perfect summer dish.

Ingredients

2 cans (15 ounces each) **black-eyed peas or black beans**, drained and rinsed (try a mix or other types)

1 ½ cups **corn** (fresh, frozen, or canned, drained and rinsed)

1 bunch **cilantro**, chopped

1 bunch **green onions** (about 5 green onions), chopped

3 medium **tomatoes**, diced

1 **avocado**, chopped (optional)

1 Tablespoon **vegetable oil**

2 Tablespoons **vinegar or lime juice**

½ teaspoon each **salt and pepper**

Directions

Wash hands with soap and water.

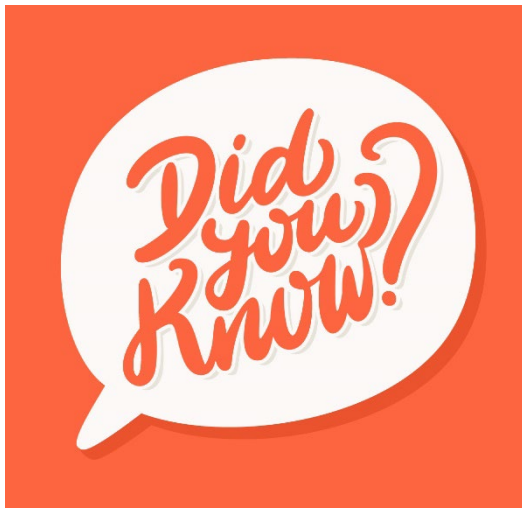
In a large bowl, combine all the veggies.

In a small bowl, mix together oil, vinegar, salt, and pepper.

Pour oil mixture over veggies and toss lightly.

Refrigerate leftovers within 2 hours.

Source: <https://foodhero.org/recipes/cowboy-salad>



1. You can't wash your eyes with soap.
2. You can count your hair.
3. You can't breathe through your nose, with your tongue out.
4. You just tried No. 3.
6. When you did No. 3 you realized it's possible, only you look like a dog.
7. You're smiling right now, because you are fooled.
8. You skipped No. 5
9. You just checked to see if there's a No. 5.
10. Share this with your friends to have some fun too.



Brain Games



Summer Word Search



BEACH
CAMP
FUN
HOT

SUMMER
SUN
SWIM
WATER



Connections Case Mgmt
2930 NE Stephens Street
Roseburg, OR 97470

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US POSTAGE PD
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PERMIT - 135 -

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July Birthdays



August Birthdays

Ernest F.	Kaleb C.	Nina G.	James A.
Matthew C.	Christopher W.	Raider B.	Matthew E.
Jordan B.	Wesley T.	Leslie G.	Michael H.
Ashley A.	Kimberly B.	Scott C.	Michael C.
George L.	Peter M.	Wade R.	Sarah W.
Zachary L.	Jonathan H.	Tina P.	Mary K.
Sheena M.	Cassandra R.	Jamie R.	Aaron B.
Brian H.	Kitt J.	Timothy L.	Edward L.
Aldrick W.	Gregory C.	Rex H.	Betsy L.
Tiri W.	Timothy E.	Damian H.	Rachel H.
Jennifer H.	Dorene N.	Martell S.	Lurena A.
Tyler H.	Christopher F.	Wesley W.	Raheem L.
Leanna B.	Alexander P.	Luke M.	

Clayton D.	Dustin D.	Casey M.	Charles W.
Ireland C.	Jennifer D.	James F.	Eric R.
Micah T.	Daniel W.	Dawn S.	Cassidy H.
Katie M.	William L.	Colleen B.	June F.
Brittany F.	Katie B.	John B.	Audrianna E.
Carrie F.	Brittney G.	Logan M.	William W.
Jennifer P.	Michael G.	Davis H.	Dylan P.
Nancy W.	Sarah A.	Jennifer B.	Krystal C.
Tina H.	Randy W.	Mauro F.	Angela H.
Brandon S.	Steven W.	Rose D.	Jose G.
Shaina K.	Jonathan M.	Meghan N.	William G.
Peggy H.	Seth M.	Marana B.	George B.
Rose K.	Leslie S.	Tonya B.	Matthew G.
Jon H.	Wesley P.	Shayleah C.	Kelli R.
Taylor S.	Jeffrey B.	Shawn G.	Kyle H.
Ashley C.			

Happy Birthday!