

EMBRACE LIFE SERVICES

MONTHLY NEWSLETTER



JULY 2025

HAPPY FOURTH!



At Embrace Life Services, we honor July 4th as a celebration of freedom, unity, and the values that bring our communities together. As we support individuals with developmental disabilities, we are reminded that true independence includes dignity, inclusion, and equal opportunity for all. This Independence Day, we recommit to empowering every person we serve to live a life of purpose and pride.

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JULY 26, 1990

Americans with Disability Act signed into law.

LEARN MORE.



JULY 24 IS SELF CARE DAY

Find out why self care is important!

LEARN MORE



EARN MORE, HAVING FUN?

No Camera shy people! we need actors. Get paid!

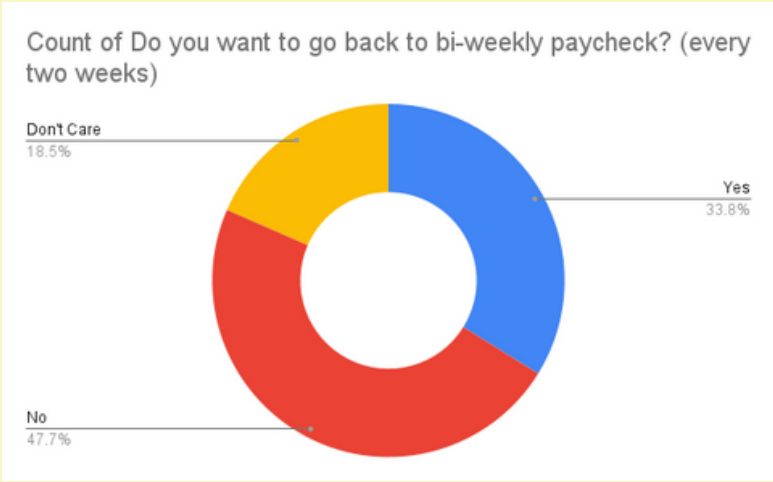
LEARN MORE!

WE CELEBRATE THE DEDICATION AND IMPACT OF OUR TEAM MEMBERS REACHING WORK ANNIVERSARIES. YOUR COMMITMENT HELPS MAKE EMBRACE LIFE SERVICES A PLACE OF CARE, GROWTH, AND INCLUSION—THANK YOU FOR ALL YOU DO!

WORK ANNIVERSARY!

- Maria Rubio - July 16, 2019 (6 years)
 - Aressa Minniefield - July 02, 2020 (5 years)
 - Laura Geraghty - July 02, 2020 (5 years)
 - Ernesto Guzman - July 08, 2020 (5 years)
 - Iyanna Johnson - July 02, 2021 (4 years)
 - Vicente Carreon - July 10, 2023 (2 years)
 - Ji Seon Lee - June 18, 2024 (1 year)
- Isabela Choi - July 01, 2024 (1 year)
 - Annette Merestela - July 09, 2024 (1 year)
 - Umu Fullah - July 09, 2024 (1 year)
 - Julius Ogunti - July 16, 2024 (1 year)
 - Clissene Short - July 16, 2024 (1 year)

WEEKLY PAYCHECK POLL RESPONSE



Back in May we asked you to complete a survey about weekly checks. Your opinions say that the majority wish to stay weekly.

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OUR AFLAC REPRESENTATIVE
JASON PERKINS IS
ALWAYS READY TO HELP AND ANSWER
QUESTIONS. CONTACT HIM AT
JASON_PERKINS@US.AFLAC.COM
OR CALL 602.695.7729



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July is
Disability
Pride Month



2025 THEME: WE BELONG HERE,
AND WE'RE HERE TO STAY"

THERE ARE MANY WAYS TO CELEBRATE THE
UNIQUE ABILITIES OUR MEMBERS AND EMPLOYEES
HAVE DURING THE MONTH OF JULY AND BEYOND!

HOW AND WHY TO
CELEBRATE

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SUPER DCWS:

Saving the Day, one Shift at a Time



Meanwhile



A friendly Reminder!!

All Full time staff are required to work
one weekend day (Saturday or Sunday) a week
If you need to switch of be-off. Please
contact your RC or Director

Monsoon Safety Awareness

A time to focus on planning and preparing for natural disasters that can affect our communities. Being ready can make all the difference.



Stay informed. Monitor weather alerts and updates.

→ Tips to prepare for a **Flash Flood**



Avoid Water Crossings: Never walk or drive through flooded areas. Did you know 6ft of water can knock a person and 12 ft can carry a vehicle?



Secure your Property: Use sandbags or barriers to protect your home.



Create an Emergency Kit: Include water, non-perishable food, hearing aid batteries, and essential supplies.



Plan Evacuation Routes: If you are in a low-lying area, near a wash, or have been alerted to a Flash Flood Warning, move to higher ground.

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→ Tips to prepare for **Lightning**



Stay Indoors for at Least 30 Minutes After the Last Thunder: Many lightning injuries and fatalities occur after the rain has stopped.



Avoid Water and Plumbing: Lightning can travel through water pipes. Do not take showers, baths, wash dishes, or do laundry during a lightning storm.

→ Tips to prepare for a **Power Outage**



Keep refrigerator and freezer doors closed as much as possible to maintain cold temperatures. Food can remain safe for about 4 hours in a refrigerator and 24-48 hours in a full freezer.



Access to Flashlights, Headlamps, or Battery-Powered Lanterns: Make sure you have fresh batteries readily available and installed in these essential items.



Access to Battery-Powered Fans: While they don't cool the air, battery-powered fans can create a wind-chill effect, making you feel cooler while the air conditioner is temporarily out.



Hydrate, Hydrate, Hydrate: Drink plenty of water before you feel thirsty. Avoid sugary drinks, alcohol, and caffeine, which can dehydrate you. Keep extra water bottles in your freezer for this purpose.

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AUGUST IS NATIONAL DOG MONTH! WOULD YOU LIKE TO HAVE YOUR DOG'S PHOTO IN OUR NEXT NEWSLETTER? IF SO, PLEASE EMAIL YOUR PHOTO ALONG WITH YOUR NAME AND YOUR DOG'S NAME(S) TO [ASLCHAMP@EMBRACELIFESERVICES.ORG](mailto:aslchamp@embracelifeservices.org).



SUNNY: JOEY PONTE (HR)



Casting Call!

Want to help ELS improve and grow?

Not afraid of the camera?

We need you! And we will pay!

Payment for your time:

1. We will add an hour to your pay at your current rate
2. A gift card as well for your time as a thank you!

More information? Or to sign up! Email aslchamp@embracelifeservices.org