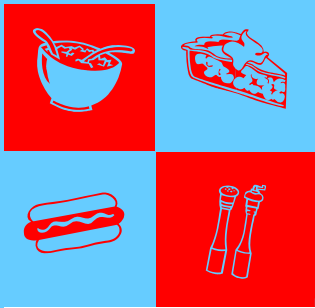


Fraser Sheridan Court News



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Happy 4th of July!



Court Support Group

The next meeting for the Court Support Group is scheduled for Wednesday, **July 22nd from 7:00-8:00pm** in the **Fraser Lyndale Court**

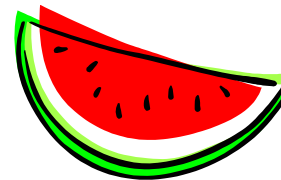
community room. Fraser Lyndale Court is located at 10325 Lyndale Avenue South, Bloomington, MN 55420. The Court Support Group for families is a gathering of family members of tenants living in

Fraser's apartment buildings. The general purpose of the group is to network with other families, discuss

ideas and concerns about buildings and programs, and to help find or develop services that are being lost due to budget cuts. The focus of the July 22nd meeting will be to plan the 6th

Annual ILP Tenant and Family Picnic. Each year, we rely on tenants and family members to provide and share something at the picnic. If you have ideas or

suggestions for this year's picnic, please have your family member plan to attend



the Court Support Group meeting on July 22. If you have any questions regarding the Court Support Group, please contact Holly Reinsmoen at 952-888-6065.

Office Hours

The Service Coordinator will be out of the office on the following dates:

- July 3rd
- July 6th
- July 24-25th

- July 27th-29th
- If you need assistance during these times, please call Fraser School at 612-861-1688.



Game Night

A new month means it's time for another fun-filled Game Night! Mark your



calendars for Wednesday, July 15th, 2009. Fraser volunteer, Erin, will be back to host game night.

Bring your friends! Hope to see you there!

Yoga Class

During the hot summer days, it is important to stay active. If it's too hot to take a walk outside, try a Yoga Class in the air conditioned



community room!

Fraser volunteer, Melanie, will back one evening in July to lead another basic Yoga Class. Come check it out! Watch the office window for a date and time to be posted.

ILP Tenant and Family Picnic

The 6th Annual ILP Tenant and Family Picnic will be here soon! The picnic is scheduled for Saturday, August 22nd from 3:00-5:00pm. Mark your calendars!

Formal invitations will be sent out in mid-July. Watch your mail!



Community Resource Corner

The community resource for this month is **Community Involvement Programs (CIP)**. CIP is a non-profit organization based in Minneapolis, but serves individuals throughout the metro area, Pine and Mille Lacs counties. CIP provides services and supports to persons with developmental disabilities and their families and to individuals with mental illness.

CIP provides a range of housing options and supports for persons with

disabilities. Housing options include: individual apartments, shared living arrangements, adult foster care and home ownership. Individualized supports provided by CIP help the people they support become active members of their communities.

CIP provides assistance to individuals in finding and maintaining employment at businesses in their communities.

Employment services include career

planning, job development, on-the-job training, and ongoing support. CIP also provides community supports and mental health services. For more information on CIP services, please call (612) 362-4400.

Health Tip

From: Bloomington Public Health

Get Fresh!

(fruits and vegetables)

Looking for a good place to get fresh fruits and vegetables? Try your local Farmer's Market! The

Richfield Farmer's Market is located at Veteran's Memorial Park at 64th Street and Portland Avenue. The market is open on Saturdays in May-October from 7:00am until noon.

Don't forget to eat your fruits and vegetables!



Heat Safety

During the summer months, it can get HOT! Practice these safety tips to keep heat from affecting your health.

- SLOW DOWN

Strenuous activities should be reduced, eliminated or rescheduled to the coolest time of day.

- DRESS FOR SUMMER

Lightweight, light-colored clothing reflects heat and sunlight, helping your body maintain normal temperatures.

- WATER! WATER!

Your body needs water to keep cool. Drink plenty of water-based fluids even if you do not feel thirsty.


- FIND COOLED AIR

Spend more time in air-conditioned places. If you do not have an air conditioner, spending time each day in an air conditioned environment will help protect you. (Try a library!)

- STAY OUT OF THE SUN

Will decrease your chances of sunburn and heat exhaustion.

July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 <i>Happy 4th of July!</i>
5	6	7	8 Room Reserved 4:15pm	9	10	11
12	13	14 CUB CLUB	15 Game Night 6:30pm	16	17	18
19	20	21	22 Court Support Group @ Lyndale 7pm	23	24	
26	27	28 CUB CLUB	29	30	31	