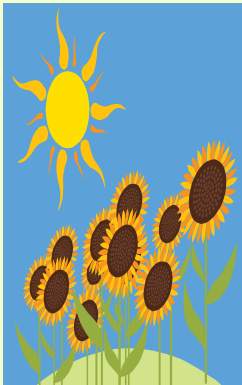


Fraser Lyndale Court News

August 2009

Volume 8, Issue 8



ILP Tenant & Family Picnic

August is here and that means the ILP Tenant & Family Picnic is here too! The 6th Annual picnic is happening on Saturday,

August 22nd, 2009 at Veterans Park in Richfield.

If you plan to attend the picnic, please remember to make your RSVP to Holly Reinsmoen by Friday, August 14th. Also, don't forget to sign up to bring

something to the picnic to share.

Hamburgers will be provided for all. Hope to see you there!



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Picnic Transportation

If you plan to attend the ILP Picnic on August 22nd and will need transportation to

and from the picnic shelter please talk to Holly Reinsmoen. She will work to

arrange a ride for you. You can contact Holly at 952-888-6065.

Fraser Lyndale

BBQ with Travelers Insurance

A new date has been set for the BBQ with the volunteer group from Travelers Insurance Company in St. Paul. A group of volunteers will be coming to Fraser Lyndale Court to host a BBQ and

Game Night for all tenants. The volunteers will provide all of the food and games. The BBQ will be held on Thursday, August 27th from 5:30-8:00pm in the backyard.

Hope to see you there!



Cub Club Gathering

Calling all Cub Club members! It's time to get together again! Join the Service Coordinator for a picnic in the backyard. Bring your dinner down to the picnic

table in the backyard, and we will all eat together. The service coordinator will provide a dessert for all to share. Please meet in the backyard at 5:15pm. If it rains, we

will meet in the community room. Join us on Monday, August 17th!



Community Resource Corner

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The community resource for August is **ACT (Advocating Change Together)**. Based in St. Paul, ACT is a non-profit disability rights organization. ACT is run by and for people with developmental disabilities and other disabilities. Members and staff of ACT work together to fight oppression and change society. ACT

does this by offering programs that build self-advocacy in personal empowerment, disability awareness, and systems change systems. Programs include workshops, training materials, music programs, and a statewide conference. If you are interested in

learning more about ACT, please call 651-641-0297 or email act@selfadvocacy.org.

Health Tip

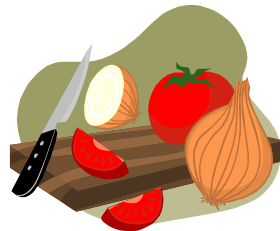
From Bloomington

Public Health:

Keep it clean to keep it safe!

- Clean hands and food contact surfaces before preparing, cooking, or eating food.

- Rinse fruits and vegetables with clean water before cooking or serving.
- Use separate, clean cutting boards for produce and meats to avoid cross contamination.



Summer Poem

Summer brings us
nice warm sun

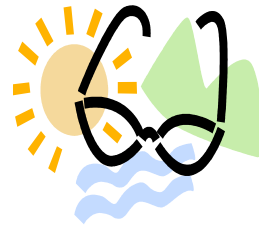
For swimming,
fishing, and lots of
fun

For finding seashells
in the sand

For sunbathing to
get a tan

To do all these
things and more

At the beach and
seashore.



August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 Room Reserved	7	8
9	10	11	12 Cub Club	13	14	15
16	17	18	19	20	21	22
23	24	25	26 Cub Club	27 BBQ with Travelers 5:30pm	28	29
30	31					