



## SUMMER SAFETY

### Sun Safety Tips

Every day use a sunscreen that protects against UVA and UVB rays with a Sun Protection Factor of 15 or more to protect against skin aging, photosensitivity, skin cancer and sunburn.

Teach children to make applying sunscreen a daily habit all year round. Persons that use a daily moisturizer should use a brand that contains at least a SPF of 15.

Apply sunscreen at least 15 to 30 minutes before going outside to allow time for it to be absorbed into the deeper layers of the skin where it can provide the most protection against the UV rays.

Reapply every 2 hours when outdoors even on cloudy days. Remember to apply to the nose, cheeks, ears, neck (front and back), backs of hands, tops of feet, and any bald scalp areas.

Don't apply sunscreen to infants less than six months old due to the possibility of skin irritation. Use hats, umbrellas, or other barriers to protect infants.

Wear a broad-brimmed hat to protect your head and other protective clothing such as a long-sleeved shirt and long pants. Dark colors give more protection. If you are still sensitive to the sun rays that penetrates clothing, it is possible to buy sun protective clothing that blocks the UVA and UVB rays.

To protect the eyes wear sunglasses that block both UVA and UVB light and avoid reflective surfaces which can reflect up to 85% of the sun's damaging rays.

Review the package information on the medications you take as some common drugs can cause you to be more photosensitive such as:

- high-blood pressure drugs like captopril, minoxidil, nifedipine
- arthritis and pain pills such as ibuprofen, nabumetone, naproxen, and sulindac
- some diuretics

- some antidepressants and antipsychotics
- some cancer drugs.

Stay out of the sun between 10:00 a.m. and 4:00 p.m. when the sun's rays are most intense.

Better yet, use the "shadow rule." When your shadow is shorter than you, go indoors. During this "short shadow" interval, typically lasting around 6 hours, 80% of each day's total UV assault happens. This shadow rule is a better gauge than a clock because the sun's intensity varies depending on the time zone and the season.

The first sign of sun damage is reddening of the skin which indicates failure of the protective ability of the skin.

Natural remedies that can ease sunburn are baking soda, vinegar, tea bags and aloe vera.

- Soak in a soda bath by sprinkling the bath water generously with soda. Then let the solution dry on your skin rather than towel off.
- Apply a cloth soaked in vinegar water to help take the sting out of a sunburn. A small compress can also be made from used tea bags. The tannic acid will cool the inflamed tissues.
- Gel from an aloe vera plant or aloe vera gel sold in a bottle can be put directly on a sunburn to aid in healing.

# WATER SAFETY TIPS

## Swimming

Always use the buddy system; never swim alone.

NEVER leave children alone in or near water.

Help prevent infant drowning by having children wear Coast Guard approved life jackets. Don't depend on floatable toys to keep a child afloat as they can give the child a false sense of security or they can be punctured.

Teach children responsible swimming such as no pushing, jumping on others, or pretending they are drowning.

Don't swim in inclement weather.

## Diving

Before diving, check for any obstacles and the water depth. Obey all "No Diving" signs.

Don't dive into cloudy or murky water.

Don't allow horseplay on diving boards.

Never dive head first into an above-ground or shallow in-ground pool as they may not be safe for head first entry.

## Boating

Check weather forecasts before boating.

Be sure others know of your intended course and time schedule.

Carry U.S. Coast Guard approved personal flotation devices and wear them.

Never mix alcohol with any water sport — be it swimming, boating, water skiing or jet skiing.

## References for the Safety Articles

American Academy of Dermatology pamphlet

American Trauma Society Guide to Water

Safety brochure

*Camping Magazine*, May 2000

*Diabetes Forecast*, July 2000

*Prevention*, July 1998 and June 2000

*Plastic Surgical Nursing*, Fall 1999

*Vegetarian Times*, June 1997

# What's New at the Library

The TRIC/PLUK Library has added new materials. Call Janice at (800) 222-7585 or (406) 255-0540 for more information or to check out these items.

## Books

### *Computer and Web Resources for People with Disabilities*

A user friendly manual for people with disabilities that discusses evaluating, securing, and using computers and assistive devices

### *Educating the Heart:*

#### *Lessons to Build Respect & Responsibility*

Gives educators tools that they can use to help students build respect for themselves and others and to promote personal and social responsibility

### *Equal Treatment for People with Mental Retardation: Having and Raising Children*

Examines the reproductive and parental rights of mentally retarded citizens both in the past and the present; argues for reform of legal practices and social policies

### *Life Management Skills I and*

#### *Life Management Skills V*

Each contains 50 reproducible handouts for service providers to use covering 34 topics such as discharge planning, problem solving, medication management, self-esteem, stress management, etc.

### *Sexuality: Your Sons and Daughters with Intellectual Disabilities*

Latest book by Dave Hingsburger will help parents learn how to interact with their handicapped child to increase self-esteem, encourage appropriate behavior, empower them to recognize and respond to abuse, and to develop lifelong relationships

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*Toilet Teaching with Your Special Child*

Addresses concerns regarding toilet training for children with disabilities

*Unlikely Celebrity:*

*Bill Sackter's Triumph over Disability*

Moving story of Bill Sackter who spent nearly half a century in a mental institution and what his life became after deinstitutionalization

## Curriculum

*Become Your Own Expert: Self-advocacy Curriculum for Individuals with Learning Disabilities*

A one semester curriculum designed to meet specific core self-advocacy needs of secondary students with learning disabilities

*Person-Centered Planning for Later Life: Death and Dying*

A training curriculum designed to be used in teaching issues related to death, dying and loss with adults who have developmental disabilities; consists of five in-class lessons and one field trip

## Videos

*Aging People with Mental Retardation*

A staff development video that explores some problems faced by people as they age and how those problems can be addressed for people who are mentally retarded

*Creative Career Development Strategies*

David Hammis from the Montana Rural Institute discusses career strategies and how to put these concepts to work with people who have significant disabilities

*Exercise for People with Severe Physical Disabilities*

Will help staff do exercises with clients who are physically limited; demonstrates a few exercises and shows movements and how to assist a client

*When You're At the End of Your Rope*

Will help staff refocus when job stress hits; gives techniques to use to get through stressful times



## Web Sites to Check Out

Nonverbal Learning Disorders  
<[www.nldontheweb.org](http://www.nldontheweb.org)>

On-line Asperger Syndrome  
Information and Support  
<[www.udel.edu/bkirby/asperger](http://www.udel.edu/bkirby/asperger)>

World Association  
for People with Disabilities  
<[www.wapd.org](http://www.wapd.org)>

The Work Site  
<[www.ssa.gov/work](http://www.ssa.gov/work)>



*Interviewing Skills for Job Candidates with Learning and Other Hidden Disabilities*

Training video to help people with hidden disabilities learn how to answer questions related to their own disability

*Infection Control: Standard Precautions*

Demonstrates steps staff can take to prevent or reduce the spread of microbes and infection and demonstrates the proper cleanup procedure for blood spill

*Rural Supported Employment*

Discusses how to successfully develop jobs by working with individuals, businesses, and small towns sense of community

*Teaching Basic Safety Skills*

Tells staff how to go about teaching safety skills to their clients with mental retardation; does not show actual teaching of the safety skills

*Wheels of Safety*

For wheelchair users; looks at the issue of safety and ways to prevent wheelchair and motor vehicle crashes

# Training Opportunities

MANDT Instructor Certification/Recertification training will take place in November. Contact Perry Jones at (406) 444-2995 or DMA directly at (972) 495-0755 for more information.

The 21st Annual Montana Conference on Developmental Disabilities will be held in Billings November 1-3, 2000 at the Billings Plaza Holiday Inn Grand Montana & Montana Convention Center. Contact Perry Jones at (406) 444-2995 for more information.

HAVE A SAFE,  
RAIN-FILLED SUMMER!

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*QUALITY MATTERS*

Summer 2000

Editor Janice Sand • Circulation 600

This is a publication of *Parents, Let's Unite for Kids*, a private nonprofit organization founded in 1984 by a group of parents of children with disabilities and chronic health problems. This project is funded (in part) by the Developmental Disabilities Program of Montana DPHHS. Any statements contained herein do not necessarily reflect the opinion of the Department.

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