

Summer, 2010

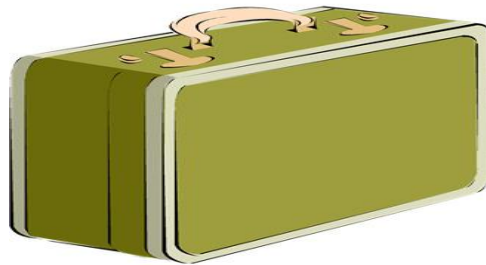
Volume 9

Philadelphia Coordinated Health Care

This Publication is for Individuals with Intellectual and/or Developmental Disabilities and their families

ACTIVE NEWS

Here are some tips on how to have a safe and healthy summer vacation.



Make sure you pack and take all your medication with you.

Don't forget sunscreen.



Vacation Time and Summer Fun



Make sure you bring your photo ID and medical information when you go on vacation.



Remember to tell a family member or a friend where you will be staying and also a phone number where you can be reached.

Bring a little extra pocket money in case of an emergency.



Know where the closest hospital is and make a list of all your medications, in case of an emergency.



Helpful Hints for a Safe and Healthy Vacation

Wear loose fitting and light colored comfortable clothes.



Eat small healthy meals and drink plenty of water. Stay away from sodas and caffeine.



Pack any adaptive bowls, cups, utensils or even a food processor if needed.

Christy's Corner

Having A Little Bit Of Summer Fun... At Home

Some of us can't go on vacation or just simply don't want to! What is this called, it's called **Staycation**. Here are some ways to enjoy being at home during the summer.

Go to the park

Take a walk around your neighborhood

Watch movies on TV

Invite a friend or family member over to hang out

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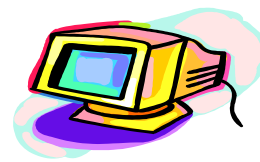
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