

## Summer Safety



As summer gets underway, it's important to keep health and safety a priority during outdoor activities!

### Sun Safety

Protect your skin this summer by applying SPF 30+ sunscreen, wearing hats and sunglasses, and limiting prolonged sun exposure. Even on cloudy days, UV rays can still cause damage—so don't skip protection!

### Food Safety

Keep summer meals safe by washing hands often, keeping surfaces clean, and storing food properly. Perishable foods should not sit out for long—when in doubt, throw it out!

### Water Safety

Whether at the pool, lake, or during water activities, always ensure proper supervision and be aware of each person's abilities and needs. Use life vests when boating and stay alert to changing conditions.



### Grill Safety

Enjoy outdoor grilling but always use equipment safely and never leave grills unattended. Following safe grilling practices helps prevent accidents and injuries.

### Insect Safety

Protect against mosquitoes and tick bites by using repellents, wearing protective clothing, and checking skin after spending time outdoors. Be mindful of allergic reactions and seek help immediately if symptoms occur.

### Heat Awareness\*

Hot weather can quickly lead to heat exhaustion or heat stroke. Watch for warning signs like heavy sweating, dizziness, nausea, fatigue, or muscle cramps.

Remember...

### Heat stroke is a medical emergency!

Signs may include a very high body temperature (above 103°F), red or hot skin, confusion, dizziness, nausea, or a rapid pulse. If someone may be experiencing heat stroke:

- Call 911 immediately
- Move them to a cool, shaded area
- Use cool cloths, water, or ice packs (wrapped in cloth) to help lower body temperature
- Only give fluids if the person is alert and able to swallow

Staying hydrated, taking breaks, and avoiding excessive heat can help prevent serious illness.

---

## Upcoming Trainings

All Self-Hires are required to complete the following trainings by 06/30/2026:

**RELIAS**

### HIPAA Annual Update 2026

### First Aid/CPR/ AED Update 2026

It is crucial that all Self-Hires remain informed and compliant with all New York State and OPWDD requirements. Failure to complete these trainings by **06/30/2026** can result in disabled eVero access, corrective action, and termination. If your Self Hire need assistance with the Relias System—such as logging in, resetting a password, or navigating tests please contact your FI Coordinator or email the training department at the following address: [Training@thearcas.org](mailto:Training@thearcas.org)

## Mileage & Reimbursement Reminder for Self-Hires

Please keep in mind that reimbursement rates for meals and lodging are set by the GSA (General Services Administration). These rates vary by location and are determined using the ZIP code where the expense occurs.

“Lodging” refers to overnight accommodations needed for approved work-related travel (such as hotels or similar stays). Reimbursement for lodging, as well as meals, cannot exceed the maximum limits listed on the GSA website: [www.gsa.gov](http://www.gsa.gov)

If you have any questions about mileage or staff activity reimbursements, please reach out to your assigned FI Coordinator for assistance!

## Upcoming Events



### Saturday, July 4th, 2026

This is a reminder that Saturday, July 4th, 2026 is an Agency Holiday. Staff should not be working on this day unless they have received prior approval from their FI Coordinator. Wishing everyone a restful and enjoyable Independence Day, however you choose to spend it!

### Saturday, July 4th, 2026

Come celebrate America’s 250th with a fun-filled afternoon of food, friends, and festivities! Stop by the PWI Building in Wellsville on July 4th from 1:30–7:30 PM for a cookout and bonfire. Guests are encouraged to bring a dish to pass—bottled water will be provided, and additional beverages are welcome. Don’t forget to RSVP to Patrice at [patrice.haskell@thearcas.org](mailto:patrice.haskell@thearcas.org). We hope to see you there!

## Q & A

### Q: What is considered an incident?

A: An incident includes events such as abuse, neglect, significant reportable incidents, or notable occurrences that impact the health, safety, or well-being of the person receiving services.

### Q: What should I do if an incident occurs?

A: All incidents must be reported immediately.

- Call the Quality On-Call line: 585-808-8244
- Call the Self-Direction On-Call line: 585.808.6023
- Follow the chain of command
- Contact the Justice Center if required



### Q: Who is responsible for reporting the incident?

A: The staff person who witnessed or discovered the incident should report it directly. If needed, a supervisor may assist to ensure the report is submitted promptly.

### Q: What happens after an incident is reported?

A: Your FI Coordinator will ensure that all required paperwork (OPWDD 147) and notifications are completed, including notifying the person’s Circle of Support. You will then wait for the investigator to schedule an interview. You may also receive guidance on immediate protective measures, which could include additional supervision, training, or support for the person receiving services.

### Q: Why is timely reporting important?

A: Prompt reporting ensures the safety of the person affected, allows for quick response and support, and helps meet required reporting standards.

## Stay Connected

For any questions regarding information found on this newsletter, please email:

[FIConnect@thearcas.org](mailto:FIConnect@thearcas.org)

