



<i>Birthdays</i>	
Steve Mattoon	03/04
Sharon Varner	03/06
Jill Hulett	03/07
Marc Lutz	03/07
Maggie Kindig	03/11
Tina Robertson	03/15
DiAnn Curfman	03/17
Rhonda McKinney	03/21
Dawn Cazin	03/25
Kris Tate	03/25
Keli Morgan	03/27
Becky Thompson	03/30
Mary Davis	03/31

Thank You

to everyone on the agency Health Insurance for getting your forms in on time. We were able to send all forms in on Friday February 16th! **You should have received your new insurance cards in the mail. Make sure you show it to your providers the next time you visit.**

At In-Service we will have our representatives from the health insurance provider available to answer questions. They will also present information on using the additional services available to us as members of Wellmark Blue Choice.



Agency In-Service
 In-Service is scheduled for Thursday,
 May 3rd at the Pzazz.

CAP Coins

is a publication for the employees of Community Action of Southeast Iowa. Submit information for the next issue of CAP Coins to the Editor, Sheri Wilson, by 3/20/18.

I am excited to start in my new position as Executive Director. It is only through my years of experience working with all of you, that I have learned the value of Community Action to our clients.

Each one of you is essential to the services we provide to over 15,000 people each year. Thanks for your dedication to our mission as we work to alleviate the conditions and causes of poverty and provide quality services.

Sheri Wilson

National Poison Prevention Week raises awareness of poison prevention nationwide during the third full week of March every year. This year it will be held March 18 – 24. The article highlights dangers that lurk in the spring . . .



As you begin spring cleaning and work on the yard, follow these simple tips to keep your family safe:

Household cleaners and other products

- **Keep poisons in the containers they came in.** Do not use food containers (such as cups or bottles) to store household cleaners and other chemicals or products. These should be stored away from food.
- **Read and follow the directions for use of products and their disposal.** Do this *before* using the products. Follow the advice carefully and **never mix chemicals or household cleaners or detergents.** Doing so can create a poisonous gas.
- **Turn on fans and open windows** when using chemicals or household cleaners, and never sniff containers to see what is inside.
- When spraying chemicals, direct spray nozzle away from people and pets.
- **Even in small amounts, windshield wiper fluid is poisonous.** If swallowed, it can cause blindness or death to people and pets. Use it carefully to avoid spraying it in someone's face.
- **Chemicals can burn the skin.** Drain openers, toilet cleaners, rust removers, and oven cleaners can cause such burns.
- Liquids made from petroleum, such as gasoline, kerosene, charcoal lighter fluid, paint thinner, baby oil, lamp oil, and furniture polish, are poisonous.
 1. If these items are swallowed, they can easily get into the lungs. Even a small amount can cause breathing problems. The liquid coats the inside of the lungs and prevents oxygen from entering the blood stream.

Pesticides

- **Pesticides (pest killers) can be taken in through the skin or inhaled** and can be extremely poisonous. Even leather shoes and gloves do not offer full protection. Stay away from areas that have been sprayed until the spray has dried or for at least one hour.
- **Wear protective clothing when using bug spray or other spray products.** Put on a long-sleeve shirt, long pants, socks, shoes, and gloves. Remove and wash clothing after using chemicals.
- If pesticides are splashed onto the skin, rinse with running water for 15 to 20 minutes. If pesticide contacts clothing, take off the clothing before rinsing skin.
- Many garden chemicals are poisonous if swallowed or inhaled by children and adults.



Head Start Training.
I caught an unsuspecting group quite intent during a recent training.