

# Community Connections

## Nick is living his dream!

Nick is playing music and able to attend his church's men's retreats because of the supports he receives from his Mom, SORB PA and PSWs.

Once again, Nick is able to play in his church band and a secular full band called "Acoustic Blend". He also plays side gigs with a friend doing acoustic sets. He even has been invited to play with another band.

Nick has recently been playing music at his church, local wineries, and Brix. He has even been thinking about a mission's trip in 2020 to India. These were things he believed he might not be able to do again. All of this has changed since he has been connected with the right wrap around supports.



## Protect Yourself from Wildfire Smoke

When wildfires burn in your area, they produce smoke that may reach your community. This smoke can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases.

*Take steps to decrease your risk from wildfire smoke.*

- **Keep indoor air as clean as possible** If you are advised to stay indoors, keep windows and doors closed. Run an air conditioner but keep the fresh-air intake closed and the filter clean to prevent outdoor smoke from getting inside. If you do not have an air conditioner and it is too warm to stay inside with the windows closed, seek shelter in a designated evacuation center or away from the affected area.
- **Avoid activities that increase indoor pollution.** Burning candles, fireplaces, or gas stoves can increase indoor pollution. Vacuuming stirs up particles already inside your home, contributing to indoor pollution. Smoking also puts even more pollution into the air.
- **Do not rely on dust masks for protection.** These masks will *not* protect your lungs from the small particles found in wildfire smoke. **Have a supply of N-95 or P-100 masks on hand.** They are sold at many hardware and home repair stores and online.
- **If you have heart, vascular or lung disease, including asthma,** talk with your health care provider before fire season to make plans. Discuss when to leave the area, how much medicine to have on hand, and your asthma action plan if you have asthma.
- **Consider buying an air cleaner.** Some room air cleaners can help reduce particle levels indoors, as long as they are the right type and size for your rooms as specified by the manufacturer.

**Southern Oregon Regional Brokerage**  
**2930 NE Stephens Street**  
**Roseburg, OR 97470**

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## Goodbye Summertime

# August Birthdays

Jose G.	Steven W.	Taylor S.	Jennifer D.	Micah T.	Krystal C.	Tina H.
Juleann B.	Timothy N.	Jennifer B.	William L.	Storm A.	Brandon S.	Rebekah C.
Leslie S.	William W.	Davis H.	Jessica M.	Peggy H.	Meghan N.	Kyle H.
Casey M.	Katie M.	Matthew G.	Brittney G.	Jesse F.	John B.	Michael G.
Clayton D.	Katie B.	Dawn S.	Shawn G.	Duane M.	Wesley P.	Darla M.
Donald K.	Audrianna E.	Jennifer P.	Billie T.	Brittany F.	Rose D.	Cassidy H.
Glen H.	Carrie F.	Clifton B.	James F.	Charles W.	Logan M.	George B.
Sarah A.	Colleen B.	Randy W.	William G.	Mauro F.	Christopher J.	Samuel P.
Angela H.	Michael R.	Eric R.	Elaine S.	Jeffrey B.	Marilyn D.	Seth M.



# September Birthdays



Eamon N.	Kristy C.	Deanna D.	Rose M.	Rebecca B.	Darrell S.	John S.
Michelle E.	Jesse P.	Betty M.	Terah C.	Cody H.	Matthew C.	Jeanine H.
Julie D.	Nathan M.	Cathie L.	Kathryn L.	Kevin W.	Kyle A.	Diana D.
Michael B.	Kelsey H.	AJ A.	Leah G.	Ernest T.	Angela Y.	Mark H.
Jesus M.	Lauren C.	Theresa W.	James G.	Seth K.	Leah S.	Tabitha J.
Anna R.	James E.	Thomas L.	Samuel K.	Jayme F.	Chelsea D.	Eric S.
Fabiola B.	Tracie c.	Jessica H.	Bobby M.	Ashton C.	Douglas V.	Robert K.
Jason W.	Matthew T.	John S.	Dustan R.	Amy M.	Noah W.	Shane A.
Ashley A.	Andrew B.	Larissa R.	Charles F.	Kevin B.	Jeffrey W.	Jason M.