

Community Connections

Understanding Cold Weather Illnesses

Do you know the health risks of cold weather? Know the warning signs!

Frostbite causes loss of feeling and color around the face, fingers, and toes.

Symptoms: numbness, white or grayish-yellow skin, or firm or waxy skin.

If you or someone you know develops frostbite, go to a warm room or soak in warm water.

Do not massage or use a heating pad on frostbitten skin.

Hypothermia is low body temperature that falls below 95 degrees Fahrenheit.

Symptoms: exhaustion, shivering, or confusion, with fumbling hands or slurred speech.

In the event of hypothermia, go to a warm room and warm the center of the body first. Keep dry and wrapped up in warm blankets, including the head and neck.

For more information on how to recognize and respond to frostbite and hypothermia, visit:
<https://www.ready.gov/winter-weather>

Tips on Safely Heating Your Home

- Keep objects at least 3 feet away from heaters, fireplaces, wood stoves, radiators, or space heaters.
- Make sure you have working carbon monoxide alarms.
- Have a professional inspect your chimneys once a year.

Check out this month's local shout-out!



Cascadian Coffee Company
2 hrs · 🌐

Fellow coffee lovers, meet Wesley Phillips! We recently had the pleasure of working with Wesley, and boy, are we impressed!! Wesley is super friendly, well-dressed, and takes great pride in his work. He is also a stickler when it comes to safety. In the 13 1/2 years that he's worked for Sunrise Enterprises and Goodwill, he's only missed three days of work!!!

In his free time, Wesley enjoys crafting, singing (he's a worship leader at his church) and playing video games. His message to the public is "Have fun on the job! Don't take the easy road and face things head on. Work through it." His dream job is to work the cash register at Dollar General!

The staff here at Cascadian Coffee Co. + Catering wants to thank Sunrise Enterprises for the opportunity to partner with them and work with Wesley Phillips. 😊





December Birthdays

Benjamin K.	Stephen R.	Cascadia F.	John M.	Ethan G.	Nathan J.	Christopher I.	Kenny D.
Casey F.	Joseph H.	Christine A.	Leland L.	Kenneth B.	Heather T.	Sharon S.	Cody S.
Matthew V.	Marcy K.	Charity L.	Marvin W.	Jeff K.	Joshua B.	Matthew G.	Justin W.
Ronald A.	Alexandra H.	Lisa B.	Michael F.	Duane N.	Margaret S.	Scott H.	Norman S.
Ian B.	Tiffany M.	Austin H.	Gary F.	Shari S.	April G.	Nancy A.	Alethea V.
Crystal B.	Kenneth V.	David W.	Mickey B.	Karl Erik H.	Bonnie M.	Robin H.	Kyle S.



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