

Happy Birthday to you!!

July

- 1 William Tiller
- 1 Kristi Yahn
- 5 Wanda Rogers
- 6 Bernice Prewitt
- 8 Diane Stanko
- 10 Mary Ellen Fogarty
- 11 Sharon Goble
- 13 Evelyn Shewmaker
- 16 Edith Lockard
- 17 Emily Best
- 17 Kim Sither
- 18 Jane Waits
- 20 Violet Simpney
- 21 Marcia Wagoner



August

- 3 Pat Hoefle
- 9 Brigitta Jennings
- 10 Phyllis Eversole
- 17 Rebecca Witt
- 19 Cathy Baker
- 19 Queenia McAllister
- 24 Bob Stanko
- 24 Laura Wild
- 24 Don Witt
- 25 Anne Harr
- 26 Joyce Quiggins
- 30 Patricia Nowack

Contact Us

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www.bhlexvolunteers.com



BAPTIST HEALTH
LEXINGTON

VOLUNTEER VOICE

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July—August 2015

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Happy Birthday To...

Baptist Health VolunTeen Virtuosos

Please join us most Friday's during the summer, in our modern Café Central for a serving of Instrumental Healing by our very own VolunTeen Virtuosos.

Please thank them for sharing their musical talents along with their other gifts and time this summer.



Baptist Health Lexington Volunteer Services



BAPTIST HEALTH
LEXINGTON

Upcoming Events:

Mid-summer Night Run

August 8, 2015

\$5.00 Jewelry Sale

July 23 & 24

Electronics Sale

August 26 & 27

SAVE THE DATE:

Fall Meeting

October 30, 2015

Summer Safety Tips: 12 tips for Staying Cool This Summer!

- Be aware of the heat. Pay attention to it and modify your activities appropriately.
- Pay attention to your hydration status and be sure to drink plenty of fluids.
- Try to stay in relatively cool areas, even when outside. Many public places, such as libraries, shopping malls and movie theatres, are air conditioned.
- Avoid hot, enclosed places, such as cars. Never leave children unattended in a car parked in the sun.
- Use a fan, if available.
- Stay on the lowest floor of your building.
- Eat well-balanced, light and regular meals.
- Wear loose-fitting, lightweight and light-colored clothing.
- Cover windows that receive a significant amount of sun with drapes or shades to help keep your house cool.
- Weather stripping and proper insulation will keep cool air inside your home.
- Cool beverages are good for cooling down the body.

Summer Volunteens are here placing flags for all of our Veterans!



Be Smart and Stay Protected!

