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# Monthly Newsletter

AUGUST 2024 ✦



## Join Our Community as a Host Home Provider!

We are excited to announce that we are expanding our network and are currently seeking compassionate and dedicated individuals to become Host Home Providers. If you have a nurturing spirit and a desire to make a positive impact in someone's life, we would love to hear from you!

We are specifically looking for people in **Denver, Boulder, and Weld County.**

If you are interested in joining our team and making a difference, please apply through our LinkedIn page. Additionally, if you know friends or family who might be interested, please refer them to us. Your dedication and kindness can transform lives!

**Apply on Indeed [here](#).**

## Stay Informed: Sign Up for Public Emergency Alerts

As part of our commitment to ensuring the safety and well-being of everyone at KCS, we strongly encourage all providers to sign up for public emergency alert systems.

### Why Sign Up for Public Alerts?

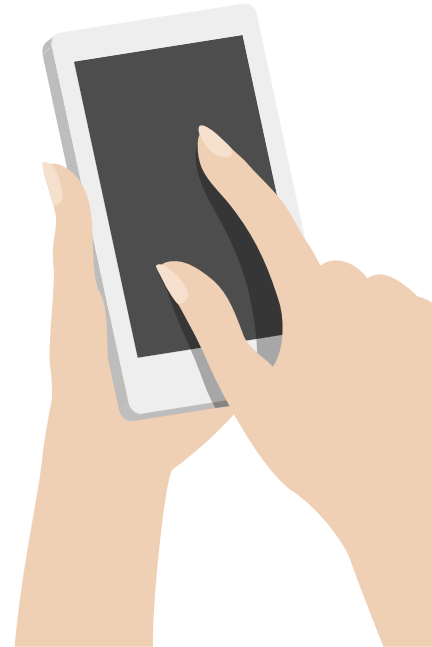
Emergencies can occur suddenly, and having access to timely and accurate information is crucial for effective response and preparedness. By subscribing to public emergency alerts, you will receive immediate notifications about critical incidents, severe weather, and other important updates that could impact you and how you care for the people in your home.

### Benefits of Public Emergency Alerts:

- Real-Time Updates: Get instant notifications about emergencies and urgent situations.
- Enhanced Safety Measures: Stay ahead of potential risks with timely information.
- Community Coordination: Receive alerts that can help you coordinate with local services and other providers.

Click [here](#) to sign up or **TEXT**: BOCOinfo to 888777 to receive text alerts.

From here you can sign up to receive alerts from the following communities:  
Boulder, Erie, Jamestown, Lafayette, Longmont, Louisville, Lyons, Nederland, Superior, Unincorporated Boulder Co, and Ward.



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## Introducing Our New Nurse Corner!

We are thrilled to announce the launch of our new Nurse Corner section in our newsletter. This segment will provide valuable health tips, advice, and insights to help you stay informed and healthy.

We are also excited to introduce you to KCS's nurse, Kali Londa. Kali brings a wealth of knowledge and experience to our team, and she is eager to share her expertise with you.

If you have any health-related questions or topics you'd like to see covered, please feel free to reach out to Kali directly at [kali.londa@karunacareservices.com](mailto:kali.londa@karunacareservices.com).



## Sun Safety Tips! Staying protected from UV rays is crucial!

**Sunscreen:** Use broad-spectrum sunscreen with a minimum of SPF 15+ on all exposed skin, including face, ears, and lips. Apply 15-30 minutes before going outside and reapply every 2 hours or more often if swimming or sweating.

**Protective Clothing:** Wear long-sleeved shirts, pants, wide-brimmed hats, and sunglasses.

**Shade:** Stay in the shade, especially between 10 AM and 4 PM when the sun is strongest.

**Medications:** Be aware of medications that increase UV sensitivity and use extra sunscreen if needed.

**Skin Checks:** Regularly examine your skin for changes and consult a healthcare provider if you notice anything unusual.

**Hydration:** Drink plenty of water throughout the day, especially when spending extended periods outside! Dehydration can increase your risk of heat-related illnesses and reduce the effectiveness of your skin's natural defenses.

## Exciting Collaboration: KCS and the Neurodiversity Community Center Talent Show on Sept 7th!

We are thrilled to announce that KCS is partnering with the **Neurodiversity Community Center** to host a talent show on September 7th. Stay tuned for more details! Learn more about the Neurodiversity Center [here](#).



*Thank you for reading!*

For any questions please email [tiffany.nguyen@karunacareservices.com](mailto:tiffany.nguyen@karunacareservices.com)

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