



November 2007

Progressive Partners Newsletter - AFSCME Local 101 - Dayton, Ohio



Local 101
 15 Gates Street
 Dayton, Ohio 45402
 Telephone 937- 461-9983
 Fax 937- 461-9916
 President - Ken Sulfridge
 Vice President –Bobbie Williamson
 Secretary Treasurer - Ruth Ritchie
www.afscmelocal101.com/



Dear Members,

Our new web site is growing. Members are discovering the tools available to them. This month, we are featuring our **Member Resources – Classified Ads** section with the following features:

- Autos** - Cars - Other - SUVs – Trucks
- Computers** - Desktops - Games - Laptops
- General Merchandise** - For Sale
- Help Wanted** - General
- Real Estate** - For Rent - For Sale
- Services** – General

Our first Member to post an ad in this section is:

Jackie Livingston, LMT – City of Dayton – Clerical Chapter. Jackie has been an AFSCME member for 18 years. She owns and operates her own business: **Helping Hands Medical Massage**



Jackie first became interested in Medical Massage while she received these services during her recovery from a painful injury. Medical Massage helped her so much that she decided to go to school and become a LMT herself. Jackie graduated from the Dayton School of Medical Massage and is a member of the American Massage Therapy Association. She is also a member of the Huber Heights Chamber of Commerce.

Jackie decided to open Helping Hands Medical Massage in the Summer of 2006 in an effort to help educate people on the **medical** benefits of massage. 99% of her clients seek her services due to injuries and pain. Jackie is a **Certified BWC Medical Provider**. Jackie also offers Swedish Massage, Hot Stone Massage, Myofascial Release, Deep Tissue Massage, Prenatal Massage and Infant Massage.

Massage therapy does relieve stress and promote relaxation, however there are distinct medical benefits that are often not realized by the public.

AFSCME Local 101.com Welcomes **Jackie Livingston** and **Helping Hands Medical Massage**

7023 Old Troy Pike
 Huber Heights, OH
 937-233-3899

<http://www.hhmedicalmassage.com>
hhmedicalmassage@yahoo.com



Attention AFSCME Local 101 – Dayton, OH

Want to win a \$50.00 gas card?

Visit our web site to register in our Members' Directory. Once you are approved, your name will be entered into the drawing. Rules available in the Newsletter & more section of our web site and the member registration page.

www.afscmelocal101.com

Winter Emergencies

We have seen natural and man-made disasters wreak havoc on many communities around our nation and the world. Emergencies will be easier to deal with if you are prepared. The following information can help you stay safe while at work and or while you are with your families.

Winter Storms and Extreme Cold

While the danger from winter weather varies across the country, nearly all Americans, regardless of where they live, are likely to face some type of severe winter weather at some point in their lives. That could mean snow or subfreezing temperatures, as well as strong winds or even ice or heavy rainstorms. One of the primary concerns is the winter weather's ability to knock out heat, power and communications services to your home or office, sometimes for days at a time.

Prepare for Winter Weather

- Make sure your home is well insulated and that you have weather stripping around your doors and windowsills to keep the warm air inside.
- Familiarize yourself with the terms that are used to identify winter weather.
- **Freezing Rain** creates a coating of ice on roads and walkways.
- **Sleet** is rain that turns to ice pellets before reaching the ground. Sleet also cause roads to freeze and become slippery.
- **Winter Weather Advisory** means cold, ice and snow are expected.
- **Winter Storm Watch** means severe weather such as heavy snow or ice is possible in the next day or two.
- **Winter Storm Warning** means severe winter conditions have begun or will begin soon.
- **Blizzard Warning** means heavy snow and strong winds will produce a blinding snow, near zero visibility, deep drifts and life-threatening wind chill.
- **Frost/Freeze Warning** means below freezing temperatures are expected.
- Thoroughly check and update your family's emergency supply kit [[link to Ready at www.ready.gov](http://www.ready.gov)] before winter approaches.
- Include adequate clothing and blankets to keep you warm.
- If you have a car, fill the gas tank in case you have to leave.
- Visit NOAA Watch for more weather-related information.

Make a Plan

- Plan to stay inside and make it on your own, at least for a period of time.
- If you have a wood-burning fireplace, consider storing wood to keep you warm if winter weather knocks out your heat.

Stay Informed

- Listen to NOAA Weather Radio to stay informed of winter weather watches and warnings.
- Also monitor commercial radio, television and the Internet. For a full description of what to listen for, and an explanation of different weather terms, refer to the NWS guide.
- Keep in mind that during a severe winter storm it could be hours, or even days, before emergency personnel are able to reach you.



AFSCME Local 101- 0C8



Gas Card Giveaway!

Don't miss your chance to win!
Visit our web site today and register.

www.afscmelocal101.com