

THE STAR PROJECT

The STAR Project's Summer Intern

The STAR Project was blessed to have Ava Brenkman spend 2 months as a Summer Intern. Ava is currently a junior at Whitman and is pursuing a double major in Psychology and Sociology. She wants to work with people inside institutions when she is done with school, being able to work with the Department of Corrections was a high point in her internship, and it was an eye opening experience!

"I am happy to have had the opportunity to meet and establish relationships with staff and participants alike" Here is Linda Scott presenting Ava with her Certificate of Appreciation for all she accomplished while here.



On August 4th, 2023, over 90 STAR participants, family and friends met at Borleske Stadium to cheer on the Walla Walla Sweets versus the Portland Pickles. Joseph Rutherford threw the first pitch of the game...which was a Walla Walla sweet onion! Even though the Sweets didn't win, it was a fun-packed night, and this was a great way to celebrate the end of the season/summer with The STAR Family.





A big thank you to
 the
 Kiwanis Club and
 STAR Project Board
 Member
 Nonda Gibbard for
 the donation of back
 packs
 and back to school
 supplies.



Civil Survival / Ask a Lawyer

<https://calendly.com/gamechangers1/ask-a-lawyer?month=2023-08>

This is a site that you can sign up for a 15 minute appointment to speak to a lawyer about the following reasons

- Challenge a drug possession conviction.
- Legal Financial Obligation (LFO) Relief
- Appealing the denial of an occupational license due to your criminal background
- Registration relief for people convicted of a sex crime

Registration is on a first come first basis, is only to determine eligibility, and you cannot sign up to look at someone else's case.

September Happenings

- Sept. 4th- Labor Day-Office will be closed.
- Sept. 16th-MANDTATORY Participant Meeting. 9:30am-2:30pm @ Sonbridge
- Sept. 20th- Monthly Dinner at The STAR Project office. Katie Bailey from Comprehensive Health will be speaking about the SOR Program.

Nurse Cynthia's Corner



Hello STAR Project Friends,

This month let's talk about the five W's: Who, What, Why, Where and When to see a medical provider for a loved one, or yourself, who isn't feeling well.

Who and When: Anyone who is not feeling better within a few days of showing signs of illness, or who seems like they are getting worse quickly.

What: A few examples: a fever that just won't go down no matter what we try. Someone who can't swallow without pain or can't swallow their own saliva (spit). An adult or child who seems unusually sleepy during the day. These are just a few examples. If you feel like the person you are caring for while they are sick should be seen by a medical provider it's always ok to take them in to be checked out.

Why: We want our loved ones to get back to feeling their best as soon as possible, but we don't want to expose them to more germs at the clinic or hospital if it can be avoided. When we are sick our immune system is working overtime to fight the germs that have invaded our body so it's helpful if we don't ask our immune system to fight off more germs than the one it is already working hard to combat. Hospitals and Clinics do their best to keep the germs in check as much as possible but, if we are sitting next to someone in the waiting room who is also sick we can be exposed to a whole new set of germs.

Where:

Clinic or Urgent Care: is the best place to go if the illness does not seem life threatening. If your loved one, or yourself, can walk and talk it is probably ok to go the clinic or to Urgent Care to be seen.

Hospital Emergency Room: Go here or call 911 anytime your loved one or yourself is not breathing, does not seem to be acting like themselves or you feel like the situation is serious.

If your medical provider decides to treat you or your loved one with antibiotics it is super important that you or your loved one take the entire prescription as directed. Do not stop taking antibiotics when you begin to feel better. Why? Because germs are good fighters and they fight until the very end, and if you stop taking antibiotics before you have taken all of them some of the germs will live on and even get stronger.

Wishing you all the very best health, Nurse Cynthia.