

## Asotin County Community Services

Serving the Lewis-Clark Valley Since 1973

All people living, working, learning and playing in a community that values diversity before labels and strengths before barriers.

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(509) 758-8349; [www.asotincountycommunityservices.com](http://www.asotincountycommunityservices.com)

July 2023



### Independence Day July 4th, 2023

The Fourth of July, also known as Independence Day, has been a federal holiday in the US since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776 the Continental Congress voted in favor of Independence, and two days later delegates from 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American Independence.

### Did you know...?

**July is Disability Pride Month.** There are an estimated 1 billion people with disabilities worldwide.

In the United States, July is Disability Pride Month. It marks the 1990 enactment of the Americans with Disabilities Act, a landmark U.S. rights law that extended civil rights protections to persons with disabilities and assured that all Americans would benefit from their talents. People with disabilities continue to make historic contributions in many fields such as music, science, sports and technology.



ACCS is working with Washington and Idaho's Division of Vocational Rehabilitation to provide work readiness training and paid work experience for students this summer from June 26<sup>th</sup> through August 18<sup>th</sup>. This program helps students with disabilities learn about the "soft skills" that will help make them better workers, such as communicating appropriately with others, problem-solving, and taking initiative to get tasks done. After they complete the class, students will be able to test out their newly learned skills at a number of worksites in the LC Valley. This program has helped students gain valuable work experience, while also helping to prepare them for the transition from school to employment or college.

How to find relief during summer heat waves:

1. **Stay Hydrated:** It is important to drink plenty of water during the summer. Especially when you are spending more time outside. Fill up a water bottle to keep with you outside so you can have easy access!
2. **Wear sunscreen:** Make sure to protect your skin by applying sunscreen regularly anytime you go outside. Yes, even when it's cloudy! Another idea is to wear a hat and sunglasses for additional sun protection.
3. **Dress lightly:** Dress in loose, light weight, and light colored clothing. According to the Huntsman Cancer Institute, "Darker colors absorb more UV than lighter colors like white and pastels. This means the UV rays are less likely to reach your skin."



**"Be Yourself, everyone else is already taken."  
- Oscar Wilde**

**July 4th**

Asotin County Community Services will be closed on Tuesday July 4th, 2023. There will be no janitorial services at the Corps or Social Security building. Please call the office at 1(509) 758-8349 if you have any questions. **Be safe! Enjoy the holidays!**