

BOLANA CONNECTION

July 2019



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Summer Vacation Cleaning Tips

By Katie Holdefehr - Reprinted from realsimple.com

Clean These 5 Things Before You Go on Vacation or Risk Coming Home to a Stinky House

Your to-do list might feel overwhelming, but taking the time to disinfect these areas will help ensure you come home to a fresh place.

When you're preparing for a family vacation or big work trip, your to-do list can feel never-ending. But in between preparing passports and packing suitcases, you're going to want to add one more item to your priority list: cleaning these 5 spots in your home. It will take a few minutes now to clean and disinfect these areas, but it could prevent pests and help you avoid coming home to an unpleasantly smelly house a week from now. While it's nice to come back from vacation to a tidy bedroom and sparkling clean kitchen, this list sticks to the must-cleans and skips the extras, ideal for when you're pressed for time. Have one more hour to devote? Go ahead and expand this list to include making your bed, wiping down the counters, and tidying up your kids' toys so you're greeted by a house you'll be happy to come home to.

Take Out the Trash: Consider this cleaning priority number one. If you forget to take out the trash before you skip town for a week, you're likely to be greeted by a foul smell, as well as pests. Rotting trash can attract bugs and rodents, so you'll thank yourself later if you take a few minutes to finish this chore on your way out the door. Take it one step further: take a peek inside your refrigerator. Grab any perishables that are likely to go bad while you're away and toss them into the trash can before you empty it.

Hand-Wash the Dishes or Run the Dishwasher: Avoid leaving any dirty dishes in the sink or on the counter. The food remnants can attract bugs into your kitchen. The night before you leave, fill and run the dishwasher, or if you have just a few dirty dishes that don't warrant a full cycle, hand-wash them before you head to the airport.

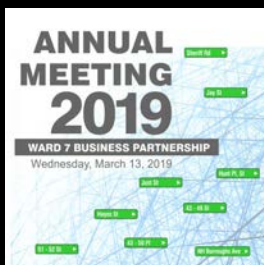
Clean the Toilet (And Give an Extra Flush): Before you leave on your trip, give your toilet bowl a quick clean. Then, sprinkle in a bit of baking soda and give it an extra flush to make sure there's no lingering debris in the pipe.

Freshen Up the Garbage Disposal: No one wants to come home to a stinky garbage disposal (not to mention the flies it can attract), so pour some distilled white vinegar down the disposal and flush with water, letting it run for one minute. For a fresh scent, add some lemon peels and run the machine again.

Do the Laundry: If you leave a pile of damp bath towels in your hamper for a week, there's a good chance you'll come home to mildewy towels. Instead, set aside time a day or two before you leave to finish up that last batch of laundry. Really crunched for time? Hang up towels or dirty items rather than letting them stew in a hamper for seven days. An added bonus: doing your laundry before you leave means you'll be able to pack clean clothes for your trip.

Ward 7 Business Partnership Annual Meeting

Our President, Valarie Dock participated in the 2019 Ward 7 Business Partnership Annual Meeting in March. The meeting focused on Charting Successful Community Development, Strategic Direction, and the status of the Minnesota Avenue Project. The Ward 7 Business partnership presented the tremendous results of what has been accomplished and look forward to future projects and collaborations. Honored attendees included The Honorable Vincent C. Gray, Ward 7 Council Member and Dr. Unique Morris-Hughes, Director of DC Department of Employment Services.



School Mentoring Program

Bolana's mentoring program with a local school started in April and has been rewarding for all involved. We have started with mentoring 4 students and will increase with the next school year. Our goal is to give the students support and guidance, and to show them that their future is a blank canvas and they have the paintbrush.

Mentors and Mentees also had a great time at the DC United match in June. They enjoyed food, fun and the game, which was won by DC United 1-0.



Bolana Team Member Dependent Scholarship Recipients

Applications for the Bolana Team Member Dependent Scholarships are currently under review. Winners will be announced by July 30th and will also be published in the October edition of the Bolana Connection.



Congratulations to Safety BINGO Winner – Peter Makagonow



Peter Makagonow
BINGO Winner



Bolana's ESA Team from left to right: Nelson Vides, Massimo Serafini, Agostina Serafini, Peter Makagonow (BINGO Winner), Ryan Hayes, Sergio Serafini, Maria Vargas

Summer Water Safety

Drowning is a leading cause of death for children. Together we can change that.

Why is Water Safety So Important?

It only takes a moment. A child or weak swimmer can drown in the time it takes to reply to a text, check a fishing line or apply sunscreen. Death and injury from drownings happen every day in home pools and hot tubs, at the beach or in oceans, lakes, rivers and streams, bathtubs, and even buckets. The Red Cross believes that by working together to improve water competency – which includes swimming skills, water smarts and helping others – water activities can be safer... and just as much fun.

Things to Know About Water Safety

- Ensure every member of your family learns to swim so they at least achieve skills of water competency: able to enter the water, get a breath, stay afloat, change position, swim a distance then get out of the water safely.
- Employ layers of protection including barriers to prevent access to water, life jackets, and close supervision of children to prevent drowning.
- Know what to do in a water emergency – including how to help someone in trouble in the water safely, call for emergency help and CPR.

Information reprinted from redcross.org



Employee Hire Date Anniversaries

The following employees have hire anniversary dates in the months of April through June. All of the employees below have been a member of the Bolana Team for at least 1 year. Team Members with an asterisk (*) next to their name have 5 or more years of service with Bolana. Thank you for your continued commitment to making Bolana a great place to work and being an asset to the team!!

Benyoset Sandoval Molina*	4/1/06	Karla Cardona*	6/30/10	Kevin Watkins	6/27/16
Tito Paniagua*	4/1/06	Pronzella Dennis*	6/17/11	Mario Hernandez Amador	6/27/16
Amanda Sanchez Ayala*	6/16/07	Jose Nolasco Benitez*	4/1/12	Steven Merriman	6/14/17
Rosemary Mills*	5/7/08	Oscar Rivera-Zeledon*	4/1/12	Kadiatu Bangura	4/1/18
Luis Paredes*	5/18/09	Angela Enriques*	6/1/12	Luis Camacho Garcia	4/1/18
Maria Quintanilla*	5/19/09	Guadalupe Flores*	5/1/13	Gabriel Randall	4/1/18
Franklin Rivera-Moreira*	5/25/09	Carlos Hernandez*	5/15/13	Harriet Asantiwah	4/1/18
Helen Jacks*	6/1/09	Robert Beans*	6/16/13	Reyna Avendano	4/1/18
Rhonda Walker*	6/1/09	Manuel Vazquez*	4/16/14	Alejandro Calderon	4/1/18
Andrea Rivera-Turcios*	6/1/09	Glenda Sanchez*	4/16/14	Eric Bedjabeng	4/1/18
Cynthia Isaacs*	6/1/09	Julia Sanchez*	4/16/14	Yaw Boama	4/1/18
Vicenta Hernandez*	6/1/09	Abraham Baez	4/1/15	Edmundo Velasquez	4/1/18
Daphne Colbert*	6/1/09	Alexandra Cuello Vega	5/1/15	Luz Paredes	4/1/18
Kimberly Frantz*	6/1/09	Norma Sorto Soriano	5/1/15	Sandra Aguirre	4/4/18
Tessa Cain*	6/1/09	Claudia Ajpuac-Campa	5/13/15	Marcelina Carrillo	4/18/18
Renee Watkins*	6/2/09	Abraham Baez	5/16/15	Miriam Ventura	5/1/18
Phillip Nicely*	6/2/09	Ana Marquez Hernandez	6/12/15	Cecilia Jimenez	5/7/18
Candy Rice*	6/18/09	Odilio Garcia Sarceno	5/2/16	Alison Robb	5/16/18
Yanci Flores-Gomez*	6/21/09	Coralía Guardado	5/31/16	Riccy Hernandez Navas	5/22/18
Jerry Wilkes*	6/23/09	Edilia Banos Salinas	6/6/16	Ilsia Aguirre	6/16/18
Yolanda Lopez*	6/29/10	Yeselin Alvarez	6/23/16		

Bolana Family News

Nathalia Makagonow, daughter of Peter Makagonow, Bolana worker, turned 5 years old on April 1, 2019. Family sharing was held at Chuck E. Cheese. An afternoon full of games, fun and happiness.



If you have any Family News to submit, please email description and photos to stimberlake@bolanainc.com.





Hazel Thomas, Valarie Dock, & Maria Fernandez brainstorm to make the best of their team project



LeVon Dock, Sandra Bravo-Greenberg, LeRoy Dock & Shannon Timberlake pose with their project.



Louis Matthews, Kevin Williams, Sergio Serafini & Leonardo Mercado appear to be pleased with their results.



Ana Chavez, Valarie Dock, Maria Fernandez & Hazel Thomas enjoying working as a team..



A Collection of Quotes and Feedback from Some of Our Happy Clients

June 7, 2019

"I wanted to give a special THANK YOU and to let you both know that Anthony went above and beyond this morning. It was one of those moments, well more than moments this morning, take actions that I can not help but to acknowledge. He took charge of helping with a leak, a visitor in need of assistance, and man oh man he was rocking this morning. Great Job Anthony – he ROCKS!!!!"

- Casina



May 8, 2019

"I wanted to let you know that Norma is doing a great job at both sites. A month ago there was a site visit with the Regional Property Manager, along with the Senior Asset Manager. The inspection went well and everyone was pleased with the appearance of both buildings. Dan mentioned the floors are so clean you can eat off them...Norma does a great job and we're happy with her performance. Best Regards!"

- Anita

May 3, 2019

"Last night's gala showcased many things – our faculty's skill, our students' success, but also the dedication of our Operations staff and contractors. The high quality of the facilities and resources TMA offers its students, teachers, and staff is a key element in the education of our students, many of who have access to few other resources. Thank you for effort that epitomizes 'above and beyond' service – in preparation for the event, but also in your work to maintain the school every day!"

- David



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**Thank you for taking the time
to read our newsletter!**

