

U and Universal

Many Universal employees have the person served in their cars with them at some point and time. Here are some tips for keeping your car in good working order for the winter months:

- *check tire pressure (tires lose a pound of pressure for every 10 degrees that the temperature drops)
- *make sure your battery is fully charged (winter weather puts more stress on your cars battery. Most auto part stores will check it for free)
- * replace wiper blades (most wiper blades only have a one year lifespan)
- * replace dirty filters such as air, fuel, etc.
- * keep an emergency kit (extra gloves, flashlight, snacks, etc.)
- * make sure your cellphone is charged in case of emergency
- * follow owner's manual for maintenance
- * keep car insurance, registration and inspection up to date
- * for other winter car tips go to www.ase.com

Did you know?

Universal has a Psycho-Social Rehab (PSR) program in Asheville.

30 people currently receive services from the Asheville PSR.

The attendees work on skills such as: job preparation, coping, and social skills
Activities at the PSR include a cooking and a poetry club. Some of the attendees volunteer at the Mana food bank.

The PSR program also works closely with supportive employment to assist with job placement.

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