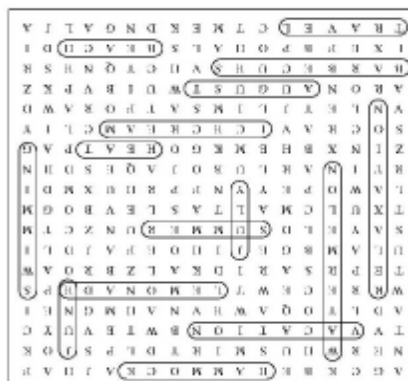


J S U M M E R M B L E

Try to find all of these summertime words:

A G C K B E H A M M O C K A J H A F
 N E R W H U S M I R T D L P S J O K
 T V V A C A T I O N B W T E V U Y C
 A D L T O Q A W E V N A H M G N E I
 W R R E C E W T L E M O N A D E P S
 T E P R S A R I D K A L Z B R O A W
 U L A M B G E J I H O E F A J D L I
 S A Y E L D S U M M E R U N Z C T M
 T X U L C M A L T A S L E V B O G M
 L A W O P E Y Y N F P R H U X M D I
 R T I N A R L U B O J A Q E S D H N
 Z I N X B H E M K G O H E A T P A G
 S O C R A V I C E C R E A M C L I Y
 V N L E T J L I M S A T F O R A W D
 A R O N A U G U S T W U I B V P K Z
 B A R B E C U E S V H C T Q N E S R
 I X E F B P O H A L S B E A C H D I
 T R A V E L C T M E K D N G A L J A

- VACATION
- HEAT
- BARBECUES
- JUNE
- JULY
- AUGUST
- SWIMMING
- BEACH
- TRAVEL
- ICE CREAM
- RELAXATION
- WATERMELON
- HAMMOCK
- LEMONADE
- SUMMER



A N S W E R S

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SERVICE COORDINATION NEWS

HOT WEATHER SAFETY DRINK UP!

Drink up!

Drinking enough water—especially in hot weather—can be difficult for older adults, infants, and those taking certain medications, whose sense of thirst may not be sensitive.

Water is involved in all body processes. We need the proper amount for those processes to work correctly.

It's a delicate balancing act, that a healthy body does automatically. People lose water through urination, sweating, bowel movements, and even breathing (think of the steam you see on a mirror when you breathe on it). Along with fluid loss, you lose salts—minerals and chemicals that your body needs to work properly. The loss of these fluids and salts can be serious, especially for older people.



When you don't take in enough water to replace what you lose, your blood becomes more concentrated. In most people, this triggers thirst, which is your body's way of telling you it needs more

water. If you ignore this feeling—or if your “thirst button” isn't working properly—you can become *dehydrated*, meaning that your body doesn't have enough fluid to work properly.

Heat Exhaustion Symptoms

- Heavy sweating
- Cold, clammy skin
- Dizziness or fainting
- A weak and rapid pulse
- Muscle cramps
- Fast, shallow breathing
- Nausea, vomiting or both

Heat Stroke Symptoms

- Warm, dry skin with no sweating
- Strong and rapid pulse
- Confusion and/or unconsciousness
- High fever
- Throbbing headache
- Nausea and/or vomiting
- Combativeness, bizarre behavior, staggering

Source: American Heart Association, Department of Health and Human Services

→ Continued on next page

→ Continued from front page

Dehydration: What To Do

If you suspect dehydration, offer the person in your care *small amounts* of water over a period of time. Taking too much all at once can overload the stomach and cause vomiting.

- Get the person out of the sun and into a cool place.
- Offer fluids like water, or fruit and vegetable juices.
- Urge the person to lie down and rest.
- Encourage the person to shower, bathe or sponge off with cool water.

Dehydration Prevention

As a person ages, they feel less thirsty, so special efforts should be made to provide enough fluids. A person's fluid balance can be affected by medication, emotional stress, exercise, nourishment, general health, and the weather. Dehydration, especially in older adults, can increase confusion and muscle weakness and cause nausea. Nausea, in turn, will prevent the person from wanting to eat, thereby causing more dehydration. Prevent dehydration by:

- encouraging the intake of 6–8 cups of liquid every day (or an amount determined by the doctor)
- serving beverages at room temperature
- providing foods with high water content (watermelon, soups)
- avoiding caffeine and alcohol, which causes frequent urination and dehydration

Source: NIH News In Health, Department of Health and Human Services

JULY Birthstones
Ruby - meaning Contentment
Flowers
Larkspur and Water Lily

Service Coordination is a service of the Area Agency on Aging District 7, Inc. under the direction of the Ohio Department of Aging. The **Area Agency on Aging District 7, Inc.** serves Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto, and Vinton Counties. For assistance from the Area Agency on Aging District 7, Inc., please call 1-800-582-7277.

For information on **Ohio Medicaid** programs or to report suspected Medicaid fraud, you may call the Ohio Medicaid Consumer Hotline: 1-800-324-8680 or 614-466-6742.

The **Ombudsman** program can handle your concerns about areas such as elder abuse, client care, consumer rights, etc. For more information, call 1-800-582-7277.

"Services provided on a non-discriminatory basis."



Just for Giggles

Missed connections

A business traveler got on a train in Chicago. He told the conductor, "I have to get off this train in Dayton but I'm afraid I'll fall asleep and miss my stop. Here's 10 dollars—please be sure to wake me up when we get to Dayton."

The conductor smiled and accepted the money. A few hours later the businessman woke up and looked out the window to see a sign that said, "Columbus—Next Stop."

Realizing he'd missed his stop, he called the conductor and started yelling: "I told you to wake me up! Why did you let me miss my stop?"

A few rows away a woman asked her husband, "What's that man yelling about?" "I don't know," the husband replied, "but he's almost as mad as that guy they put off the train in Dayton."

UV Safety Month

Sponsor: American Academy of Ophthalmology

Safety Month is a great time to spread the message of sun, fun and UV safety to your community. Ultraviolet (UV) radiation is the main cause of skin cancer. UV rays can also damage your eyes.

Anyone can get skin cancer, but the risk is greatest for people with: white or light-colored skin with freckles, blond or red hair, and blue or green eyes.

You can take these steps to help prevent skin cancer by staying out of the sun between 10 a.m. and 4 p.m. and using sunscreen with SPF 15 or higher.

You can also cover up with long sleeves and a hat.

Be sure to check your skin regularly for any changes.



Just for Giggles

The secret life of cats

Ever wonder what your cat is thinking? Maybe it's something like this . . .

- "I could have sworn I heard a can opener."
- "What's with that irritating noise humans make with their mouths?"
- "Why doesn't the government do something about dogs?"
- "No, really, that's a can opener."
- "How come they make tuna-flavored cat food and chicken-flavored cat food, but no mouse-flavored cat food?"
- "This looks like a good spot for a nap."
- "If there is a God, how can He allow neutering?"
- "Without cats, humans would never have had any reason to invent sofas."
- "I think I'll be finicky this time just to let them know who's boss."

JULY is....

Fourth of July is Independence Day

Independence Day honors the birthday of the United States of America and the adoption of the Declaration of Independence on July 4, 1776. It's a day of picnics and patriotic parades, a night of concerts and fireworks, and a reason to fly the American flag.

July 18th is National Ice Cream Day. In 1984, President Reagan also established the third Sunday in July as National Ice Cream Day.

July 25th is National Parents Day.

In 1994, President William Clinton proclaimed the fourth Sunday in July as *National Parents Day*.

National Blueberry Month. In 1999, the United States Department of Agriculture proclaimed July as the month of Blueberries.

Summer Breezes Smoothie

- 1 cup fat free, plain yogurt or vanilla ice cream
- 6 medium strawberries or blueberries
- 1 cup pineapple, crushed, canned in juice
- 1 medium banana
- 1 teaspoon vanilla extract
- 4 ice cubes

Place all ingredients in blender and puree until smooth. Serve in frosted glass. Yields 3 cups.

Adapted from "Keep the Beat-Heart Healthy Recipes from the National Heart, Lung and Blood Institute"