



Open Arms Senior Connection

June 2017 Newsletter

Ten Summer Health Tips for Seniors to Beat the Heat

As we age, we should be more aware of the potential health risks that are uniquely associated with both our age and the changing seasons. While people of all ages face specific health risks, seniors have particular health risks that need to be understood and monitored, especially in the heat of the summer. Here are 10 summer health tips for seniors as we head into the season.

Summer Health Tips:

1. **Drink plenty of liquids.** Drink eight or more 8-ounce glasses per day of water and/or fruit juices every day to stay hydrated.
2. **Avoid caffeinated and alcoholic beverages.** Alcohol, soda, coffee and even tea can leave you dehydrated quickly. If at all possible, try to reduce the amount of these beverages, especially during hot weather. Plain or flavored water is a good substitute.
3. **Dress appropriately.** Wear loose-fitting clothes in natural fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.
4. **Sunblock.** When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher.
5. **Stay indoors during extreme heat.** In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.
6. **Air conditioning.** If you do not have air conditioning in your home, go somewhere that does. A movie theater, the mall, a friend or relative's home, or a community senior center are all good options.
7. **Avoid extreme outdoor heat.** If you need to get out of the house and don't drive, call

a taxi, a friend or a transportation service. Do **NOT** wait outside for the bus in extreme heat.

8. **Take a cool shower or bath.** If you are absolutely unable to leave the house and do not have air conditioning, take a cool bath or shower to lower your body temperature on extremely hot days.
9. **Keep your home cool.** Temperatures inside the home should not exceed 85 degrees Fahrenheit for prolonged periods of time.
10. **Signs of heat stroke.** Know the signs of heat stroke (e.g. flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) and take immediate action if you feel them coming on.

Who's At Risk?

Health and lifestyle may raise the threat of a heat-related illness, according to the National Institute of Aging. These health factors may increase the risk for seniors:

- Poor circulation, inefficient sweat glands, and changes in the skin caused by normal aging
- Heart, lung, and kidney diseases, as well as any illness that causes weakness or fever
- High blood pressure or other conditions that require changes in diet; for example, people on low-salt diets may face an added risk (but don't use salt pills without asking your doctor)
- The inability to perspire caused by some drugs, including diuretics, sedatives, tranquilizers, and certain heart and blood pressure medicines
- Taking several drugs at once for various conditions; don't just stop taking them: Talk with your doctor
- Being substantially overweight or underweight
- Drinking alcoholic beverages

Take time this summer to check on senior citizens residing in your neighborhood. Invite him or her into air conditioning, offer to take them to the mall, a movie or another cool building. Spend time with a loved one by inviting them to be an overnight guest. Do anything you can to help older adults beat the heat this summer!

<http://associatedhomecare.com/resources/10-summer-health-tips-for-seniors-to-beat-the-heat>

“June is Bustin’ Out All Over”!

June is here and we’ll do our best to fill your day with fun and friendship! At Open Arms we believe staying socially connected is very important.

June marks the end of the first half of the year! Are you enjoying your times at Open Arms? We have so much going on that we hope you will find lots of things to do. If you enjoy coming, please tell others. Your kind words and great recommendations go a long way to continue to build this program.

Staying active is also more important than ever. Regular exercise can help boost energy, maintain your independence, and manage some symptoms of aging. It can even reverse some of the symptoms of aging. Exercise is also good for your mind, mood and memory. We suggest you go for a short walk after lunch or just make getting up out of your chairs a regular habit – 5 minutes every hour keeps you more limber and can even makes you stronger.



As we head into June we have several things planned along with the usual activities. June is the month that we make a simple summer craft for our friends on the 5th floor at Gracedale. Each month, of course, we send birthday cards to those residents celebrating their special day!

Don't forget: We are closed June 27th and 29th. That is the week Arndt's Lutheran Church has Vacation Bible School.

Please come to Open Arms as often as you are able. We have air conditioned spaces to keep you comfortable and are always happy to see you!
~ Karen & Alice

Special thanks to:

- **Thomas from Country Meadows** – for his “Health Check” discussion about summertime ailments. Thomas discussed some of the summer health tips in our feature article of this newsletter.
- **Jackie Zito** – for leading a “Sit & Be Fit” gentle chair exercise session
- **Mac MacBriggs & Company** – for their slide presentation, “MacBriggs and the Polar Bears”
- **Joyce Shafer** – for playing the piano and leading us in a Patriotic sing along. Thanks for sharing your musical talent with us!

You won't want to miss:

- **Tuesday, June 6th – 10:30 a.m.** – optional worship service with communion
- **Thursday, June 8th and Tuesday, June 13th – 1:00 p.m.** – help us make crafts for our 50 residents at Gracedale
- **Thursday, June 15th – 10:30 a.m.** – “Children's Home of Easton” – a presentation by Anita Paukovits
- **Tuesday, June 23rd – NOON** – Lunch provided
- **Thursday, June 25th – 12:30 p.m.** – June Birthdays are celebrated – we're making strawberry shortcake!

June

Far up in the deep blue sky,
great white clouds are floating by.
All the world is dressed in green;
many happy birds are seen.
Roses bright and sunshine clear,
show that lovely June is here.

F. G. Sanders

June is "Home Safety Month"

Of course, no one wants to think about being injured at home. It is a safe haven for many of us. There are many simple actions you can take to help prevent injuries.

For many older adults, falls can be a life-changing event leading to less mobility, independence and even death. The Home Safety Council offers the following tips for fall prevention:

- Install handrails on both sides of the stairs and ensure they go from the top to the bottom.
- Tape small rugs to the floor or do not use them at all as they can be a tripping hazard.
- Have plenty of lights at the top and bottom of the stairs and be sure to keep them clear of debris.
- Place night lights in the bedroom, hallway and bathroom.
- Lay a mat or non-slip strips in the tub and shower and have grab bars installed.

Taking many of these simple safety steps can help to keep older adults living safely and independently in their own homes. We know that living independently has many benefits, and these steps will help older adults maintain their independence and enjoy a full life.



June 2017 Arndt's Open Arms Senior Connection

SUN.	MON.	TUESDAY	WED.	THURSDAY	FRI.	SAT.
				1 10:00 AM – “Gathering” 10:30 AM - Cards, games, socializing 1:30 PM – Cards, games, socializing	2	3
4	5	6 10:00 AM – “Gathering” 10:30 AM - * 1:00 PM – Cards, games, socializing	7 	8 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Summer Crafts for Gracedale	9	10
11	12	13 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Summer Crafts for Gracedale	14	15 10:00 AM – “Gathering” 10:30 AM – “Children’s Home of Easton” presentation by Anita Paukovits, 1:00 PM – Cards, games, socializing	16 	17 <i>The Children's Home of Easton</i> <small>SINCE 1885</small>
18 	19	20 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing NOON – Lunch provided 1:00 PM – Merchandise Bingo (bring a small prize to share)	21	22 10:00 AM – “Gathering” 10:30 AM – 12:30 PM – June Birthday Celebration – We’ll have Strawberry Shortcake – Yum!	23 	24
25	26	27	28	29	30	

CLOSED FOR ARNDT’S VACATION BIBLE SCHOOL

Open Arms will return to regular schedule on Thursday, July 6th

*Optional Worship Service – an optional worship service with communion is offered the 1st Tuesday of the month
PLEASE BRING A BAG LUNCH unless the calendar says that lunch is provided.

Need transportation? Call Karen at 610-392-2840

Questions? Call Karen at 610-252-2338 (home) or Karen at 610-392-2840 (cell phone), or the church office at 610-253-3732.