

COACH MESSENGER

VOLUME 7, ISSUE 10 JULY 2018

SENIORS—TAKE HOT WEATHER SERIOUSLY

Baby Boomers will likely remember that tune by the Lovin' Spoonful called "Summer in the City". The lyrics could easily describe our first heat wave this July..."Hot town summer in the city...doesn't seem to be a shadow in the city...All around, people looking half dead, walking on the sidewalk, hotter than a match head". Many of us may have sung that song when we were younger, oblivious to the heat of summer. Now that we're older, we need to take hot weather more seriously.

"No one is comfortable when the temperature soars," says Calvin Hirsch, a geriatrics specialist with UC Davis Health System. "But seniors account for a disproportionate number of heat related hospitalizations and deaths." Why?

There are several reasons for heat vulnerability. People's ability to notice changes in their body temperature decreases with age. Many seniors also have underlying health conditions that make them less able to adapt to heat. Furthermore, many medicines that seniors take can contribute to dehydration. Fortunately, a few simple precautions are all that's needed to keep safe.

⇒ Drink plenty of liquids. Dehydration is the root of many heat related health problems. Drink plenty of water or juice, even if you're not thirsty. Avoid alcohol or caffeinated drinks as these can actually contribute to dehydration.

⇒ Stay in the coolest place as much

⇒ as possible and avoid too much activity. Stay indoors during mid-day hours. The best time to run errands is before 10 am or after 6 pm when the temperature tends to be cooler.

⇒ Use the air conditioner. If you don't have one, try to spend at least a few hours in an air-conditioned place, such as the COA, a mall, your car, a library, or a movie theater.

⇒ Eat lightly.

⇒ Rub wet washcloths over your wrists, face, and back of neck. For a quicker cool-down, wrap ice cubes in the washcloth. Or take a cool shower or bath.

⇒ Make use of hand-held, battery-operated fans and misters. These inexpensive gadgets usually can be found in many stores. They can be life-savers during heat waves, especially if the power goes out.

⇒ Know the warning signs of heat related illness. Symptoms of heat exhaustion include nausea, dizziness, irritability, headache, thirst, weakness, high body temperature, excessive sweating, and decreased urine output. If untreated, heat exhaustion can lead to heat stroke. Onset may begin with the flu-like symptoms of heat exhaustion and progress to include mental confusion, disorientation, lack of sweating, weakness, and a body temperature (*continued on back*)

**SAVE
THE
DATE**

If you need a ride to any of these events, please call the COA at 354-7735.

July 10, 11, 18—Foot Care Nurse— call COA for appointment (*if you don't already have one*) \$15

**Friday, July 20
Brown Bag Pick-up 11am
Dining Center Luncheon**
12 pm (menu on back)

**Tuesday, July 31
6th Annual "Dog Days of
Summer Hot Dog Festival"**
12 - 1:30 pm—Grilled Hot Dogs with a topping bar to make your favorite concoction. Cold watermelon for dessert. Call the COA if you need a ride. *Free*

Weekly Events

Mondays

Dining Center—hot lunch served at 12 noon. See back for menu.

Handcrafts 1-3 pm Bring your knitting, crochet, or your papercraft project

Tuesdays

Mahjong—1:30—3:30 pm
Enjoy an afternoon playing a relaxing board game!
Instruction available, and beginners welcome!

WHAT'S COOKING AT THE DINING CENTER

Monthly menus are available at the COA the last week of the month for the next month. Reservations or Cancellations must be made 48 hrs. in advance. Indicate which entree you want. There is a sign-up sheet at the COA or you may call 354-7735 to make your reservation and/or request a ride to the meal. Meals are served at 12 noon. Beverages are available. Meals are free. Anonymous donations are accepted if it is within one's means to help defray the cost of this program.

Monday, July 9

Turkey grinder OR Meatballs in Red Sauce, Italian Blend Vegetables, Spaghetti Noodles, French Bread, and Fresh Fruit for dessert.

Monday, July 16

Oven Baked Chicken Sandwich OR Beef Pot Pie, Steamed broccoli, Whipped Potatoes, Biscuit Topping, Chilled Applesauce

Friday, July 20

Oven Baked Chicken Sandwich OR Roast Turkey, Cranberry Sauce, Homemade Stuffing, Butternut Squash, Cranberry Orange Muffin, and Chilled Peaches for dessert.

Monday, July 23

Ham & Pickle on Rye OR Mini Ravioli w/ Meat Sauce, Steamed Zucchini & Summer Squash, French Bread, Orange Juice, and Fresh Fruit for dessert.

Monday, July 30 Salisbury Steak OR Chicken Parmigiana, Steamed Spinach, Spaghetti Noodles, Whole Wheat Roll, and Mandarin Oranges for dessert

HOT WEATHER (CONTINUED)

⇒ over 105°. Symptoms can develop rapidly or slowly over a period of days. It can develop in minutes if an elderly person is left alone in a hot car.

Recovery from heat stroke is not guaranteed. Many survivors have permanent loss of independent function.

This summer, be safe rather than sorry. Take the heat seriously. Guard your own health by taking the appropriate precautions.

THURSDAY MATINEE MOVIE SCHEDULE

Movies begin at 1PM in the Senior Room. Please use the side entrance to the town hall as the front entrance is locked. This program is free, and free refreshments are available. beginning at 12:15 PM.

July 5 Breathe 2017 (*Drama Based on Real Life*) This spirit-lifting biodrama tells the story of Robin Cavendish whose charmed and colorful life suddenly darkens when he's paralyzed by polio. Rather than become imprisoned by his disability, however, Robin and his wife decide to tour the world. PG-13 1 hr. 57 min.

July 12 Red Dog 2012 (*Family Drama*) This is the story of a legendary, lovable canine that roams the outback of Australia and finds his way into the hearts of each and every person he meets along the way. He brings people together, helping some find love and others to find themselves. PG 1 hr. 32 min.

July 19 A Brilliant Young Mind 2015 (*Drama, hInspir-ing, Emotional*) Though Nathan Ellis possesses exceptional talent with numbers, he struggles with his social skills— until a caring new teacher helps him step outside of his shell and fully realize his potential as a mathematician. PG-13 1 hr. 51 min.

July 26 Evelyn 2002 (*Courtroom Drama Based on Real Life, Tearjerker*) This drama follows the story of Desmond Doyle, whose wife has left him and whose three children are taken from him and placed in orphanages. Authorities deem Doyle's dire financial straits unacceptable for raising children, and the unemployed father vows to reunite his family. Be he faces the judgment of the Irish Supreme Court. Stars Pierce Brosnan, and Julianna Margulies. PG 1 hr. 34 min.

Aug. 2 The Leisure Seeker 2017 (*Romantic Drama Based on the Book*) A runaway couple go on an unforgettable journey in the faithful old RV they call The Leisure Seeker, travelling from Boston to The Earnest Hemingway Home in Key West. They recapture their passion for life and their love for each other on a road trip that provides revelation and surprise right up the very end. Stars Helen Mirren and Donald Sutherland. R 1 hr. 52 min.

