

July 2019

The Senior Gazette



Beat the Heat of Summer!

Every summer, thousands of Americans suffer from heat stroke, heat exhaustion, and dehydration. Seniors are more susceptible to heat-related illnesses as it takes longer to recover when they get overheated. Check on neighbors and friends, too, to be sure they are beating the heat!

***Check home for proper ventilation.** Excessive heat can be dangerous, especially to those who are home without air conditioners or fans. Don't sacrifice a cool breeze due to security concerns. Inexpensive safety latches are available for windows that allow air to circulate but also prevent the window from being completely opened from the outside.

***Seek relief from the heat** in public buildings that are air-conditioned. Visit a mall, library, movie theater, or local fitness center for a welcome break from the heat. Check medications for side effects like fluid or electrolyte loss.

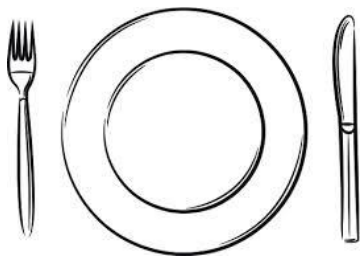
***Plan ahead for outdoor activities.** Wear loose-fitting, cool, light-colored clothing, a hat or cap, and a high SPF sun block (30+) to protect sensitive skin.

***Drink plenty of fluids.** Everyone knows this important rule. Alcohol and caffeine should be avoided since they cause dehydration. Water, sports drinks with electrolytes, fruit such as watermelon, bananas, oranges, or pineapple are good choices for rehydrating the body.

***Potential symptoms** of overheating: pale, cold or clammy skin, extreme thirst, light-headedness, fainting, mild nausea, vomiting, and excessive sweating are signs to look for of heat exhaustion. Signs of heat stroke include hot, dry skin, a fast, strong pulse, and confusion. See medical help immediately if think you have heat exhaustion or are having a heat stroke. Stay safe this summer! :)

SENIORS GROUP MEALS OUT!

This is a great way to visit with friends and make new ones! Come on out and join us at various locations! **RSVP to the Reminderville Athletic Club by the Monday before** so we can get a headcount for the restaurant. Meals & transportation are on your own. Hope to see you there! **RAC: 234-212-9773**



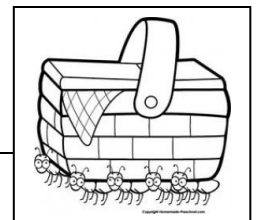
LUNCH at 12:30pm:

Wednesday, July 17: Café in Stow

Wednesday, August 14: Bob Evans in Bainbridge

DINNER at 6:30pm:

Thursday, July 25: Parasson's in Stow



The Annual Seniors Picnic at Ray Williams Park

Monday, August 19 1:00pm Sponsored by American House

Main dish & beverages will be provided - please bring a side dish or dessert to share!

Don't miss this fun day! RSVP at the RAC or call Stacey 330-562-1234

FREE Farmer's Market at Heartland in Twinsburg!

Ten sponsors will be giving FREE fresh produce to attendees!



July 24 3:00 – 5:00

8551 Darrow Road

Presentation "Tastes Like Chicken" at 3:45
(seating is on a first-come basis)

RSVP by July 19: 330-486-9402

Upcoming Lunch & Learns:

- 12:00pm in the multi-purpose room (unless noted below) -

Must register at RAC or call 234-212-9773!

*Join us for a presentation while enjoying a complimentary lunch!

July 11: Sponsored by First National Bank at the RAC:

Elder Fraud



If you were at the last Coffee & Conversation, you heard Reminderville Assistant Fire Chief Chad Johns talk about having an emergency medical information form readily accessible in case medics have to come into your home to assist you. This form is one page and has the core information medics need to know in a hurry. This form should be kept on the refrigerator or the back of the bathroom door – those are the first two spots medics will look for medical information. They will not have a lot of time to search your home if they need to get you to the hospital. This form is important especially if you are unable to think clearly or you are unconscious. Your emergency contact person can be your spouse but you should also add someone who can help give you a ride home or get items for you if you have to stay at the hospital. Forms will be available at the next Coffee & Conversation as well as at Reminderville Village Hall. If you are not a resident of Reminderville, you are welcome to have a form to use in your home - first responders from any area will find it helpful. A good tip from a group member: take two forms and put one in your car in case of an accident!

Chair Volleyball 2019: Third Monday of each month at 1:30pm!

Alternating locations. (July: RAC; August: TBD; September: RAC; etc.)



B-I-N-G-O at the RAC!

Upcoming day games at 10:30am: 7/10; 8/7

Upcoming night games at 6:30pm: 7/22; 8/20



COFFEE & CONVERSATION with STACEY

Monday, July 29 at 10:00am in the multi-purpose room at the RAC

Coffee, pastries, casual conversation – stop on by!

Contact Stacey with any questions or comments – 330-562-1234 or stask@reminderville.com