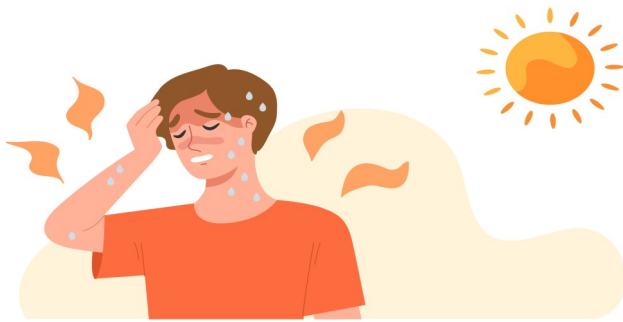




## Beat the Heat With These Tips on Summer Safety for Seniors



### #1: Hydrate, Hydrate, Hydrate

Research shows that if you're thirsty, you're already becoming dehydrated. But older adults are typically less aware of thirst, and as we age, our bodies naturally lose the ability to conserve fluid — which makes it even more important for seniors to ...

1. Drink more
2. Know the signs of dehydration, especially in the summer months.

Instead of risking your or your loved ones' health during those hot summer days, our number one summer safety tip for seniors is to drink consistently throughout the day.

3. Consider setting an alarm as a reminder to help create a routine of drinking six to eight cups of water a day.

### #2: Wear Proper Sun Protection

As we age, so does our skin. Aging affects the elasticity of our skin, the amount of moisture it retains, the amount of collagen it produces, and how sensitive it is to outside factors like the sun. *But the effects of aging don't end there.* Our immune systems become weaker over time, so seniors' bodies may struggle more to repair sun damage. This is why not only wearing sunscreen but knowing how to wear it correctly is vital as we age.

**When choosing sun protection, it's important:**

- Opt for a broad spectrum sunscreen
- Use a sunscreen with an SPF of 30 or more
- Apply a generous amount of sunscreen every two hours
- Look for water-resistant sunscreen

### #3: Dress Right

Summer safety for seniors involves more than just wearing sun-

screen outside. Seniors should wear protective clothing when hanging out in the heat.

Consider wearing ...

- Lightweight, long-sleeved shirts
- Lightweight, long pants
- Wide-brimmed hats
- Clothing designed to filter UV rays; and UV filtering sunglasses

### #4: Avoid Going Out in High Temperatures

High heat and humidity can mean risky business for seniors. Temperatures that may have been tolerable at one point in your life can have a bigger impact on your health as you age.

Avoid unsafe temperatures by looking at the day's forecast before leaving the house. Don't forget to check the level of humidity throughout the day, too.

- On days where temperatures are just too hot to handle, or may negatively affect your health, consider getting outside early in the morning or late in the evening to avoid the worst of the heat.

### #5: Know the Signs of Heat Exhaustion and Heat Stroke

Heat exhaustion and heat stroke are two serious medical conditions that can quickly become dangerous for seniors.

Knowing what signs to look for during the summer is vital to staying safe. **Some of the most common signs of heat exhaustion, heat stroke, and other heat-related illnesses include:**

- Red or flushed skin
- Rapid heartbeat
- Tiredness
- Headache
- Confusion
- Weakness
- Dizziness
- Nausea

If you or your loved one start to experience any of the above symptoms, don't wait — find a cool place to sit down, relax, hydrate with water or an electrolyte drink, and apply a cold compress to the skin.

If symptoms persist, seek medical care as soon as possible.

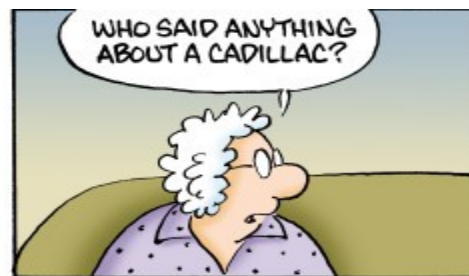
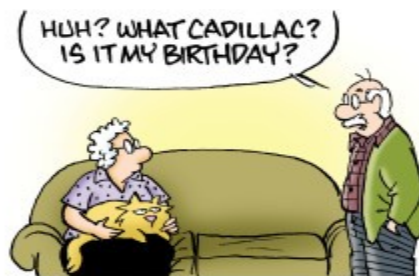
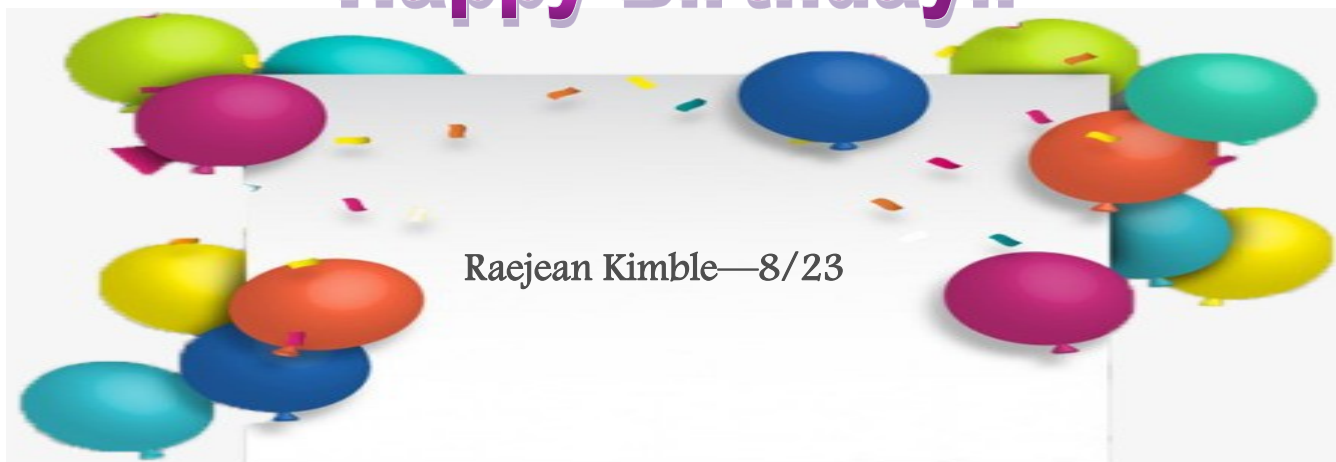


# August Resident Right

## Right to a Dignified Existence

- Be treated with consideration, respect, and dignity, recognizing each resident's individuality
- Freedom from abuse, neglect, exploitation, and misappropriation of property
- Freedom from physical or chemical restraints
- Quality of life is maintained or improved
- Exercise rights without interference, coercion, discrimination, or reprisal
- A homelike environment, and use of personal belongings when possible
- Equal access to quality care
- Security of possessions

## Happy Birthday!!





In the  
**Spotlight**  
**Richard "Dick" Smith**

**Where were you born?**

Paso Robles, CA

**What big events do you remember most from when you were growing up?**

Man on the moon

**What is different about growing up today from when you were growing up?**

We grew a lot of the food living on the ranch, Groceries are high priced these days.

**How did you meet your spouse?**

At the Sweet Heart Ball in High School

**What was your first job?**

Stocking the shelves at a grocery store

**If you won \$1 million dollars tomorrow what would you do with the money?**

Give it to people that still has the chance to do something with their life

**If you could go back to any age, which age would it be and why?**

Back to my 30th. I was pretty active by then

**Do you have any hobbies or special interests?**

Following the Rodeo

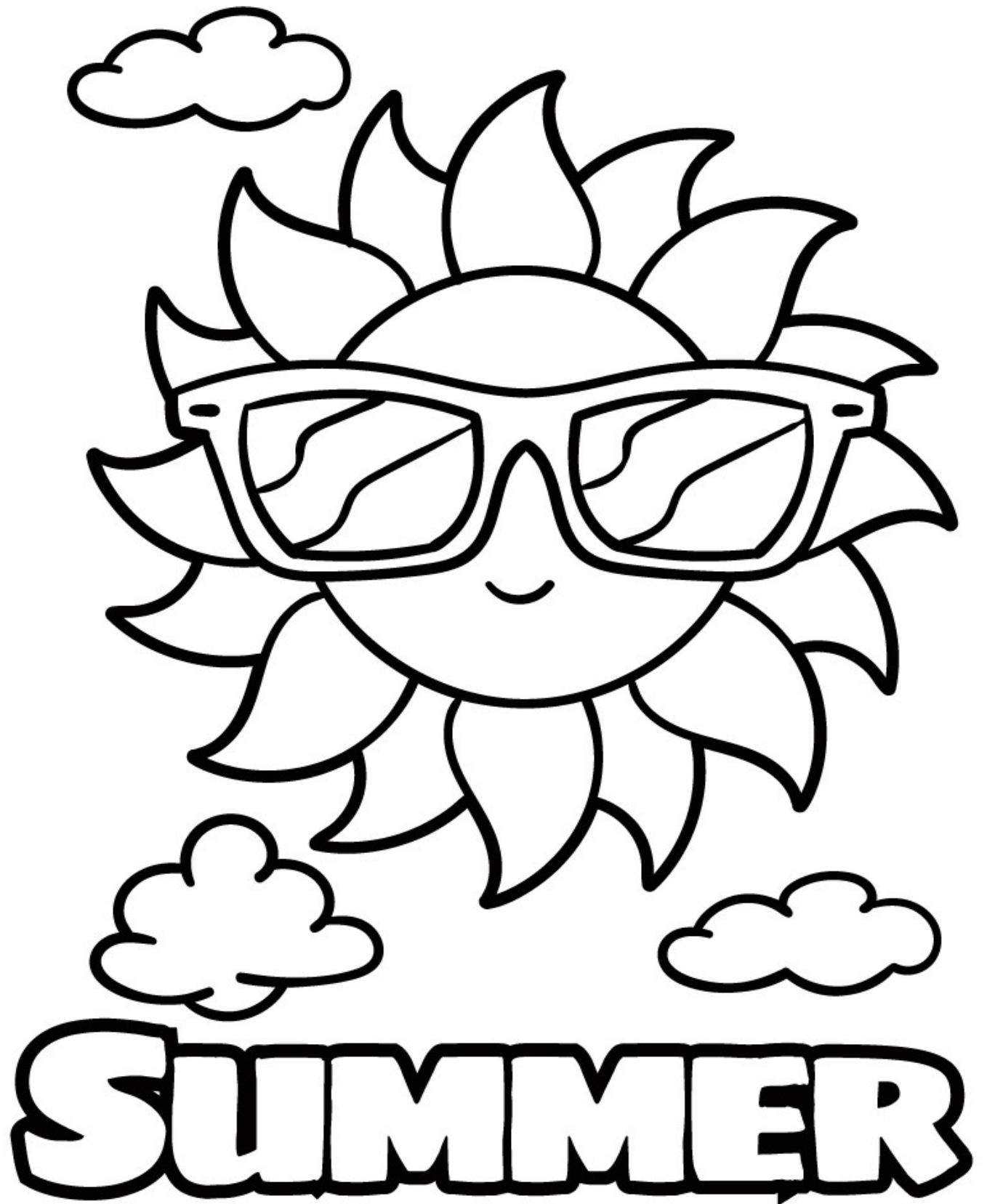
**What's your favorite holiday?**

Thanksgiving



# Rags to Riches have been a fun project, Thank you to the residents for all their hard









*WORD SEARCH FOR KIDS*

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

BARBECUE

BEACH

FLIP FLOPS

ICE CREAM

LEMONADE

PICNIC

POOL

SUNGLASSES

SUNSHINE

SWIMMING

VACATION

WATERMELON

# AUGUST 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Activities</b> ♦ Walking Paths ♦ Coloring Books	<b>Self Directed</b> ♦ Reading ♦ Puzzle tables			<b>1</b>  <b>10:30 AM RC Fair Lunch</b> 3:00 PM Coffee Time	<b>2</b> 9:00 PM Chair Exercises 3:00 PM Coffee Time	<b>3</b> 2:00 PM Bingo 3:00 PM Coffee Time & Specialty Drinks
<b>4</b> 2:00p <b>Movie or Music Time</b> 3:00 PM Coffee Time	<b>5</b> 9:00 AM Chair Exercises 3:00 Coffee Time	<b>6</b> 10:00am Walk W/Staff 2:00pm <b>Craft W/Sam</b> 3:00 PM Coffee Time	<b>7</b> 9:00 AM Chair Exercises 2:00 PM Bingo 3:00 PM Coffee Time	<b>8</b> 2:00 PM <b>Church Service</b> Pastor <b>Meehan</b>	<b>9</b> 9:00 AM Chair Exercises 10:00 <b>Activity W/Jodie</b> 3:00 PM Coffee Time	<b>10</b> 2:00 PM Bingo 3:00 PM Coffee Time & Specialty Drinks
<b>11</b> 1:00 PM <b>Fingernails-Fireside</b> 3:00 PM Coffee Time	<b>12</b> 9:00 AM Chair Exercises 3:00 Coffee Time	<b>13</b> 9:00 AM <b>Catholic Mass</b> 2:00 pm <b>Methodist Church</b>	<b>14</b> 9:00 AM Chair Exercises 2:00 PM Bingo 3:00 PM Coffee Time	<b>15</b> 2:00 PM <b>Church Service</b> Pastor <b>Evans</b> 3:00 PM Coffee Time	<b>16</b> 9:00 PM Chair Exercises 3:00 PM Coffee Time	<b>17</b> 2:00 PM Bingo 3:00 PM Coffee Time & Specialty Drinks
<b>18</b> 3:00 PM Coffee Time	<b>19</b> 9:00 AM Chair Exercises 3:00 Coffee Time	<b>20</b> 2:00pm <b>Wisdom &amp; Coffee hour W/Sister Rita</b> 3:00 PM Coffee Time	<b>21</b> 9:00 AM Chair Exercises 2:00 PM Bingo 3:00 PM Coffee Time	<b>22</b> 2:00 PM <b>Church Service</b> Pastor <b>Meehan</b>	<b>23</b> <b>RaeJean Kimble</b> 9:00 PM Chair Exercises 3:00 PM Coffee Time	<b>24</b> 2:00 PM Bingo 3:00 PM Coffee Time & Specialty Drinks
<b>25</b> 2:00p <b>Movie or Music Time</b> 3:00 PM Coffee Time & Root Beer Floats	<b>26</b> 9:00 AM Chair Exercises 10:00 <b>Rags to Riches</b> 3:00 Coffee Time	<b>27</b> 10:00am Walk W/Staff 2:00 pm <b>Methodist Church</b>	<b>28</b> 9:00 AM Chair Exercises 2:00 PM Bingo 3:00 PM Coffee Time	<b>29</b> 2:00 PM <b>Church Service</b> Pastor <b>Evans</b> 3:00 PM Coffee Time	<b>30</b> 9:00 AM Chair Exercises 10:00 <b>Activity W/Jodie</b> 3:00 PM Coffee Time	<b>31</b> 2:00 PM Bingo 3:00 PM Coffee Time & Specialty Drinks

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THE  
**LODGE**

*Managed by*  
SIDNEY HEALTH CENTER

1015 7th Ave SW - Sidney, MT 59270