

Brought to You by the Family Resource and Referral Program 800-809-4996

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Helping the Elderly Stay Heat-Healthy

To many, summer means fun in the sun. To our frail elders, however, the heat can bring serious health risks. As the body ages, it is less able to adjust to temperature extremes. Because they may not feel the heat, older people may not take the proper precautions and may become dehydrated or suffer from heat-related illnesses.

WHAT DO I WATCH FOR?

- *Heat Fatigue:* A feeling of weakness brought on by high outdoor temperatures. Symptoms include cool, moist skin, a weakened pulse, and feelings of faintness.
- *Heat Exhaustion:* Serves as a warning that the body is getting too hot. The person may appear giddy, thirsty, weak, or uncoordinated. Heat exhaustion is usually caused by the body's loss of water and salt.
- *Heat Stroke:* Can be life-threatening! Immediate medical attention is necessary. A person with heat stroke has a body temperature near or over 104°F. Other symptoms may include dizziness, combativeness, strange behavior, staggering, lack of sweating, or confusion.

HOW ARE HEAT-RELATED ILLNESSES TREATED?

Get the victim out of the sun and into a cool place, preferably with air-conditioning. Fluid replacement and rest are the keys to recovery. *If the elderly person is suffering from heat stroke, seek immediate medical assistance.*

Summer Time Safety Tips for the Family

All through the summer, children will be playing outdoors. We all want them to have fun, but we also want them to be safe. The National Safe Kids campaign offers guidelines so your children can play outside in the beautiful weather and stay safe.

BICYCLING SAFETY TIPS

- Always wear a helmet that meets or exceeds US Consumer Product Safety Commission or ANSI, SNELL or ASTM standards.
- Learn the rules of the road and obey the traffic laws.
- Bicycles should be restricted to sidewalks and paths.
- Adult supervision is essential until traffic skills and judgement are reached by each child.

PEDESTRIAN SAFETY TIPS

- Adult supervision is essential.
- Look left to right before crossing the street.
- Cross at corners, using traffic signals and crosswalks. Make eye contact with the drivers prior to crossing in front of them.
- Prohibit play in driveways, in streets or parking lots.
- Teach children to cross the street at least ten feet in front of a school bus.

DRIVING SAFETY TIPS

- Always wear your seatbelt.
- Infants, until at least 1 year old and at least 20 pounds, should be in a rear facing car seat. Never put an infant in the front passenger seat of a vehicle with an active air bag. Children over age 1 (20 to 40 pounds) should be in a forward facing car seat. Children ages 4 to 8 (40 to 80 pounds) should be in a car booster seat and restrained with lap/shoulder belt.

WATER SAFETY TIPS

- Never leave a child unsupervised.
- Learn CPR and keep rescue equipment, telephone and emergency numbers poolside.
- Never dive into water less than nine feet deep.
- Waterproof sun block is essential for protecting the skin from harmful UV Rays.
- Install four-sided isolation fencing at least five feet high.
- Always wear a personal flotation device (PFD) when on a boat. Air filled swimming aids are not safety devices.

Coping with Camp Jitters, Home Sickness and Other Summertime Social Ailments

Tears, tummy ache, anxiety, sleeplessness, can all be symptoms of homesickness. Homesickness is normal. In fact, a study by University of California psychologist Chris Thurber studied homesickness in 329 boys between the ages of 8 and 16 at resident camp. Fully 83% of these campers reported homesickness on at least one day. How do you manage this summertime ailment?

Encourage Independence All Year Long

The American Camping Association suggests that children practice separations through sleepovers at a friend's house and group after-school activities and sports.

Let Your Child Participate in Each Step

From selecting a camp to visiting it and checking references, let your child be involved. Find out what is important to both of you. While you may think that your child will prefer a camp full of sports activities, maybe he would like to explore his love for animals.

Get a Preview

Meet a counselor, tour the buildings, check out the sleeping, eating, and swimming areas. Look at favorite things to do (art room, baseball field, etc.).

Role Play New Experiences

Talk about what camp will be like and what some of the new experiences are going to be. This might include sleeping in a tent or cabin, going to the restroom with a flashlight, eating in a cafeteria, or learning to swim or hit a ball.

Bring Something Special

Personal items from home, such as a book, teddy, or family photo can make a big difference in the lonely time right before sleep.

Go with a Buddy

For a child's first year at overnight camp, attending with a sibling, cousin, schoolmate or neighbor can make it a much easier transition. You may also be able to connect with another family at the open house and make arrangements for your children to play together before going away to camp.

Talk with the Camp Director

Get some context on your child's feelings. What has the Camp Director or a special counselor seen that can help you get a feel for your child's level of adjustment?

Send a Letter

Imagine how thrilled your child will be to receive a letter at camp. Send it before she leaves so it comes on the first or second day.

Handling Rescue Calls

Make an agreement before your child goes to camp about if and when phone calls from home will be allowed. Reassuring your child and demonstrating your faith in her ability to adjust are both critical messages. Acknowledge your child's feelings but remind your child that she has made a commitment. Avoid the temptation to take your child home early.

Work with Camp Staff

Support your child's efforts to work out problems with the help of camp staff.

Trust Your Instincts

Thurber's research indicated that about 7% of homesickness cases were severe. If your child is not eating because of anxiety or depression, it is time to go home. Make sure your child does not experience this as a failure, but rather as a great start that will help you both focus on trying camp again next year.

Play it Cool with Pets in the Summer

When the lazy days of barbecues and swimming pools roll around, you can make them even better by sharing them with your favorite pet. By following a few summer pet safety tips, you can keep your pets healthy and enjoy the months of fun and sun.

- Never leave your pet in the car.
- Indoors or out, your pet needs a lot of fresh water.
- Pets need sunscreen too – keep your pet out of the sun between 10am and 4pm.
- Say no to tangles – tangles and mats trap heat.
- Be cautious on humid days – humidity interferes with animals ability to rid themselves of excess body heat.
- Take it easy on pets that can't deal with the heat.
Bring them inside – shade doesn't always protect from heatstroke.

Essentials for the College Dorm

Doing without your parents can be great. But who knew you'd miss their stuff? Below is a list of items you might want to consider taking with you when you move into your own place. Some are necessities and some are just for fun. Either way they will be helpful in preparing you for your home away from home.

BASIC NEEDS

- Bed linens
- Wastebasket
- Dishware/utensils
- Cleaning products
- Toiletries
- Phone/pre-paid
Phone card
- Alarm clock
- Towels
- Hangers
- Desk supplies
(Tape, stapler, scissors,
paper)
- Lamp
- First aid kit
- Shower "basket"
- Organizer/calendar
- Stackable shelves
- Non-perishable foods
- Laundry basket
- Backpack/book bag
- Social Security Card

OTHER IDEAS

- Iron
- Microwave/toaster
- Computer (if available)
- Storage boxes
- Radio
- Can opener
- Coffee Pot
- Address Book
- Stamps

JUST FOR FUN

- Pictures/Posters
- Carpet
- Wood for Loft
- Lava Lamp

Need More Hours in the Day?

WE CAN HELP.

The Convenience & Concierge service can help locate in- or out-of-town entertainment, such as theaters, concerts, movies, and shopping. We can also help you find landscapers, auto repair services, places of worship, and housekeeping services. Thinking about taking summer courses? We can locate local educational institutions that offer distance learning, seminars, adult education and lectures. Contact a Care Consultant to locate these services in your area. The possibilities are endless.

Call today, 1-800-809-4996.

SUMMERPAK 2003 – CELEBRATE SUMMER, CELEBRATE DIVERSITY

Summer! Salads, ice cream and lemonade replace soups, stews and hot chocolate. Summer! We never thought it would come! Work|Life Benefits will help your children occupy their time with “The Kids’ Book Of Incredibly Fun Crafts.” This book, included in the 2003 SummerPak, encourages a child’s individuality and self-expression. It also celebrates the diversity of people on earth and the different ways people express themselves. Don’t wait too long, contact one of our friendly Care Consultants and order your Pak today.

The SummerPak begins shipping the first week of June, 2003, and will be available for a limited time.

To receive a SummerPak, please call 1-800-809-4996

OR

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