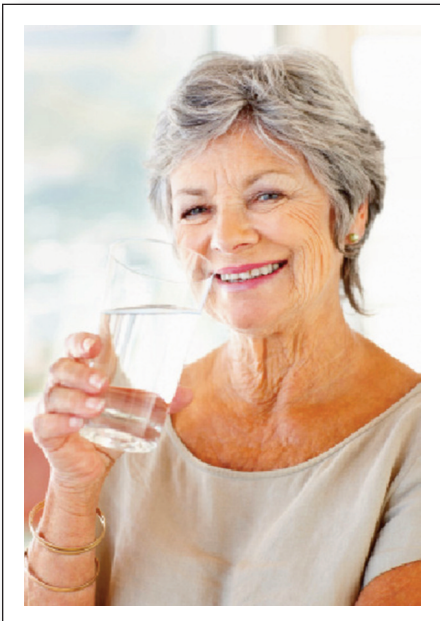


Beat the Heat and Stay Hydrated



Physical changes that happen with age make older people less likely to notice when they feel hot, even when outside temperatures are high. Older adults are also less likely to feel thirsty, which means they're more likely to become dehydrated (a loss of too much water in your body) and can't cool down as quickly. Heart disease, diabetes and other chronic diseases also increase risks of heat-related problems. So do some medicines prescribed for these and other health problems, and many over-the-counter drugs. Check with your medical team to make sure any medications you are on won't be affected by higher temperatures -- especially if you don't have air conditioning in your

home. Some medications are less effective if stored at temperatures higher than room temperature (approximately 78 degrees Fahrenheit), and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.

Source: <http://www.healthinaging.org/resources/resource:hot-weather-safety-tips-for-older-adults>

Recognize and Care for Heat-related Emergencies

Heat cramps are muscular pains and spasms that usually occur in the legs or abdomen caused by exposure to high heat and humidity and loss of fluids and electrolytes. Heat cramps are often an early sign that the body is having trouble with the heat.

Heat exhaustion typically involves the loss of body fluids through heavy sweating during strenuous exercise or physical labor in high heat and humidity.

- **Recognize Signs:** Cool, moist, pale or flushed skin; heavy sweating; headache; nausea; dizziness; weakness; and exhaustion.
- **Care:** Move the person to a cooler place. Remove or loosen tight clothing and apply cool, wet-cloths or towels to the skin. Fan the person. If the person is conscious, give small amounts of cool water to drink. Make sure the person drinks slowly. Watch for changes in condition. If the person refuses water, vomits or begins to lose consciousness, call 9-1-1 or the local emergency number.

Heat stroke (also known as sunstroke) is a life-threatening condition in which a person's temperature control system stops working and the body is unable to cool itself.

- **Recognize Signs:** Hot, red skin which may be dry or moist; changes in consciousness; vomiting; and high body temperature.
- **Care:** Heat stroke is life-threatening. Call 9-1-1 or the local emergency number immediately. Move the person to a cooler place. Quickly cool the person's body by giving care as you would for heat exhaustion. If needed, continue rapid cooling by applying ice or cold packs wrapped in a cloth to the wrists, ankles, groin, neck and armpits.

Source: http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4340158_HeatWave.pdf

Tips for Staying Hydrated

- Drink plenty of fluids even if you do not feel thirsty.
- Avoid drinks with caffeine or alcohol.
- Instead of hot meals during the day, try cooler, lighter, smaller meals or snacks. Include salads with cold, lean protein like chicken, tuna, beans or cottage cheese. Snack on chilled summer fruits such as watermelon, peaches, nectarines and plums which are especially hydrating.

Enjoying Watermelon

In addition to being a tasty treat, watermelon is a good source of vitamins A and C and contains lycopene, fiber and potassium. It's also more than 90 percent water, so it can help you stay hydrated on those hot days! Of course, watermelon is also a crowd-pleaser "as is." Slice it up and you have instant snack, side dish or dessert. Or try the recipe below for a refreshing beverage.

Watermelon and Strawberry Lemonade

- 2 cups cubed watermelon
- 1/4 cup fresh strawberries, halved
- 2 tbsp. fresh lemon juice
- 2 tbsp. sugar
- 1/2 cup water

Combine the watermelon, strawberries, lemon juice, sugar, and water in a blender. Blend until smooth. Serves 2.



Nutrition Facts per 1 cup serving:

Calories 85, Total Fat 0g, Total Carbohydrate 23g, Dietary Fiber 1g, Vitamin A 6%, Vitamin C 39 %, Iron 5%.

Source: <http://allrecipes.com/recipe/watermelon-lemonade>.

****You can lighten the calorie and carbohydrate content of this recipe by either adding plain seltzer to your glass or simply scaling back on the amount of sugar used.**

Funded through the Department of Health and Human Services, the New York State Office for the Aging and the Westchester County Department of Senior Programs and Services (WCDSPS). In accordance with Federal law, the WCDSPS prohibits discrimination because of race, color, sex, national origin, religion, age or handicap, in all aspects of the provision of services for the benefit and welfare of Senior Citizens, and in all employment practices including hiring, firing, promotion, compensation and other terms, conditions and privileges of employment. Further subcontractors of the WCDSPS shall be required to meet the above-stated standards.