



In Care of You

A newsletter for Caregivers from Greene County Council on Aging

July 2022

Take Care during Extreme Heat Events

The Ohio Departments of Aging and Health want to make sure Ohioans are aware that extreme heat can cause older adults to suffer more severe physical side effects from heat and dehydration. Extreme heat is especially problematic for those living with dementia as they are less aware of the outside or indoor temperature, how long they have been in the sun, and they are less apt to remember to eat and drink on a regular basis.

- Eat hydrating foods including fruits and vegetables.
- Drink plenty of cool beverages; avoid alcohol, caffeine, sugar, or extremely cold liquids.
- Wear loose-fitting, lightweight clothing.
- Rest frequently and avoid strenuous activity when it is hot.
- Plan outdoor activities for cooler parts of the day.
- Take cool baths or showers.
- Seek an air-conditioned place if your home is too hot, such as a store, restaurant, public library, or a family member's or neighbor's home.

The departments also urge Ohioans to learn the warning signs of heat-related illnesses.

- **Heat cramps** are muscle pains and spasms, mostly in the legs, caused by dehydration and exertion. Though not life-threatening, heat cramps can be very painful. To prevent and treat heat cramps, drink plenty of cool, non-alcoholic liquids, rest, and stay in a cool environment.

• **Heat exhaustion** is caused by heavy sweating and results in not enough fluids to support your vital organs. Symptoms include cool, moist, pale, flushed, or red skin; heavy sweating; headache; nausea or vomiting; dizziness; and lack of energy. Heat exhaustion is a serious and potentially life-threatening illness, so seek medical attention and take steps to reduce the body temperature and increase hydration.

• **Heat stroke** is a life-threatening condition in which the individual's body is no longer able to control its own internal temperature. Signs of heat stroke include hot, red, and dry skin; rapid, weak pulse; rapid, short breathing; and high fever. Heat stroke can also cause disorientation or strange behavior, which may be more difficult to identify in an individual with dementia. Seek emergency medical attention immediately if you suspect you or a loved one is experiencing heat stroke.

During extreme heat, check on the safety of older loved ones and neighbors to ensure they are safe and healthy and have the resources to stay that way.

Credit: Area Agency on Aging <https://info4seniors.org/>





In Care of You

Providing support for those who support others

The 4th of July

When the 4th of July celebration includes a loved one living with dementia, there are a few things to keep in mind to make the celebration enjoyable. It is important to consider whether your person living with dementia (PLWD) will enjoy an outing – to a park or a family member's home. Or will it be better for them to stay in their own home?



No matter where the gathering is held here are some tips for making the celebration special to your loved one living with dementia.

1. Have a traditional barbecue in the backyard that might remind the PLWD of 4th of July picnics from the past.
2. Serve traditional foods and play games such as croquet.
3. Sing songs such as This Land is your Land, America the Beautiful, or patriotic songs.
4. Decorate with flags, banners, and red, white, and blue flowers.

Many older adults enjoy parades and fireworks, but sometimes a PLWD can be overstimulated by the chaotic nature of parades and fireworks, which can trigger agitation, anxiety, or fear.

However, if your loved one enjoys these events, be sure to bring supplies that they need such as water, a jacket, protection from the sun such as a hat, sunscreen, umbrella, and lawn chair. Locate near a restroom and or exit in case you have to leave quickly. And be sure to watch the expressions on their faces as they delight in participating in such festivities.

See more at <https://dailycaring.com/fantastic-4th-of-july-activities-for-seniors/>

The first two rules of becoming a caregiver:

- 1. It will be difficult**
- 2. It will be worth it.**

—Laura Finney

Memory Loss, Dementia & Alzheimer's Disease

Discussion on the types of dementia, including Alzheimer's Disease, and exploration of things to consider as a caregiver, or anyone wanting to learn more. Presented every other month.

Reservations are required by the Friday before the event. Space is limited. Location: Xenia Community Center, 1265 W Second Street, from 2:30pm-4:30pm.

GCCOA Resources for You

Support Groups

- 1st Tuesday of month at 11:30 pm, GCCOA main office
- 2nd & 4th Tuesdays at 9:30 am, Peace Lutheran Church, 3530 Dayton-Xenia Rd, Beavercreek
- Online support group on hiatus for summer. It will return in September

Weekly Radio Segment

Partners in Caregiving every Thursday soon after 6pm
WBZI—FM 100.3 AM 1500

We hope you enjoy this publication, and welcome your comments and ideas for future issues.

Let us know if you no longer wish to receive this newsletter.