



Alternatives for older adults



June 2024 Vol. 20 No. 6

1515 Cedar Hill Road, Lancaster, OH 43130

Phone: 740-681-5050 Fax: 740-681-5046



— HAPPY —
Father's Day

2024 BOARD OF TRUSTEES

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Vol./Trans. Coordinator - Linda Swartz

Table of Contents

Page 1 - Father's Day

Page 2 - Board of Executive Committee, Board of Trustees, Key Employees, Table of Contents

Page 3 - Nutrition Services

Page 5 - Elderly Abuse Awareness

Page 7 - Elderly Abuse Awareness

Page 9 - Flag Day

Page 11- Menu

Page 13 - Father's Day Word Search

Page 15 - Caregiving Article

Page 17- Sudoku, Maze, Coloring Block

Page 19 - The Sun & Medications/Hot Weather Safety

Page 20 - Activities, Commodity Pick-up, Blood Pressure Screening

Page 4 - Elderly Abuse Awareness

Page 6 - Hidden Pictures Puzzle

Page 8 - Going Places & Meet our Staff

Page 10- Menu

Page 12 - Father's Day

Page 14 - Caregiving Article

Page 16 - Annual Campaign

Page 18 - Apple Coloring Page



Nutrition Services

JUNE 2024

Fruits: Focus on fruits.

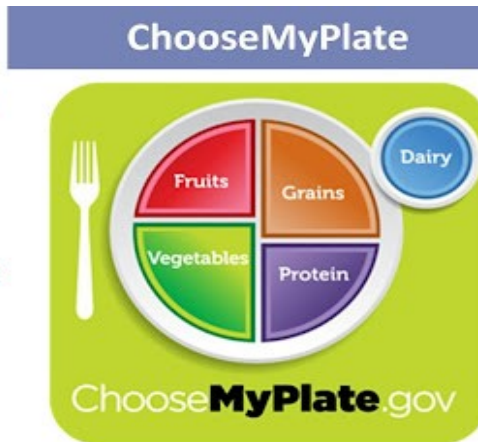
- Eat a variety of fruit.
- Choose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.

Vegetables: Vary your veggies.

- Eat more green dark veggies.
- Eat more orange veggies.
- Eat more dry beans and peas.

Physical Activity Find your balance between food & physical activity.

- Be physically active for 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes everyday or most days of the week.



Milk: Get your calcium-rich foods.

- Go low-fat or fat-free
- If you don't or can't consume milk, choose lactose-free products or other calcium sources.

Grains: Make at least half your grains whole.

- Eat at least 3 ounces of whole grain bread, cereal, rice, or pasta everyday.
- Look for the word "whole" before the grain name on the list of ingredients.

Meats & Beans Go lean on protein.

- Choose low-fat or lean meats and poultry.
- Bake it, broil it or grill it.
- Vary your choices with more fish, beans, peas, nuts, and seeds.

Oils: Know your fats.

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard.

Source: ChooseMyPlate.gov

14

I have shared USDA MyPlate information before, and I came across this nice infographic and I thought it might be good to share again. I like this infographic because it gives some tips for each food group. I hope you find this helpful when trying to make healthy food choices. As always if you ever have any nutrition related questions, please reach out to me and I will gather information from our Registered Dietitian and send it out to you.

Amber Goines CDM, CFPP

Director of Nutrition Services



Elder Abuse / Fraud

*Provided by the Fairfield County Prosecuting Attorney's Office – Kyle Witt
Office of the Victim Assistance Division*

Elder Abuse

Elder abuse is often referred to as “silent suffering”.

Elder abuse is more than physical mistreatment of seniors. It's also emotional manipulation and financial exploitation. Elder abuse is a crime.

In Fairfield County, reports of suspected elder abuse, neglect or exploitation should be immediately reported to Adult Protective Services at the Fairfield County Job & Family Services.

Who Mistreats Older Adults?

Most data indicates that adult children are the most frequent abusers of the elderly. Spouses and other family members and other care givers can also mistreat or abuse elders.

According to the National Center of Elder Abuse, almost 90% of abusers were family members and nearly 62% of the cases of abuse, neglect, or exploitation of adults living at home involve mistreatment by other people and 38% involve self-neglect.

Older adults can suffer mistreatment in their own home or where they live and there is great potential for abuse and neglect in assisted living and skilled nursing facilities as well.

To report abuse or neglect please
call *Adult Protective Services*
740-653-4060

Physical Signs of Elder Abuse

- *Bruises/Abrasions (especially around the wrists)*
- *Skin Tears or cuts*
- *Burns*
- *Loss of Hair*
- *Broken Bones*
- *Bite Marks*
- *Bedsore*

Caregiver Signs of Abuse

- Yelling
- Pushing
- Pulling

Victim Personality Changes

- Withdrawn
- Depression
- Fear
- Anxiety
- Nervousness

More Signs of Elder Abuse/Elder Fraud

- Give away valuable items or money
- Possessions disappear from their home
- Caregiver wearing their clothing or jewelry
- Spending patterns change
- Missed appointments
- Thinking, health or eating patterns changed
- Not responding to treatments if ill
- Over mediated
- Frequent ER visits

Fairfield County Important Numbers for Seniors

Meals on Wheels – 740-681-5050

Adult Protective Services – 740-653-1701

Fairfield County Prosecutors Office
Victim Assistance Division – 740-652-7060

Job & Family Services – 740-652-7889

Public Transit – 1-800-750-0750
&
Fun Bus – 740-653-4600

Lighthouse (Domestic Violence) – 687-4423

Information & Referral
Dial 211 – From a Fairfield County Landline Or
740-687-0500

Fairfield County Sheriff
911- Emergency
Or
740-652-7900 – Non-Emergency

Veterans Services – 740-652-7920

Common Scams used on the Elderly

Grandparent Scam : A scammer may call and say “Hi Grandma/pa” and say they are in need of money to help them get home or because they are in trouble and ask for you to transfer it to them. When in doubt, hang up and call a trusted family member.

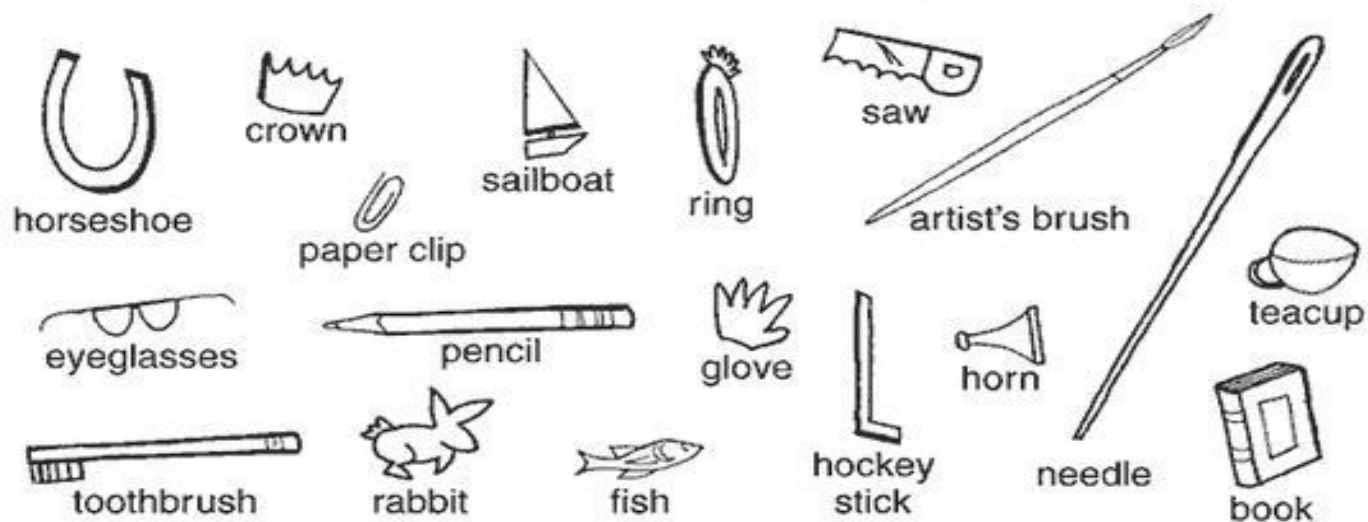
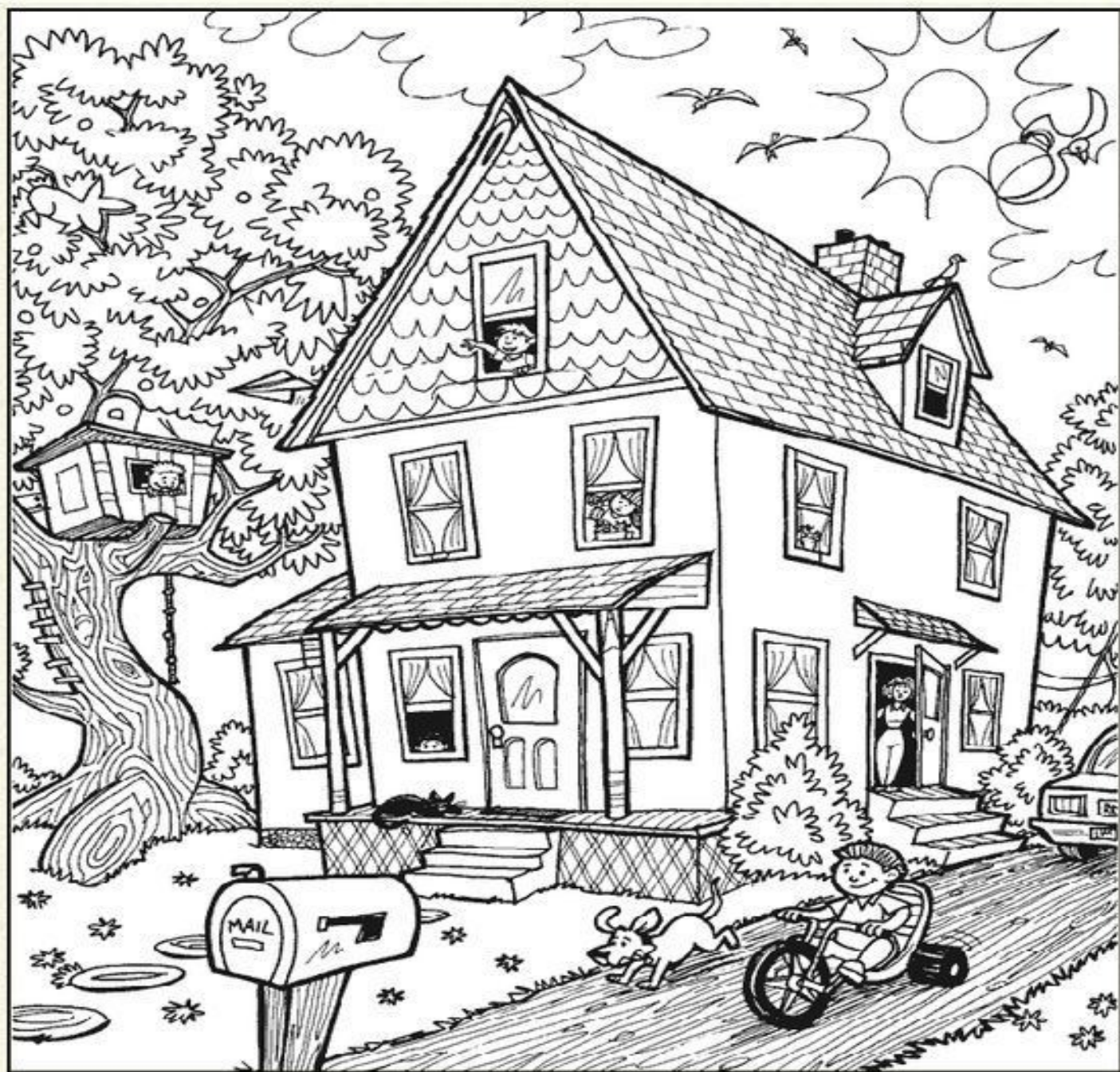
Fake Check Scams: Someone sends you a check and asks you to deposit it and transfer money to them. In these cases the check is counterfeit and the money will be deducted from your account. Never wire money to a stranger!

Phone charities : You may receive letters or calls from someone pretending to be a representative of a company.
- Before you donate, ask how much of your donation will actually go to the charity and verify the charity is legitimate by calling the Attorney General’s Help Center at 800-282-0515.

Reverse Mortgage Abuse: A reverse mortgage is not a scam; it is a loan accruing interest that allows older consumers to convert home equity into cash. However, some unscrupulous salespeople might pressure you into taking out a reverse mortgage that has very high fees.

Signs of a Scam

- You are asked to send money via wire transfer
- You win a contest you never entered
- You are pressured to “act now!”
- You must pay a fee to receive a prize
- Your personal information is requested
- A company refuses to give you written information.



What is Elder Abuse?

Elder abuse can be financial, emotional, physical, and sexual. It also includes people who are neglected and those who neglect themselves (self-neglect). Social isolation, financial or emotional stress, and dementia can make a senior vulnerable to abuse.

The consequences of elder abuse are grave: older adults who are abused are twice as likely to be hospitalized, four times as likely to go into nursing homes, and three times as likely to die. While studies show that 60% of abusers are family members, abuse can happen in any setting: in the older adult's own home or a senior living community.

Elder Abuse: Everyone's business

World Elder Abuse Awareness Day (WEAAD) is commemorated each year on June 15th to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse.

Elder abuse is any act that causes harm to an older person and is carried out by someone they know and trust, such as a family member or friend. The abuse may be physical, social, financial, psychological, or sexual and can include mistreatment and neglect.

WEAAD was officially recognized by the United Nations General Assembly in December 2011, following a request by the International Network for the Prevention of Elder Abuse (INPEA), who first established the commemoration in June 2006.

In many parts of the world, elder abuse occurs with little recognition or response. It is a global social issue that affects the health, well-being, independence, and human rights of millions of older people worldwide and an issue that deserves the attention of all in the community.

Individuals, communities, municipalities, and organizations will come together across the globe to hold events on June 15th that raise awareness of elder abuse.





THANK YOU BUCKEYE TOYOTA FOR SUPPORTING OUR MISSION! Darin Weirather, Operations Leader at Buckeye Toyota, presents Anna Tobin, Executive Director of Meals on Wheels, with the Buckeye Cares 2024 April Donation! Shop local, support local [#BuckeyeCares](#)

Meet our Staff!

The Senior Hub-Meals on Wheels, Fairfield County welcomed Sharon Powell to our team in January 2024 as our receptionist. She is the friendly voice that answers your calls and greets you as you enter the agency.

Sharon has 4 children, 12 grandchildren and 2 great grandchildren. In her spare time, as you can imagine, she spends time with her grandchildren or sewing and scrapbooking.

We are happy to have Sharon join our team!



Why Do We Celebrate Father's Day?

According to the [History Channel](#), [Sonora Smart Dodd](#), a woman from Spokane, Washington, was the founder of Father's Day. She was one of six children raised by her widowed father. Her mother had died during the birth of her sixth child. Since Mother's Day was established in 1908, Sonora Smart Dodd wanted to have an equivalent holiday for fathers. To promote her idea of celebrating fathers for a day, Sonora visited local churches and the YMCA and met with shopkeepers and government officials to gain support for this new tradition. Because of her hard work, Sonora found success when Washington State celebrated the first Father's Day on June 19, 1910.

Even though Mother's Day gained momentum right away, it would take years for Father's Day to be nationally recognized as a holiday. In 1916 and 1924, Presidents Wilson and Calvin Coolidge showed support for Father's Day. President Coolidge even urged state governments to celebrate this holiday. But it was not until decades later that Father's Day would be recognized as a national holiday. In 1966, President Lyndon B. Johnson signed a presidential proclamation designating the third Sunday in June as Father's Day. In 1972, President Nixon finally established a permanent national observance of Father's Day.

One reason it took so long for Father's Day to become a national holiday was because of a lack of support among men. Many men felt the holiday traditions of gift-giving and flowers did not celebrate their masculinity. Some also thought it was a way for stores to commercialize another holiday and to pressure families into spending more money by buying unnecessary gifts. In the 1920s and 1930s, a movement actually attempted to eradicate Mother's Day and Father's Day. The movement's supporters called for replacing those holidays with Parent's Day, in which both parents are celebrated. Despite the movement's efforts, Mother's Day stayed on the calendar, and Father's Day would eventually be added to the national calendar.





When the [American Revolution](#) broke out in 1775, the colonists weren't fighting united under a single flag. Instead, most regiments participating in the war for independence against the British fought under their own flags. In June of 1775, the [Second Continental Congress](#) met in Philadelphia to create the Continental Army—a unified colonial fighting force—with the hopes of a more organized battle against its colonial oppressors. This led to the creation of what was, essentially, the first “American” flag, the Continental Colors.

For some, this flag, which was comprised of 13 red and white alternating stripes and a Union Jack in the corner, was too similar to that of the British. [George Washington](#) soon realized that flying a flag that was even remotely close to the British flag was not a great confidence-builder for the revolutionary effort, so he turned his efforts towards creating a new symbol of freedom for the soon-to-be fledgling nation.

On June 14, 1777, the Second Continental Congress took a break from writing the [Articles of Confederation](#) and passed a resolution stating that “the flag of the United States be 13 stripes, alternate red and white,” and that “the union be 13 stars, white in a blue field, representing a new constellation.”

Over 100 years later, in 1916, [President Woodrow Wilson](#) [marked the anniversary of that decree](#) by officially establishing June 14 as Flag Day.

By: Jennie Cohen

FATHER'S DAY

WORD SEARCH

N	A	S	E	M	A	E	H	T	D	A	W	L	E	T
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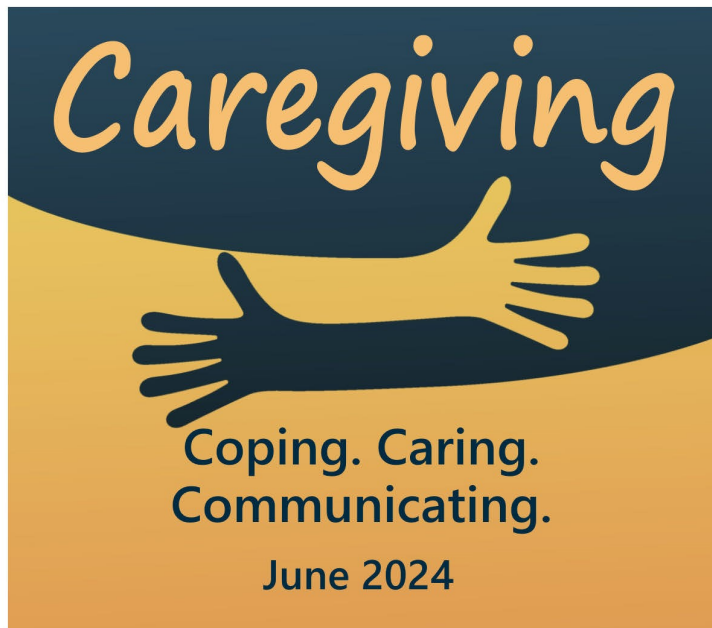
BEST
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FUNNY
GRANDPA
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PARENT

PROTECTOR
ROLE MODEL
SMART
SPECIAL
SPORTY
STRONG



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How to Communicate with An Aging Parent Who Won't Listen

Talking with an older adult about sensitive subjects like aging and necessary lifestyle changes can be tricky. The following tips can help caregiver with communicating with an older adult.

It can be frustrating and even frightening when you're trying to communicate something important to your aging parents and they won't listen to or accept what you are saying.

Adult children and their aging parents may struggle as age, illness, or physical challenges require a change in the parents' living circumstances.

Self-sufficient adults who raised families, ran businesses and households, now face being told they can no longer live the life they spent a lifetime building.

- **Your parents are adults, treat them that way.** First and foremost, even though you may think your parents are acting as stubborn as young children, they are not children. They are adults and any conversation you have with them needs to come from a place of respect and consideration. Don't talk at your parents. Talk to them.

- **It's not what you say, it's how you say it.** Actually, sometimes it is what you are saying. "Mom, I don't think you should be driving anymore" is probably not going to sit well in even the softest, sweetest tones. But, tone does matter. Anyone who feels yelled at or bullied will often back away from the conversation and shut down communication. Take a careful look at how you're communicating because that may be at the core of why your parents are not listening to you.

- **It's not you, it's me.** One effective way to get an aging parent to listen is to make it about you. Explaining to your mom that you can't sleep at night because you're so worried about her getting into a car accident is different than

saying, "You can't see and you're going to get yourself killed, or worse - kill someone else. No more driving."

Many aging parents' worst fear is of becoming a burden to their families. It fuels much of the resistance to getting help in their later years. Honestly, explaining how their unwillingness to listen to you is causing that dreaded burden can go far in bringing them back to the conversation.

- **Include your aging parents in decision-making.** Rather than lay down the plan for your parents, whether it's hiring someone to help them around the house and run errands, moving them to an assisted living facility or simply helping them declutter, bring them in on these decisions. Ask them what THEY want and try to accommodate them.

- **Focus on respect and acceptance.** Aging is one of the few sure things most of us face in life. When respect and acceptance drive your communication with your aging parents, it will always be more effective.

Source: DailyCaring.com



Central Ohio Chapter

Fairfield County

**Alzheimer's
Caregiver Support Group**

Held in

**The Senior Hub-Meals on Wheels Library
1515 Cedar Hill Road • Lancaster**

**Wednesday, June 9
2:00-3:00pm**

Share, learn and gain emotional support from others who are also on the unique journey of caring for a loved one living with Alzheimer's disease or other forms of dementia.

To register, please call Linda at
Meals on Wheels of Fairfield County
740-681-5050, ext. 119

Walk-In Hours at Meals on Wheels

No walk-in hours in June 2024

Wednesday, July 17 • 11am -1pm

Have your questions about caring for a loved one with Alzheimer's answered by

Lindsay Blackburn

Alzheimer's Association - Central Ohio Chapter

Caregiver Guilt: Two Common Myths Increase Stress

There are many common misconceptions about what caregivers should do or how they should feel that can cause guilt that isn't deserved.

Unfortunately, these misguided beliefs and unrealistic expectations about caregiving can also hurt you by causing burnout, compassion fatigue, or serious health conditions caused by chronic stress.

Caregiver guilt might also influence you to take on unrealistic responsibilities, avoid getting help you need and deserve, or be too hard on yourself.

All of this only adds to your stress makes you feel worse, and makes an already tough situation even more challenging. To help you recognize when you're feeling guilt that isn't deserved, these are two common myths about what caregivers "should" do and explain the truth behind these incorrect assumptions.

• **Myth #1** - If you don't provide full-time, hands-on care, you're not doing your job as a caregiver.

Popular belief - You can only call yourself a caregiver if you always help your older adult with tasks like bathing, dressing, eating, etc.

Truth - That's absolutely false! There are many roles a caregiver can take on. Everything you do for your loved one is important and makes a difference in their lives.

For example, you might spend hours every week managing your dad's finances. Or, you might be working

closely with a geriatric care manager to make sure your mom, who lives across the country, has the best care possible. Some caregivers are able to go with their loved one to medical appointments and advocate for them. Many regularly buy groceries,, do household chores, or go for long visits. If you didn't take on those responsibilities, your loved one would suffer for the lack of help and companionship. Being part of their support system makes you a wonderful caregiver.

• **Myth #2** - You should be able to do everything by yourself and shouldn't need help from anyone.

Popular belief - One person should take responsibility for everything their loved one needs and should handle it all by themselves. If they can't, it's because they're not doing a good job.

Truth - No caregiver should be made to feel like they need to do everything alone. Caregiving requires a team. It doesn't matter if your caregiving team is made up of family, friends, hired professionals, or care programs. Trying to do everything completely on your own often causes chronic stress that can lead to burnout and serious illness.

Source: DailyCaring.com

Caregivers

You are
not alone.

We all
need a hand.

Call us. We're here to help you and your loved one.



The Senior Hub-Meals on Wheels of Fairfield County provides services for older adults and their caregivers.

You have options - you choose the services that best fit your needs.

Call the Aging Services Office at 740-681-5050.

Services include:

- A Caregiver Support Program to help ease some of the stress caregivers face every day.

- Respite Care, Personal Care and Homemaking
- Medical Transportation
- Personal Emergency Response Systems
- Adaptive Equipment such as shower chairs, transfer benches, wheelchairs and walkers.

Whether you're a new caregiver learning about the first steps of caregiving, or an experienced caregiver wanting to learn additional ways to help with the caregiver journey, The Senior Hub is here to help.

TRUALTA

Free Online Resource for Caregivers

Overwhelmed by Learning How to Be A Caregiver? Improve your confidence, reduce stress, and prevent burnout.

coaaa.trualta.com

- On-demand videos with practical advice
- Toolkits for quick, hands on learning
- 500+ articles from caregiving experts

A variety of topics

- Communication changes
- Behavior management
- Transition from hospital to home
- Mobility and fall prevention
- Documents and decision-making

TRUALTA can help you on your caregiving journey. Sign up for free today! **coaaa.trualta.com**

For additional information, call the Central Ohio Area Agency on Aging (COAAA) 614-645-7705.

2024 Annual Campaign

Our agency is blessed to be a part of a caring and giving community. We rely on the support of donors and volunteers to fulfill our mission of service to improve the quality of life for older adults. It's hard to believe we have been serving from our new location for 5 years. My how time flies! Over the years we have seen an increased number of visitors stopping in for lunch, for activities, and for meetings with care coordinators. The number of volunteers who visit our site is also increasing. These increased numbers have put stress on our limited parking. To address the parking shortage, we will be adding additional parking spaces to our existing parking area and plan to have it ready for use by late summer or early fall. Therefore, this year's annual campaign is focused on raising funds to cover the cost of the additional parking lot here at The Senior Hub-Meals on Wheels.

We are reaching out to the community to help support this project. The total cost is estimated to be \$150,000. We had one very large donation come in and have done some fundraising events to move us closer to our goal. Every donation will make a difference no matter how large or small.

The Senior Hub-Meals on Wheels is a 501c3 nonprofit organization and because no goods or services were received in exchange for your contribution, your donation is tax deductible from the Internal Revenue Service. You can drop off cash donations at the front desk, mail in a check or money order to our address, use your credit card on-line on our website, phone in your credit card donation, and you can even transfer stock from your account into our agency fund at the Fairfield County Foundation.

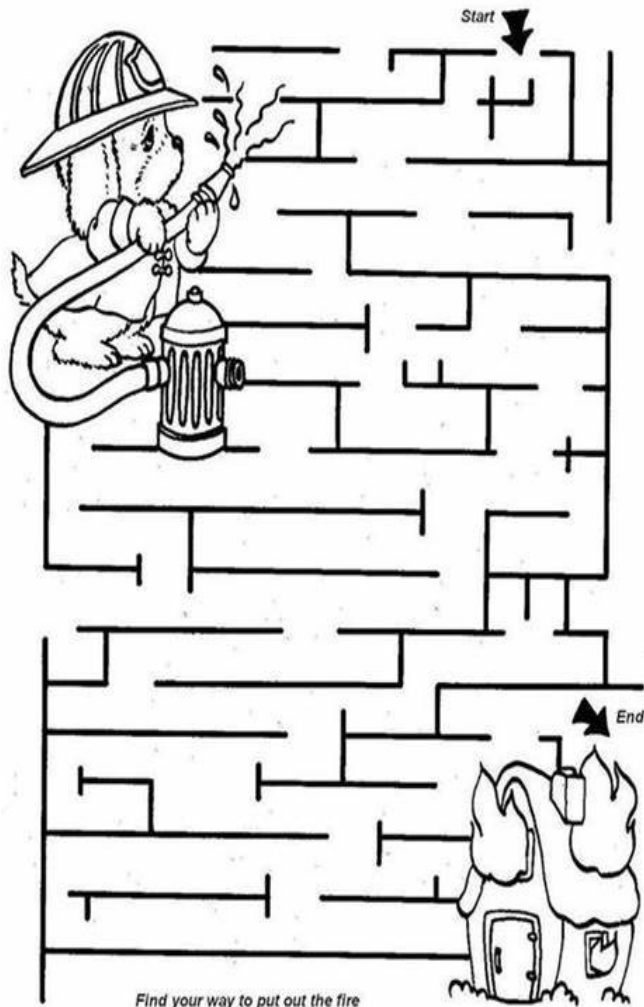
Please give me a call if you would like to discuss your donation with me. Thank you in advance for your support!

Anna Tobin, Executive Director

740-681-5050 x 116

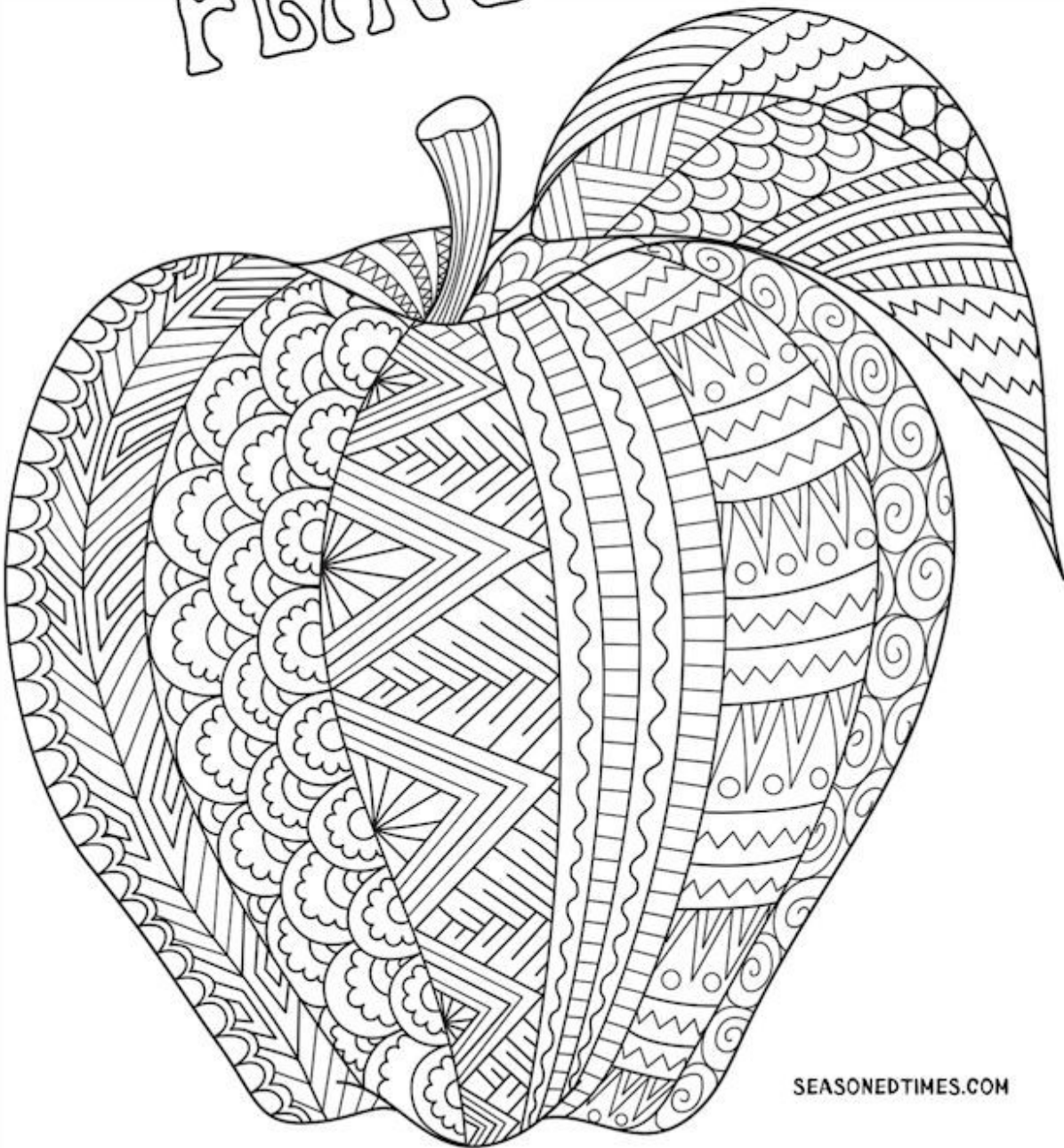


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AGE ADDS
FLAVOR



SEASONEDTIMES.COM

The Sun and Medications

Some medicines contain ingredients that may cause photosensitivity- a chemically induced change in the skin. Photosensitivity makes a person sensitive to sunlight and can cause sunburn-like symptoms, a rash or other unwanted side effects. It can be triggered by products applied to the skin or medicines taken by mouth or injected.

There are certain types of medicines that can cause sensitivity to the sun. Some of these include:

- Antibiotics (ciprofloxacin, doxycycline, levofloxacin, tetracycline, trimethoprim)
- Antifungals (flucytosine, griseofulvin, voriconazole)
- Antihistamines (cetirizine, diphenhydramine, loratadine, promethazine, cyproheptadine)
- Cholesterol lowering drugs (simvastatin, atorvastatin, lovastatin, pravastatin)
- Diuretics (thiazide diuretics: hydrochlorothiazide, chlorthalidone, chlorothiazide; other diuretics: furosemide and triamterene)
- Non-steroidal anti-inflammatory drugs (ibuprofen, naproxen, celecoxib, piroxicam, ketoprofen)
- Oral contraceptives and estrogens
- Phenothiazines (tranquilizers, anti-emetics: examples, chlorpromazine, fluphenazine, promethazine, thioridazine, prochlorperazine)
- Psoralens (methoxsalen, trioxsalen)
- Retinoids (acitretin, isotretinoin)
- Sulfonamides (acetazolamide, sulfadiazine, sulfamethizole, sulfamethoxazole, sulfapyridine, sulfasalazine, sulfasoxazole)
- Sulfonylureas for type 2 diabetes (glipizide, glyburide)
- Alpha-hydroxy acids in cosmetics

Not all people who take or use the medicines mentioned will have a reaction. Also, if you experience a reaction on one occasion, it does not mean that you are guaranteed to have a reaction if you use the product again.

If you have concerns about developing a reaction, try to reduce your risk by:

- When outside, seek shade, especially between 10am and 2pm - some organizations recommend as late as 4pm. Keep in mind that the sun's rays may be stronger when reflected off water, sand, and snow.
- Wear long-sleeved shirts, pants sunglasses, and broad brimmed hats to limit sun exposure.
- Use broad sunscreen regularly and as directed. Broad-spectrum sunscreens provide protection against ultraviolet A (UVA) and ultraviolet B (UVB) radiation. An SPF 15 is the minimum number needed to provide measurable protection; however, a sunscreen with an SPF value of 30 or higher is recommended. Rarely, some sunscreen ingredients can cause photosensitivity themselves.

If you have questions about your medications and the possibility of a photosensitivity, contact your health-care professional or pharmacists. Taking a few precautions can help limit your risk of photosensitivity and keep the sun shining on your fun.

Source: National Institute on Aging

Hot Weather Safety for Older Adults

Extreme weather can be dangerous for older adults. Hotter days can cause difficulty in the body's ability to regulate its temperature. This can be challenging for older adults who typically do not adjust as well as others to sudden temperature changes. Additionally, older adults are more likely to have chronic medical conditions that affect the body's response to temperature, and to take prescription medicines that alter the body's ability to control temperature or sweat.

Heat Related Illnesses

Being overheated for too long or being exposed without protection to the sun can cause many health problems. Heat-related illnesses include the following:

- **Heat syncope** is a sudden dizziness that can happen when you are active in hot weather. If you take a heart medication called a beta blocker or are not acclimated to hot weather, you are even more likely to feel faint. Rest in a cool place, put your legs up, and drink water to make the dizzy feeling go away.
- **Heat edema** is a swelling in your ankles and feet when you get hot. Put your legs up to help reduce swelling. If that doesn't work fairly quickly, check with your doctor.
- **Heat exhaustion** is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, and nauseated. You may sweat a lot. Your body temperature may stay normal, but your skin may feel cold and clammy. Some people with heat exhaustion have a rapid pulse. Rest in a cool place and get plenty of fluids. If you don't feel better soon, get medical care. Be cautious because heat exhaustion can progress to heat stroke.
- **Heat stroke** is a medical emergency in which the body's temperature rises above 104 degrees F. Signs of heat stroke are fainting, confusion or acting strangely; not sweating even when it's hot; dry, flushed skin; strong, rapid pulse, or a slow, weak pulse. When a person has any of these symptoms, they should seek medical help right away and immediately move to a cooler place, such as under shade or indoors. They should also take action to lower their body temperature with cold clothes, a cool bath or shower, and fans.

Source: National Institute on Aging

SilverSneakers

The silver sneakers program offered at our Senior Services Center is open to older adults age 60 and older, living in Fairfield County. In fact, all recreational and educational activities offered through the agency are available to older adults living in Fairfield County.

The Senior Hub-Meals on Wheels will be offering the program at 1515 Cedar Hill Road, Lancaster. The class will be offered Monday and Wednesday 10:30am to 11:30am. The Senior Hub-Meals on Wheels is partnering with the local YMCA to provide instructors for this class. It may be covered by Medicare.

A one time registration is required and will take a few minutes of your time. Once you become a member, you may attend all activities offered by the agency and you may eat in the dining room.

Call our Aging Services Department for more information, 740-681-5050 ext. #121.

Free!!

Blood Pressure Screenings



10:00a.m. - 1:00p.m.

May 10th & May 24th.

Every Friday!!!

At Meals on Wheels

10:15 a.m. - 11:15 a.m.

Join us for lots of fun!

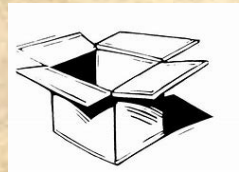


April Commodity Box Pick-Up

- Last name beginning with **A-J** **Wed. May 15th. 1-3:00pm**
- Last name beginning with **K-Z** **Thurs. May 16th. 1-3:00pm**

No drop-ins. Arrangements must be made prior to pick up of commodity box. No exceptions.

You must complete an application and meet income guidelines to be eligible to receive a Commodity Box.



MEALS ON WHEELS ACCEPTS CREDIT CARD PAYMENTS AND DONATIONS

PLEASE CALL 740-681-5050 to make a payment or go to www.mowfc.org

SARAH ARLEDGE—ext. #105 for Meal Donations / Homemaking / Personal Care/Respite / Adult Day-care

BRIAN ROBY—ext. #118 for Lifeline

PAYMENTS AND DONATIONS CAN BE MADE RECURRING UPON REQUEST



Celebrating 51 years of Service to Fairfield County Seniors

Regular Meeting of the Board of Trustees — May 25, 2024

This newsletter is written by various staff members and edited by Sharon Powell

