



Gazebo Gazette

Greer Management
Services

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Beware the Heat of Summer

It's getting nearer that time of year when we again start to spend more time outdoors. After all, summer is a wonderful time to have fun and enjoy the many activities that we could not participate in when we were cooped up all winter. It is even more enjoyable to go on vacation in the summer time than it is in the midst of winter, especially if you live in colder climate.

While spending more time in the great outdoors sounds wonderful, there are certain restrictions that we need to be aware of depending on our age. We have to accept the fact that our body is not as flexible and willing to cooperate as in the past. Play Frisbee in the park may sound like fun, but the older you get the less likely your body will agree.

Seniors should not take lightly the effects of the summer heat on their health. In this article we cover the negative effects of the summer heat on one's health and provide tips to "beat the heat", as the common cliché goes.

If you spend too much time outdoors in the midst of the heat of summer, you may experience a number of negative responses. For example, summer heat can cause strokes, cramping due to lack of proper fluid intake, headaches, nausea and exhaustion. Underestimating the damage heat can do is a very serious mistake, one that should be avoided at all cost.

What people may not be aware of is the fact that seniors are more vulnerable to the effects of heat because age renders them insensitive in comparison to younger people. Many times younger family members don't realize how heat is affecting their older loved ones, and it can become easy to miss the warning signs of heat related health problems until it is too late.

The following tips should help keep senior healthy all through summer.

- Staying hydrated is the most important thing you can do when experiencing heat, whether indoors or outdoors. Drink as many as 8 or more glasses of water daily and minimize or stop the intake of alcohol completely. Alcohol acts as a diuretic and you can lose more fluid than is healthy without realizing it.
- Eat as much fresh fruit as possible and replace caffeine with fresh fruit juices or plain water. Make it a practice to keep drinking water all through the day and it will soon become a lifelong habit.
- As much as one would like to deny the signs of aging it is best to be sensible and reduce any strenuous activities to a more reasonable level during the summer months.
- Stay out of the sun, preferably in a cool place or an air conditioned room during the hottest part of the day. If you must venture out into the sun, wearing a sunblock is the best way to go. Cool cotton clothing is also a must and clothes that are light in color are ideal for those hot summer days.

Just because you have reached your senior years is no reason why you can't still enjoy being outdoors. You just need to remember to take precautions that will keep you safe from the strong spring and summer rays and the heat of the dog days of August.

Stay hydrated and lightly covered, especially with one of those beautiful summer hats, and use common sense as to how long you stay outside during hot days, and you will likely be able to enjoy the wonderful summer activities going on around you.

Cindy Rapp

Vice President of Operations

Greer Management Services



Source: www.eldercarecafe.com

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Mary Furhop

Alma Jany

Adeline Wolters

Jerseyville Estates

Jessie Conroy

Doris Griffith

Joseph Grizzle

Verna Turner

Mason Woods

Salem Woods

Barbara Haag

Emma Hixon

Employee Spotlight



Opal Wilder

LPN

The Manor at Mason Woods

October 2011

A Note from the Administrator

June brought us two thankful celebrations: In honor of Nursing Assistants week our residents showed their appreciation by decorating flower pots that were filled with petunias. They presented them to the staff along with thank you cards. Then for Father's Day, our maintenance men, Stan & Chuck, took our men out to eat a "Men Appreciation" breakfast at Reid's Harvest House.

July brings us packed with many activities. July 17th we will go out to eat at the new Asia Garden restaurant for lunch. On the 18th we will be taking a trip to the Sparta Senior Center to host bingo. A few of our residents have requested to shop at the Wal-Mart Super Center in Sparta so on the 19th off we go! Don't forget to sign up! Family Fun Night this month will be on the 27th starting at 6:30pm with BINGO! Friends and family are always invited to join in on the fun.

We have added a little color to our walls for a warmer homelike atmosphere, come take a sneak peak. We love guests.

Have a Happy & Safe Independence Day

Shelley Bollman



July 2012



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Craig Farms



This Month in History - July

U.S. postage stamps went on sale for the first time. (1847)

Taxes begin to be withheld from paychecks. (1943)

President Lyndon B. Johnson signs the Medicare bill. (1965)



Resident of the Month

Betty Haferkamp



Betty moved in on March 29th, 2008. When she moved in her first impression was the front lobby looked like a nice hotel. She says "The Manor at Craig Farms has a very pleasant atmosphere. Everyone is so nice and very helpful."



"I enjoy having my meals cooked for me, my room cleaned and my laundry done. I now have time to enjoy the things I like to do: reading, wii bowling, bingo and canvas needlepoint. I urge my friends to come and visit and have lunch with me."

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Senior Resources Links

- [AARP](#)
- [Alzheimer's Disease Education & Referral Center](#)
- [Illinois Dept on Aging](#)
- [Illinois Health & Wellness](#)
- [Illinois Healthcare & Family Services](#)
- [Illinois Supportive Living Program](#)
- [National Council On Aging](#)
- [Social Security](#)
- [Senior Corps](#)

Jerseyville Estates is especially designed to assist mature adults in maintaining an independent lifestyle. You'll delight in the many amenities of our community.



The Manor at Mason Woods is an attractive community in a beautiful, serene setting that provides comfort, safety and security for mature adults. We're proud to make The Manor at Mason Woods affordable and we welcome everyone.

The Manor at Craig Farms is located in a beautiful wooded setting and comes complete with a gazebo for relaxation and enjoyable conversation.



The Manor at Salem Woods is a safe, secure environment and we try to eliminate the worries which come with living alone. You and your family will have comfort in knowing that you live in this community—built just for you and your needs.

You'll be proud to call
The Manors
your new home too!

