

**From:** Visiting Nurses of the Lower Valley sfoley@visitingnurses.org  
**Subject:** Happy 4th of July from Visiting Nurses of the Lower Valley!  
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**To:** frschosk@me.com

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July 2016 Newsletter: Drink Up, Hot Topics and Celebrating with Fireworks

## It's Hot out There! Stay Cool...and Hydrated this Summer.

***If you're thirsty, then you may be too late!*** People aged 65 years or older are less likely to sense and respond to changes in temperature. Here are some important tips:

- Stay in air-conditioned buildings as much as possible. Contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your primary cooling device during an extreme heat event.
- Drink more water than usual and don't wait until you're thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Avoid using the stove or oven to cook.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Check the local news for health and safety updates.
- Seek medical care immediately if you have, or someone you know has signs of heat stroke, such as muscle cramps, headaches, nausea or vomiting.
- For more information on Heat and the Elderly, [click here](#).



## Look for Signs of Dehydration:

- Dry mouth
- Cracked lips
- Urinate (pee) less: Urine is dark yellow/brown and may smell bad
- Skin changes: dry/hot or cold/clammy,



reddish or yellowish in color

- Headache
- Dizziness and feeling light-headed
- Weakness, not interested in doing anything
- Feeling sleepy and tired
- Weight loss



### Not Thirsty? *Sneak it in!*

Try one of these yummy snacks that will help keep you hydrated:

- Watermelon
- Oranges
- Cucumbers
- Celery
- Strawberries
- Jello
- Italian Ice or popsicles



## July's Hot Topics!

### Did You See?

Our very own RN Case Manager, Cathy Angier, was featured as the "**Person of the Week**" in The Valley Courier last month for her work as a nurse in the community.

Cathy describes her role here:

"It's the ability to establish a relationship with someone long term, to be an advocate for that patient and to provide nursing care in an individual way. You are a liaison between the doctor and the patient."

[Click here to read the full article.](#)



### Did You Know?

After Surgery Care is provided by our sister company, **Lower Valley Care Advocates**. Trained caregivers can:

- Provide transportation
- Pick up pharmacy items
- Walk your dog
- Run errands like grocery shopping
- Assist with bathing and dressing

Ease your transition to wellness by calling: **(860) 767-2695.**

[Click here for more information on LVCA.](#)



Lower Valley  
Care Advocates

*Exciting News: We'll be launching our new website later this month, complete with a fresh new look and improved functionality to better serve YOU!*



## Happy 4th of July from All of Us at VNLV



### Planning to Celebrate with Fireworks? Here are Important Safety Tips:

- Obey all local laws regarding the use of fireworks.
- Know your fireworks. Read the cautionary labels and performance descriptions before igniting.
- A responsible adult should supervise all firework activities. Never give fireworks to children.
- Alcohol and fireworks do not mix. If you're going to have a drink, save it for after the show.
- Wear safety glasses when shooting fireworks.
- Light one firework at a time and then quickly move away.
- Use fireworks outdoors in a clear area, away from buildings and vehicles.
- Always have a bucket of water and charged water hose nearby.
- For more fireworks safety tips, [click here](#).

[Visit Our Website: Visiting Nurses of the Lower Valley](#)



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