

Newsletter

SOLUTIONS for care.



Are you prepared for extreme heat? This newsletter has tips to stay cool and how to be prepared for extreme heat.

July/August 2023

Summer is in full swing and July has brought along with it high temperatures and poor air quality advisories. This newsletter includes tips to stay cool and how to be prepared for extreme heat as older adults are at greater risk to be affected by heat-related illnesses. This newsletter also introduces the new Aging and Disability Resource Networks Volunteer Program and the new Home Preservation Project. Information on both programs can be found at www.solutionsforcare.org or by calling the Solutions for Care office at 708-447-2448.

Stay Safe and Cool This Summer

July is National Extreme Heat Safety Month and the National Institute on Aging has released tips on how older adults can stay safe in the summer heat.

- **Drink plenty of liquids:** Staying hydrated is key to staying safe. Drink liquids such as water, fruit or vegetable juices, or drinks that contain electrolytes. Drink liquids frequently. Do not wait until you are thirsty. Avoid alcohol and caffeinated beverages.
- **Clothing:** Wear lightweight, light colored, loose-fitting clothing. Natural fabrics such as cotton may feel cooler than synthetic fibers.

- **Living Space:** If your living space is hot, try to spend time during midday in a place that has air conditioning. For example shopping malls/centers, movie theaters, public libraries, your local senior center or a friend or family members home.

In addition to taking steps to stay cool on hot days it is important to know the signs of heat related illnesses and know what to do if experiencing symptoms. [Click here](#) for more information on heat stroke, heat exhaustion, heat cramps, sunburn and heat rash.

Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<p><i>Dizziness</i></p> <p><i>Thirst</i></p> <p><i>Heavy Sweating</i></p> <p><i>Nausea</i></p> <p><i>Weakness</i></p>	<p><i>Confusion</i></p> <p><i>Dizziness</i></p> <p><i>Becomes Unconscious</i></p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p> <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	

Did you know there is a difference between Heat Exhaustion and Heat Stroke? There are also very different ways to treat both.

Aging & Disability Resource Network Volunteer Opportunities

Are you looking for a way to give back to your community? Volunteer with Solutions for Care's Aging & Disability Resource Network and make an impact on the lives of older adults and those living with disabilities. Training is provided and there are several volunteer positions available:

- Benefits Access Enrollment Specialist
 - Transportation Benefits
- Senior Health Insurance Program (SHIP) Counselor
 - Required Certification
- Senior Health Assistance Program (SHAP) Benefits Specialist
 - Transportation
 - Medicaid
 - SNAP
 - Senior Tax Freeze

Volunteers are needed 4 hours per week, twice a month with Monday through Friday availability. This is a great opportunity for older adults who are looking to get out and socialize while making an impact and helping others. This is also a great opportunity for those interested in social work.

If you are interested in volunteering with Solutions for Care please contact Tina Saenz, ADRN Supervisor at 708-447-2448 (ext 127) or tsaenz@solutionsforcare.org.



Join the Solutions for Care Volunteer team.

Introducing the Home Preservation Project

The new Home Preservation Project addresses the housing needs of adults 60 years or older so they can live safely within their communities. If you or someone you know is struggling with their home and facing possible homelessness this program may be able to alleviate some of that stress. The Home Preservation Project can connect persons in need with valuable resources such as enrollment in Care Coordination and financial assistance for home repairs (while funding is available).

Who is eligible for this program:

- Any person over the age of 60
- Must live in Berwyn, Cicero, or any Proviso Township city/village
- Person may be a homeowner, renter, or experiencing homelessness

If you are in need of assistance call a Solutions for Care Housing Specialist at 708-447-2448.



Healthy Living Resource Fair Recap

The Annual Healthy Living Resource Fair was a huge success with over 30 local resource agencies on site to provide information to event goers, live entertainment, and raffles. There were over 300 attendees who received the free farmers market coupons.

Solutions for Care would like to thank this year's sponsors. Our Community Partner Sponsors were AgeOptions, Aetna, UI Health, Humana, Alzheimer's Association, and Devoted Health Plans. Our top tier Community Advocate sponsors were Sahara Home Care and Destiney Healthcare Services, Inc.

If you were unable to attend the event and are interested in receiving the farmers market coupons stop by the Solutions for Care office to fill out the application. Call 708-447-2448 for more information.



Over 300 people braved the heat to attend the Annual Healthy Living Resource Fair.

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