

Heat Stress in Older Adults

People age 65 and older are more prone to heat stress than younger people for several reasons. Older adults do not adjust as well as younger people to sudden changes in temperature. They are more likely to have a chronic medical condition that upsets normal body responses to heat. They are also more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Warning signs and symptoms of heat stroke vary but may include the following: extremely high body temperature (above 103°F), red, hot, and dry skin (no sweating), rapid and strong pulse, throbbing headache, dizziness, and nausea.

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Warning signs and symptoms of heat exhaustion vary but may include the following: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting, cool and moist skin, fast and weak pulse, fast and shallow breathing.

- Article Adapted from
The Department of Health & Human Services
Center for Disease Control

How You Can Reach Us

Main Office:

765-2696 or 1-800-225-8571

Waiver Program:

762-8025 or 1-888-520-9248

*If you are planning to go out,
call and remind us so we can
stop your meal for the day.*

Heat Stress Prevention Tips

- ✓ Drink cool, non-alcoholic beverages. *(If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps.)*
- ✓ Rest.
- ✓ Take a cool shower, bath, or sponge bath.
- ✓ If possible, seek an air-conditioned environment. *(If you don't have AC, consider visiting an air-conditioned senior center or shopping mall to cool off.)*
- ✓ Wear lightweight clothing.
- ✓ If possible, remain indoors in the heat of the day.
- ✓ Do not do anything strenuous.



August Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Stuffed Pepper with Sauce Mashed Potatoes Peas Pears Rice Pudding Whole Wheat Bread	Veal Parmesan Penne Pasta Italian Blend Vegetables Apple Italian Bread	Hamburger on Roll Baked Beans Peach Crisp Coleslaw
6	7	8	9	10
Meatloaf with Gravy Scalloped Potatoes Broccoli Pineapple Chunks Oatmeal Cookies Whole Wheat Bread	Baked Fish Macaroni & Cheese Stewed Tomatoes Three Bean Salad Pear Dinner Roll	Barbeque Pork Sandwich on Roll Rice Peas & Carrots Orange Juice Chocolate Chip Cookies Plum	Roast Beef with Gravy Mashed Potatoes Beets Tropical Fruit Salad Graham Crackers Whole Wheat Bread	Chicken Salad Sandwich Baked Potato Brussels Sprouts Apple Whole Wheat Bread
13	14	15	16	17
Turkey Stuffing with Gravy Sweet Potatoes Baby Lima Beans Chocolate Pudding Whole Wheat Bread	Cheese Omelet Link Sausage Hash Brown Potatoes Orange Juice Cheerios Nectarine Whole Wheat Bread	Tuna Salad over Lettuce Fresh Fruit Cup French Dressing Croutons Dinner Roll Sweet & Salty Mix	Barbeque Ribette Baked Potato Corn Coleslaw Oatmeal Raisin Cookies Whole Wheat Bread	Ham & Cheese Sandwich on White Bread Baked Beans Potatoes O'Brien Apple Crisp Orange Juice
20	21	22	23	24
Spaghetti & Meatballs Wax Beans Spinach Apple Chocolate Chip Cookies Italian Bread	Baked Chicken Sweet Potatoes Broccoli/Cauliflower Mix Macaroni Salad Jell-o Cake Whole Wheat Bread	Baked Ham White Beans Noodles Sliced Carrots Fruit Cup Sugar Cookies Whole Wheat Bread	Roast Beef Stuffing with Gravy Mixed Vegetables Broccoli & Cauliflower Vanilla Pudding Whole Wheat Bread	Chef Salad Garbanzo Beans Applesauce Dressing Croutons Dinner Roll
27	28	29	30	31
Chicken Dumpling with Gravy Sliced Carrots Baby Lima Beans Orange Juice Graham Crackers Whole Wheat Bread	Baked Ham Cabbage Noodles Green Beans Cantaloupe Blueberry Muffin Whole Wheat Bread	Stuffed Pepper with Sauce Mashed Potatoes Peas Pears Rice Pudding Whole Wheat Bread	Veal Parmesan Penne Pasta Italian Blend Vegetables Apple Italian Bread	Hamburger on Roll Baked Beans Peach Crisp Coleslaw