

# Second Helping

A Few More Things You Might Find Helpful from United Way Meals on Wheels

August 2019

## Summer Safety Tips for Seniors

Simple Ways to Protect Yourself When the Heat Is On

Most of us enjoy warmer temperatures, but when the mercury rises into the upper 80s and 90s, it's time to take precautions. Studies have found that about 40% of heat-related fatalities in the U.S. are among people age 65 and older. So don't be a statistic!

- **Stay Hydrated**

The hotter it is, the more you sweat and lose important nutrients. Summer heat makes everyone – and especially seniors – more likely to become dehydrated. To help reduce this risk, drink at least eight glasses of water a day and avoid alcohol and caffeine.

- **Keep Cool**

If you have air conditioning, use it. If you don't, try visiting a friend or relative during the hottest part of the day. Going to senior centers, malls, movie theaters or libraries is another option. And use fans and open windows to increase ventilation at home.

- **Dress Accordingly**

Lightweight, lightly colored, loose-fitting clothes are best in hot weather. Clothes made of cotton or other natural fibers that breathe will also keep you cooler. Wear a wide-brimmed hat to help keep the sun off your face and neck.

- **Protect Your Skin and Eyes**

Apply sunscreen with an SPF 30 or higher 15 to 30 minutes before you go out into the sun. And wear sunglasses to avoid irritating your eyes or damaging your vision.

- **Use Bug Spray**

Seniors are more susceptible to West Nile virus, so be sure to protect yourself from mosquitoes and other insects, especially at night.

- **Watch for Heat Stroke Symptoms**

Heat stroke is a life-threatening condition. If you become overheated and experience symptoms, such as high body temperature, dizziness, headache, confusion or nausea, seek immediate medical attention.

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: care.com

Remove lower portion and return with your kind donation.

**YES!** I'll support Meals on Wheels so that even more people can look forward to a hot, nutritious meal and friendly visit day after day. My tax-deductible contribution is enclosed in the amount of:

\_\_\_\$25    \_\_\_\$50    \_\_\_\$100    \_\_\_Other \$\_\_\_\_\_

Please make checks payable to Meals on Wheels and mail in the enclosed postage-paid envelope.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_



Email \_\_\_\_\_ Telephone \_\_\_\_\_

You may also donate online at [www.mowjeffco.org/donate](http://www.mowjeffco.org/donate).

CSH-08/19



P.O. Box 320189  
Birmingham, AL 35232-0189  
205.592.0413

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Menu 6 Orange Juice Chopped BBQ Chicken/Bun Green Beans/Red Peppers Cream Style Corn Oatmeal Cream Pie Milk</p>	<p>Menu 7 Blended Juice Pork Riblet/Mushroom Gravy Field Peas Glazed Carrots Wheat Bread Chocolate Chip Cookie Milk Margarine</p>	 <p>Menu 8 Broiler Beef Patty/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Hot Peach Cobbler Milk/Chocolate Milk Ketchup/Mustard/Mayonnaise</p>	<p>Menu 4 Orange Pineapple Juice Beef Hot Dog/Bun Baked Beans Coleslaw Ketchup/Mustard Diced Onions Hot Apple Cobbler Milk/Chocolate Milk</p>	<p>Menu 5 Orange Juice Ham (2 sl.) /Biscuit Cheesy Hash Browns Mandarin Oranges Waffle Grahams Milk Margarine Jelly</p>
<p>Menu 11 Sloppy Joe Bun Rice Pilaf Mixed Vegetables Pears and Mandarin Oranges Apple Spice Cookie Milk/Chocolate Milk</p>	<p>Menu 12 Apple Juice Ham and Pasta Salad Mixed Green Salad Fresh Fruit Wheat Bread Vanilla Pudding Milk Italian/Ranch Dressing Margarine</p>	<p>Menu 13 Blended Juice Garlic Parmesan Chicken Breast Parried Mashed Potatoes Mixed Greens Cornbread Oatmeal Raisin Cookie Milk/Buttermilk Margarine</p>	<p>Menu 14 Taco Salad: Seasoned Ground Beef Lettuce/Cheese/Tomatoes Pinto Beans Corn Tortilla Chips Mandarin Oranges Milk Taco Sauce/Sour Cream</p>	<p>Menu 15 Grape Juice Brunswick Stew Coleslaw Fresh Fruit Saltine Crackers (2 pkg) White Cake Milk Margarine</p>
<p>Menu 16 Orange Juice Salisbury Steak/Onion Gravy Parried Rice Green Beans/Red Peppers Blushing Pears Dinner Roll Milk/Chocolate Milk Margarine</p>	<p>Menu 17 Blended Juice Macaroni and Cheese Okra and Tomatoes Collard Greens Cornbread Fudge Round Milk/Buttermilk Margarine</p>	<p>Menu 18 Turkey Salad Corn Chips Three Bean Salad Fresh Orange Wheat Bread (2 sl.) Nutty Buddy Milk</p>	<p>Menu 19 Chicken and Rice Navy Beans California Vegetable Blend Peaches Wheat Bread Yellow Cake Milk Margarine</p>	<p>Menu 20 Blended Juice Spaghetti/Meat Sauce Succotash Mixed Green Salad Italian Bread Fruited Gelatin Milk Italian/Ranch Dressing Margarine</p>
<p>Menu 1 Meatloaf Green Peas Garlic Mashed Potatoes Blushing Applesauce Wheat Bread Sugar Cookie Milk Ketchup (2 ea.) Margarine</p>	<p>Menu 2 Weatbals (5)/ Apple Brown Gravy Yellow Rice w/ Red Peppers Collard Greens Pineapple Tidbits Cornbread Mini Moon Pie Milk/Buttermilk Margarine</p>	<p>Menu 3 Grape Juice Seasoned Chicken Drum Rosemary Diced Potatoes Italian Flat Beans Texas Bread White Cake Milk Margarine</p>	<p>Menu 4 Orange Pineapple Juice Beef Hot Dog/Bun Baked Beans Coleslaw Ketchup/Mustard Diced Onions Hot Apple Cobbler Milk/Chocolate Milk</p>	<p>Menu 5 Orange Juice Ham (2 sl.) /Biscuit Cheesy Hash Browns Mandarin Oranges Waffle Grahams Milk Margarine Jelly</p>

Comments or Suggestions