

Second Helping

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

June 2018

Hot Tips to Beat the Heat

Summer's High Temperatures Can Be Downright Dangerous

Even though this year's spring included many sub-freezing nights and mild days, temperatures are suddenly skyrocketing. And that means taking an extra measure of caution to protect yourself from overwhelming heat. Follow these simple tips.

- **Drink Plenty of Fluids**

When you get older, you tend to lose fluids faster than other age groups. So while staying hydrated is essential for everyone, you might need to increase the amount of water and other liquids you drink to stay healthy and avoid dehydration.

- **Open Some Windows and Let Fresh Air Circulate**

Sometimes, seniors lose their sense of body temperature, and may overdress even on the hottest days. Open windows or use fans or a/c to avoid overheating while inside.

- **Limit Sun Exposure**

Being overactive or simply sitting outside for too long in high temperatures can put you at risk. Wear light-colored clothing that doesn't absorb as much heat and plan your outdoor time during cooler parts of the day -- early morning or late afternoon.

- **Know the Warning Signs of Heat Exhaustion**

Unusual fatigue, dizziness, nausea and headaches could signal heat exhaustion, which can lead to heat stroke or worse. If you experience these symptoms, drink plenty of water, find a cool place to rest and call your doctor or 9-1-1 if they persist.

- **Follow the Buddy System**

Create a routine where a friend, neighbor or family member checks on you on a daily basis during a heat wave. You can return the favor and help make sure you both beat the heat and stay healthy throughout the long, hot summer.

Questions for Meals on Wheels? Call us at 205.592.0413.

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 _____

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205.592.0413

You may also donate online at www.mowjeffco.org/donate.

CSH-6/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>4</p> <p>Menu 11 Grape Juice Chicken/Broccoli/Rice Casserole Field Peas with Snaps Tropical Fruit Whole Wheat Bread Margarine Jelly Crème Pie Milk</p>	<p>5</p> <p>Menu 7 Cranberry Juice Chicken Terrazini Spinach Whole Kernel Corn Wheat Roll Margarine Marble Cake Milk</p>	<p>6</p> <p>Menu 8 Taco Salad: Taco Meat Pinto Beans Taco Salad Mix Corn Chips Sour Cream Taco Sauce Orange Gelatin Milk/Chocolate Milk</p>	<p>7</p> <p>Menu 9 Apple Juice Vegetable Plate: Macaroni & Cheese Black Eyed Peas Collard Greens Cornbread Margarine Raisin Crème Pie Milk/Buttermilk</p>	<p>1</p> <p>Menu 5 Blended Juice Italian Mac/Whole Grain Pasta Green Beans Tossed Salad/Ranch Dressing Wheat Bread Margarine Fudge Brownie Milk</p>
<p>11</p> <p>Menu 11 Grape Juice Chicken/Broccoli/Rice Casserole Field Peas with Snaps Tropical Fruit Whole Wheat Bread Margarine Jelly Crème Pie Milk</p>	<p>12</p> <p>Menu 12 Apple Cherry Juice Hot Dog/Bun Baked Beans Coleslaw Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk</p>	<p>13</p> <p>Menu 13 Meatloaf/Tomato Gravy Country Potatoes Green Beans/Red Peppers Sliced Peaches Whole Wheat Bread Margarine Yellow Cake Milk</p>	<p>14</p> <p>Menu 14 Flag Day Theme Meal BBQ Chicken Thigh Macaroni and Cheese Turnip Greens Fresh Fruit Cornbread Margarine Strawberry Congealed Dessert Milk/Buttermilk</p>	<p>8</p> <p>Menu 10 Salisbury Steak/Mushroom Gravy Whipped Potatoes Green Peas Fresh Fruit Wheat Bread Margarine Chocolate Pudding Milk</p>
<p>18</p> <p>Menu 16 Orange Juice Sausage Patty (3) Cheese Grits Hot Spiced Apples Biscuit Margarine/Jelly Whole Grain Bran Flakes Milk</p>	<p>19</p> <p>Menu 17 Cranberry Juice Smothered Chicken Yellow Rice Green Peas Whole Wheat Bread Margarine Chocolate Cake/Whipped Topping Milk</p>	<p>20</p> <p>Menu 18 BBQ Meatballs (3) Mixed Greens Baked Potato Salad Fresh Fruit Cornbread Margarine Assorted Snack Cakes Milk/Buttermilk</p>	<p>21</p> <p>Menu 19 Blended Juice Chicken Parmesan Whole Grain Penne/Tomatoes Green Beans Wheat Bread Margarine Lime Gelatin/Pears Milk</p>	<p>22</p> <p>Menu 20 Hamburger/Bun Baked Beans Italian Corn Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Cobbler Milk/Chocolate Milk</p>
<p>25</p> <p>Menu 1 Grape Juice Chicken Vegetable Casserole Country Corn Stewed Tomatoes Whole Wheat Bread Margarine White Cake Milk</p>	<p>26</p> <p>Menu 2 Chopped Steak/Gravy Delmonico Potatoes Lima Beans Mixed Fruit Wheat Roll Margarine Pecan Spin Milk</p>	<p>27</p> <p>Menu 3 Smoked Sausage Red Beans and Rice Coleslaw Fresh Fruit Texas Bread Margarine Raspberry Gelatin Milk</p>	<p>28</p> <p>Menu 4 Apple Juice Sliced Turkey/Gravy Whipped Sweet Potatoes Mustard Greens Cornbread Margarine Butterscotch Pudding Milk/Buttermilk</p>	<p>29</p> <p>Menu 5 Blended Juice Italian Mac/Whole Grain Pasta Green Beans Tossed Salad/Ranch Dressing Wheat Bread Margarine Fudge Brownie Milk</p>

Comments or Suggestions