



A Grandparents Newsletter

will be mailed separately



Upcoming Wellness Programs

Falls Management in JACKSON/VINTON COUNTY

*Mondays and Wednesdays from August 5th - August 28th • 9:30 am - 11:30 am
Wellston Church of the Nazarene, Wellston*

Chronic Pain Self-Management in ADAMS COUNTY

*Tuesdays from August 6th - September 10th • 10:00 am - 12:30 pm
Adams County Family Medicine, Seaman*

Chronic Disease Self-Management in SCIOTO COUNTY

*Fridays from August 23rd - September 27th • 10:00 am - 12:30 pm
Lucasville Library, Lucasville*

Tools for Caregivers in GALLIA COUNTY

*Tuesdays from September 3rd - October 8th • 10:00 am - 12 Noon
Arbors, Gallipolis*

Tools for Caregivers in JACKSON COUNTY

*Tuesdays from September 3rd - October 8th • 1:00 pm - 3:00 pm
Edgewood Manor, Wellston*

Chronic Pain Self-Management in SCIOTO COUNTY

*Thursdays from September 5th - October 10th • 1:00 pm - 3:30 pm
Kings Daughters, Portsmouth*

Falls Management in ADAMS COUNTY

*Tuesdays and Thursdays from September 10th - October 3rd • 9:30 am - 11:30 am
Adams County Senior Center, West Union*

Powerful Tools for Caregivers of Children in VINTON COUNTY

*Thursdays from September 19th - October 24th • 10:00 am - 12 Noon
Sojourners, McArthur*

Classes are free, but pre-registration is required. Call 1-800-582-7277 to register or to learn more information.

Some medications and heart disease can increase the likelihood of heat stroke. An older adult may not feel the heat as much as a young person would. Read the issue and answer True or False to the questions below.

- 1. People with Alzheimer's forget to drink and may not be able to communicate their needs. T F*
- 2. Muscle cramps are never a sign of heat exhaustion. T F*
- 3. The risk of developing heat-related illness increases with the heat index, which is a combination of air temperature and relative humidity. T F*
- 4. People who are 65 or older do not need to have someone check on them twice a day during a heat wave. T F*
- 5. Heat illness or hyperthermia occurs when there is an unusual increase in core body temperature. T F*
- 6. It is extremely important to recognize early symptoms of heat exhaustion which can lead to heat stroke. T F*
- 7. Dehydration and the use of certain medications increase the risk of heat-related illnesses. T F*
- 8. Heat stroke is the most serious heat-related illness and is a life-threatening emergency. T F*
- 9. If the heat stroke victim is conscious and able to swallow, give them cool water or other nonalcoholic drinks or decaffeinated beverages. T F*
- 10. In an emergency, Alzheimer's or dementia patients can sense when something is wrong. T F*

KEY: 1. T 2. F 3. T 4. F 5. T 6. T 7. T 8. T 9. T 10. T