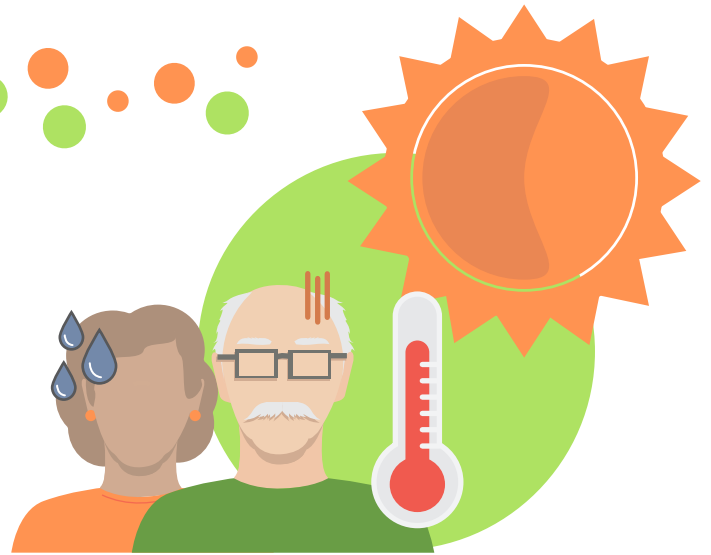


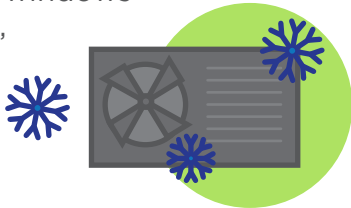
5 Tips for Seniors to Beat the Heat

As we welcome the warmer weather of summer, it is important to make sure you are taking extra precautions to avoid the downsides of increased temperatures.



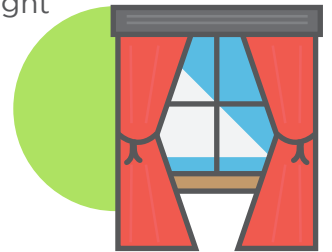
1) Establish good air.

Whether you enjoy some air-conditioning, use your ceiling fans, or open windows to allow for air circulation, make sure your home has good air flow to keep you cool.



2) Minimize the sun.

Heat from the sun can increase quickly. Use your shades to block light into your home during the day, and minimize the amount of time you need to be outside when the sun is out.



3) Drink plenty of water.

Staying hydrated is always important, and it is an essential component to staying cool. Make sure to drink plenty of fluids throughout the day.



4) Stay active safely.

Continuing to stay active is important - but do it in a safe way! Take part in indoor, air-conditioned activities, keep activities to the coolest parts of the day, or try our local pools to stay fit and cool.



5) Watch for warning signs.

Heat exhaustion signs include fatigue, dizziness, nausea, and headaches. If you begin to see these signs, get help! Contact a friend, neighbor, or press your personal emergency response button to connect to VRI so that you can get help.

For more information, head to: vricares.com | 800.860.4230 | info@vricares.com

