

Courtesy Patrol



Guardco Security  
(209) 723-4273 or  
(209) 947-2219

For emergencies,  
call 911



*\*Please remember  
CV speed limit is  
15 MPH within the  
Community Gates*

Friends Make Good  
Neighbors!

Don't forget our  
resident referral fee is  
\$250.00



*\*Received after resident  
has completed 30 days of  
residency*



Summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that aging adults, as well as their caregivers, can use to make sure they have a fun and safe summer.

1. **Stay hydrated.** Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They can also become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.
2. **Talk to your doctor.** Check with your medical team to make sure any medications you are on won't be affected by higher temperatures — especially if you don't have air conditioning in your home. Some medications are less effective if stored at temperatures higher than room temperature (about 78 degrees Fahrenheit), and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.
3. **Keep your cool.** Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. Shopping malls, movie theaters and libraries provide welcome, cool spaces if a senior's own home isn't air-conditioned. They also afford a great opportunity to get out of the house and get some exercise without the exhaustion of the heat. Seniors are much more vulnerable to the harmful effects of heat, as their bodies do not adjust as well to sudden changes in temperature. Some chronic medical conditions and prescription medications can impair the body's ability to react to rising temperature.

4. **Stay in touch.** High temperatures can be life-threatening, so communication plays an important role in ensuring the safety of aging adults. Seniors should let friends and family know if they'll be spending an extended period of time outdoors, even if they're only gardening.
5. **Know who to call.** Prepare a list of emergency phone numbers and place them in an easy-to-access area. This way, the right people can be called to help quickly prevent any further issues, or prevent medical problems from getting worse.
6. **Wear the right clothing.** Everyone, including seniors, should dress for the weather. When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable.
7. **Protect your eyes.** Vision loss can be common among seniors, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.
8. **Know the risks of hyperthermia.** During the summer, be particularly cautious about abnormally high body temperatures — a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms:
  - Body temperature greater than 104 degrees
  - A change in behavior, such as acting confused, agitated or grouchy
  - Dry, flushed skin
  - Nausea and vomiting
  - Headache
  - Heavy breathing or a rapid pulse
  - Not sweating, even if it's hot out
  - Fainting



August 2019

Castle Vista Times

2300 Cascade Drive Atwater, CA 95301 Phone # 209-357-2924 Fax # 209-357-7914

Our Staff

Jennifer Krumm  
Community Administrator

Kiran Prasad  
Marketing Director

Whitney Scott  
Activities Director

Connie Torres  
Office Assistant

Jon Lukshaw  
Maintenance Lead

Richard Scott  
Painter

Anthony Gomez  
Maintenance Technician

Alyk Camacho  
Maintenance Technician

Brittney Krumm  
Housekeeping



Summer Avocado & Tomato Salad



Directions

In a small bowl, whisk together oil, lime juice, and cumin. Season dressing with salt and pepper.

In a large serving bowl, combine avocados, tomatoes, cucumber, corn, jalapeno, and cilantro. Gently toss with dressing and serve immediately.

Ingredients

- 1/4 c. extra-virgin olive oil
- Juice of 1 lemon
- 1/4 tsp. cumin
- Kosher salt
- Freshly ground black pepper
- 3 avocados, cubed
- 1 pt. cherry tomatoes, halved
- 1 small cucumber, sliced into half moons
- 1/3 cup corn
- 1 jalapeno, minced (optional)
- 2 tbsp. chopped cilantro







# HELLO August

Please join us for our events

**August 9th**  
at 4:00pm

**Castle Vista Annual Hawaiian Luau**  
Sign up to join us for a Hawaiian Luau potluck with the South Pacific Dancers.

**August 16th**  
at 1:30pm

**National Peach Month Celebration!**  
Come enjoy Kiran's famous peach cobbler with a scoop of vanilla ice cream. Yum!

**August 27th**  
8:30am-4:30pm

**Mature Driver Improvement Course**  
Sign up for this informative course to earn a discount on your auto insurance.

**August 30th**  
at 6:00pm

**Hot August Nights Sock Hop Karaoke**  
Enjoy corn dogs, fries and milkshakes as we dance the night away. Dress to impress.



CASTLE  
VISTA



*4th of July fun!*

