

Seniors Surviving Summer

According to the Centers for Disease Control and Prevention, seniors are more susceptible to heat-related illnesses and injury. When we age, our bodies become less efficient at regulating temperature because older adults do not sweat as much as younger adults, and sweat is the body's most important heat-regulating mechanism. Older adults also store fat differently, which can further complicate heat regulation in the body. This can cause issues in the summer because when the outside temperature rises, so does the body's internal temperature. Therefore, seniors have health risks that need to be monitored, especially in the heat of the summer.

Stay hydrated: Drink eight or more glasses of water and/or fruit juices every day to stay hydrated. Avoid alcoholic and caffeinated beverages such as soda, coffee and tea as they can leave you dehydrated quickly. Increase your intake if you are doing any physical activity or if the weather is particularly hot.

Stay indoors during extreme heat: In extreme heat and high humidity, evaporation slows down and the body must work extra hard to maintain a normal temperature. Keep in mind, the sun is the most intense between 10 am and 4 pm. If you can, limit your outdoor activity to the morning and the evening.

Stay in an air-conditioned place: Air-conditioning is important when it is hot and humid outside. If you do not have air-conditioning in your home, go somewhere that does. A movie theater, the mall, a friend or family member's home or a community senior center are all good options. You can contact your local Area Agency on Aging for help finding a local cooling center during extended periods of extreme heat.

Know the weather forecast and dress appropriately: The best clothing to wear in the summertime is loose-fitting and lightweight clothes in natural, breathable fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.

Important Telephone Numbers

Office Hours – Monday-Friday 8:30am-5:30pm
Saturday & Sunday 9:00am-5:00pm
Office 916-929-3966 Fax 916-929-3627
Tonya/Activities Office 916-929-6003
Van/Transportation Cell 916-468-3091
After Hours Cell 916-468-3092
Dining Room 916-921-5998
Police Non-Emergency 916-264-5471
Adult Protective Services 916-874-9377
Emergency & Fire 911
Comcast Cable 1-800-266-2278
AT&T 1-800-310-2355
Paratransit 916-429-2744
Yellow Cab 916-444-2222
Beauty Salon Jane Ma 916-223-9658
Wednesday-Friday
Clean Touch Dry Cleaning 916-366-6666
Pick-up & drop-off Monday & Thursday

Protect your skin and eyes: Wearing sunglasses can block your eyes from harmful UV rays and protect your vision. When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher and that protects against both UVA and UVB radiation.

Know the side effects of your prescriptions: Some medications can cause increased sensitivity to the sun. Look over your medications and talk with your doctor about any concerns or questions you have.

Know the early signs of heat-related illnesses: Signs to look for may include disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, a flushed face, high body temperature, rapid pulse, dizziness and confusion. Take immediate action if you feel any symptoms coming on.

July 2022

CAMPUS COMMONS

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After Hours Cell: 916-468-3092
Kitchen: 916-921-5998
Comcast: 1-800-266-2278
AT&T: 1-800-310-2355

Bombs Bursting in Air

It is common on July summer nights to hear the far-off crackle and boom of fireworks, but no holiday boasts a more grandiose display of fireworks than America's Independence Day celebrations on July 4.

Setting off fireworks to celebrate Independence Day is a tradition that dates all the way back to America's Declaration of Independence in 1776. On July 1 of that year, the Continental Congress convened in Philadelphia to debate whether the colonies should declare independence from Britain. In the midst of their debate, news suddenly arrived that British ships had entered New York Harbor. The delegates' sense of urgency increased, and on July 2 they voted in favor of independence.

John Adams, representative of Massachusetts, sensed the significance of the decision. He wrote to his wife, Abigail: "The Second Day of July 1776, will be the most memorable Epocha, in the History of America... It ought to be solemnized with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other." Adams may have been off by two days, but his vision of future Independence Day celebrations was spot on. Cities would commemorate the day just as Adams had predicted. In Philadelphia on July 4, 1777, a cannon was fired 13 times to honor the 13 original colonies, and 13 fireworks were shot into the air.

Those early fireworks looked very different from those we enjoy today. Many offered nothing more than a fountain of monochromatic sparks or a loud explosion. It wasn't until the 1830s that Italian inventors added metal salts like strontium and barium to the incendiary mixtures, finally giving fireworks a palette of color. At last, crowds could "Ooh!" and "Ahh!" as the night sky was lit up in glittering shades of red, white, and blue. Other innovations in fireworks are on the way. Quiet fireworks, those without the loud explosions, have been tested in Europe. There are even daytime fireworks with vivid colors that stand out against a sunlit sky.

Christine's Comments

I'm so happy June is over. We have a new month ahead of us and I'm looking forward to it. We hated to close the dining room for seven days, but it was important to get those that tested positive for covid well again and keep everyone else safe. I know meal deliveries aren't ideal, but the good news is that we reopened when we said we would. Thank you to everyone who did their part by social distancing, wearing your masks and staying home if you weren't feeling well.

Listen to your body. If you feel something is off, it probably is. Stay home, take it easy and social distance yourself. Test for covid and if you are positive, report it to the office as soon as possible!

On May 26, the staff received an email from our home office requiring all staff to start wearing our masks again whether vaccinated or not. We will continue to do that until our home office informs us otherwise. We still highly encourage EVERYONE to wear your masks when you are out and about in the common area of the community. Although it's not mandatory, it is encouraged.

Please review your calendar carefully as we have added some fun new activities this month. I have added Caffeine & Carbs w/Christine the first Wednesday at 8:30am. What is this? You'll have to set your alarm and come down and find out! Also, on Tuesday, July 19th at 2pm, I'm inviting you to Chit, Chat & Chocolate with Christine. Both activities will be held in the Activity Center.

On Wednesday, July 27th at 2:00pm, join me, Karla, Natalya, and Tonya for a new, fun interactive game in the Cabaret Lounge. If you like Family Feud, Scattagories, and Match Game, you'll love this! You might even get a cold treat too!

Have a Happy 4th of July!

July Birthdays

In astrology, those born from July 1–22 are Crabs of Cancer. Crabs are very intuitive and sensitive to their environment. Their home is their sanctuary, and they are emotionally committed to family and loved ones. Those born from July 23–31 are Leo's Lions. As lions are kings of the animals, Leos are strong and charismatic leaders. Proud and confident, Leos enjoy performing and the attention it brings.

Bob Chadwick, July 2nd
Mary Johnson, July 12th
Linda Reitzenstein, July 12th
Doris Hyman, July 17th
Donna Reese, July 21st
Esther Franklin, July 28th
Jean Drotts, July 30th

July Anniversaries

Nancy Millin – 7 years
Al Barber – 4 years
Betty Cable – 4 years
Daphne Wood – 3 years
Jon Hayward – 1 year

New Move-Ins

Leigh G. #246

July Happy Hours

You won't want to miss this month's Friday Happy Hours. We will start the month off with our Open House and BBQ on July 1st with The DeLeons.

July 8th will bring us a new entertainer, Jim Hall who plays music from the 50's & 70's.

Tony Quinn will return on July 15th – he's always a favorite and DD James will perform on the 22nd.

We will end the month with Lincoln Highway on the 29th.

Karla's Marketing Minutes

July is here! In the northern hemisphere, July is usually the hottest month of the year. The hottest temperature ever recorded was on July 10, 1913, at 134 degrees in Death Valley. Speaking of hot days, according to the New York Times, July 2022 will be above-normal summer heat throughout most of the United States. This is why you should stay hydrated, stay indoors, use sunscreen if you do go outdoors, keep pets cool and avoid strenuous activities.

July is named after the Roman dictator Julius Caesar. Caesar was born on July 12, 100 B.C. and was a formidable military general and statesman who was largely responsible for changing the Roman Republic into the Roman Empire. Caesar developed the precursor to the Gregorian calendar we use today.

This year Independence Day will be on Monday, July 4. In 1776 the original 13 colonies of the United States declared their independence from the British, and the rest is history!

We have two presentations in July. On Thursday, July 14 at 2:00pm we will have an educational seminar on Medicare benefits from local Medicare expert Sam Olson. On July 28 at 2:00pm, Physical Therapist Mark Eddy will give a seminar on issues related to senior wellness.

Starting on Thursday, July 7, I will be hosting a new game called Words in Words. In this game, I will reveal a lengthy word and the challenge will be to find as many other smaller words within that word. Many of you may remember this as Word Makers. All are welcome to join me every Thursday at 10am in the Game Room.

Remember that you are always welcome to invite friends and family to our Happy Hours each Friday and also to our special presentations each month. If you know someone who is thinking about moving to a community like ours, I would love to offer them a complimentary brunch or dinner with a tour. Plus, when you refer someone who moves in, you will get \$750 off of your rent! See me for details.

Happy or Not

On July 1st, you'll see an odd-looking metal stand with smiling faces on it. This is Sodexo's way of capturing your dining experience instantly. When you complete a "review", the information goes directly to Isaias's computer. Happy or Not will:

1. Capture Instant Feedback: We will learn our customer's emotions at the exact moment and experience point.
2. Share Insight: Sodexo will learn what works and what doesn't.
3. Take Action: This will empower Sodexo to use the insights and ensure best practices.

Happy or Not has over 4000 clients from retail, healthcare and food services.

Once Happy or Not is up and running, just ask Isaias for a quick tutorial on how to use it. It's as easy as reading a question and pushing a button.

We are hopeful this will help encourage and improve your dining experience.

Dining Room Reminders

Please do not use your cell phone during mealtime. If you get a call, please go to the lobby to conduct your call.

Please place your walker against a wall or away from another table. Do not place in the way of others.

Please review the updated meal order "to go" forms in the acrylic stand. They have been updated.

Please understand if you order the fish of the week, it will take a little longer to cook.

Please make a note that a new Plant Based Protein Patty is available for both brunch and dinner.

Please be kind to one another and smile 😊