



Caregivers Resource Center (CRC) at MAC

Technology Choices to help Seniors & Caregivers
July 28, 2021

Heat Issues

Happy Summer and Not So Happy Heat!

We need to take a moment out of all the COVID discussion and plan for extreme heat and seniors. This message is for all of us who are healthy and for those who are slowing down and have medical issues.

I found lots of ideas and there are tons more than I list here. Check out www.ready.gov for more ideas.

Here are some guidelines from the Center for Disease Control – yes, they care about you over heating!



Wear loose clothes that are light colored and light weight. If your air conditioner isn't working and you have no family to visit, stay on the

lowest level of your home where it is the coolest.

Note from Janet: call someone and tell them what is happening – even if you are staying home, someone should know your situation in case they can't reach you. It's just like carrying an umbrella, if you carry it, you probably won't need it! But even that umbrella is good to use if you need to walk outside. Keep your head away from that sunshine!

Mentioning calling a buddy to let them know **where you are**, now would be the time to call your neighbors and family to see how they are doing. You might be the difference for someone else's safety!



We rely on our cell phones so much these days that a power outage would be a disaster for most of us. Now could be the time to

check into buying a solar charger for your cell phone (the pink item in above picture). If you don't feel confident in locating one, ask a young or younger person to help you locate one. Some sit in windowsills and soak up all that good solar energy and transfer it to your cellphone battery – for free! I don't know how the magic works, but it is a great way to keep your phone charged.

Remember, if you must go to a **cooling station**, bring your charger and possibly your solar charger for your cellphone.

Drink lots of liquid! Just not alcohol! Eat small meals and try not to use the oven – don't add heat to your home.

Pets – keep lots of water out for them and not sitting in the sun. Hot water is not satisfying.

Please try not to exercise or do a major project outside during any high heat. Yes, gardening is a great physical activity but set your alarm and



do it early in the morning. Evening is good too, but in my area, the biting bugs just about carry me away.

Do you know about **neck coolers**? These lightweight fabric tubes are put under water and when they are

saturated, you place it on your neck. The water evaporates on your warm skin and causes a cooling effect. These are often found in sporting sections of stores – ask a clerk.



Did you know you can build your own? Take a length of fabric (width of fabric from the bolt works well). One source of instructions is at Chica and Jo website, they use water absorbing beads

and presoak them. The article is called “**Make your own cooling neck wraps**”, beads can be bought at your local craft store. Lots of pictures to guide you through making them. If you ever made a mask, this is a walk in the park! Make several for friends!

Another simple item to consider is an easy-to-use **spray bottle** with water. One that does a fine spray is wonderful inside or outside. Please use common sense and use appropriately – don't spray on open wounds or anything that shouldn't get wet (like hearing aids!).



Assistive technology doesn't have to be complicated, but it should do the job you need done.

There are tons of websites that will give you lists of items for an emergency preparedness kit. If you don't need it for a heat advisory, you might need to use it for a hurricane emergency.

Please check with your local Area Agency on Aging, your health department, social services, libraries or even fire stations to find locations of **Cooling Centers** when they open as needed. Be sure to check if they accept pets before you bring them. Even asking ahead is a great idea before you bring a pet and get turned away. Our local television station had a listing of possible cooling stations or emergency shelters listed.

Be prepared!

Have questions? Please contact us by phone or email (see below).

Good luck!

[For those of you reading this outside the Lower Shore of Maryland – please contact your local Area Agency on Aging for assistance.]

Till next week...

Be well.

Take care of you!

If you have suggestions for upcoming newsletter topics, problems you are experiencing, please call or send me an email. I love challenges!

Give us a call or email and we will be glad to answer questions about the resources we have. **Please call** and ask at 410-742-0505, ext. 118 – Cindy Robinson **Or, email** Janet Parke at jparke@macinc.org

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