

Summertime Safety

Summertime means more time spent outdoors soaking up the sun, and unfortunately battling the sun's rays as well. Fresh air is healthy for seniors, but over exposure to the sun and heat is not. Make sure you are familiar with the following summer safety precautions related to senior health.

Dehydration is a common health risk in the summer. Not only should seniors increase their water intake during the summer, it is also vital to decrease their consumption of alcohol and caffeinated drinks. Doctors recommend seniors drink at least 8 glasses of water a day, even if they do not feel thirsty. This is especially important because seniors do not always realize they are thirsty. Food can also play a part in maintaining a healthy body temperature. Avoid foods that are high in protein, which increase metabolic heat. Sandwiches, salads, fresh fruit, and vegetables are good choices. It is also important to eat several smaller meals as opposed to a few large meals.

Seniors are highly encouraged to stay indoors during the hottest times of the day – usually between 12:00 p.m. – 4:00 p.m. If outside, seniors



should regularly apply sunscreen and wear protective, light-colored clothing. It is also important to take steady breaks from outdoor activities. If seniors must be outdoors, choose the coolest part of the day—usually between 4:00 p.m. and 7:00 am. Encourage seniors to use fans or air conditioners to maintain a cool, but comfortable environment.

Heat Exhaustion occurs when a person exercises or works in a hot environment and sweating cannot dissipate the heat generated within the body. Often dehydration occurs because the person hasn't replaced the water lost by sweating.

It is important to know the signs of heat exhaustion:

- Profuse sweating,
- Weakness
- Muscle cramps,
- Headache,
- Nausea and vomiting

Finally, it is extremely important for all of us to check in with seniors on hot days to make sure they are making healthy choices in the heat!

Hello Residents of Lewisville Estates

Legacy Healthcare is continuing our monthly awareness health talks, and this month is "Restless Leg Syndrome Awareness". So come join in on the discussion **July 14th at 3:30 in The Bistro** at the IL, or **July 21st at 3:30 in the Community Room** at the AL. For all those who attend, you get to fill out a quick questionnaire for another chance to win a Walmart gift card and maybe even earn some Lewisville Estates bucks for attending!

Are you fearful of falls? Have you noticed your feet just aren't clearing the ground as they once did? We are continuing in our battle with gravity, so if you have a fear of falling or questions about balance, join in on the fight. By popular demand, we will continue to meet every Tuesday in the bistro to host a balance clinic to address the risks

for falls. If you have bad ankles, knees or hips, or just know you've been relying on that walker a little more than usual, please join in. We will be meeting on **July 3rd, 10th, 17th, and 24th at 10:30 in the Community Room**. Don't forget to dress for exercise, because we will be active.

Finally, for all you lucky residents in the AL, you will continue to see us every **Thursday** afternoon at **1:30** and **Friday** morning at **9:30** in the **Activity Room** for our 30-minute, head-to-toe exercise class, Stretch & Grow.

Wishing you a very safe and happy Independence Day, Michael and the Legacy Healthcare Team Suite 336 • 972-420-8543



The Lewisville Estates Lifestyle

Assisted Living
800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvilleliving.com

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LEWISVILLE ESTATES SENIOR LIVING AT EASE
Like Us!

HAPPY INDEPENDENCE DAY



As we kick off July and the lovely Texas torturing temperatures, don't forget we have something great to celebrate! Independence day or rather July 4th brings out all the hotdogs, popsicles, watermelon and fireworks we can bare. Although this weekend we may all be doing a lot of celebrating remember to stay hydrated, and use fireworks safely. We all know Texas is pretty dry, yet around this time of year I even see several grass fires. Even keeping a closer eye on our senior population to make sure they are getting enough fluids. Here at the community you may see us giving out Jell-O or even popsicles as different ways to stay hydrated. I hope everyone has a wonderful holiday and stays cool and safe!!

Current Events

7/9 Men's Breakfast
Time: 7 a.m.
Where: Outing

7/18 Mama's Diner
Time: 10:30 a.m.
Where: Outing

7/9 Town Mall Meeting
Time: 3 p.m.
Where: Lobby

7/21 Legacy Health Talk
Time: 3:30 p.m.
Where: Lobby

7/17 USA A OKAY
Time: 6 p.m.
Where: ILDR

Happy Birthday!

Wishing you all a birthday filled with sweet moments and wonderful memories to cherish always. Be sure to join us for cake at our birthday bash in the lobby, on Friday, July 25th at 2 p.m..



Resident Birthdays
7/1 Betty Ueckert
7/3 Harry Simons
7/10 Edith Childers
7/25 Billie Turner

Employee Birthdays
7/10 Rochelle Barton
7/14 Tanekia Calhoun
7/16 Luz Peralta
7/29 Penny Kamau



