



# Home Instead®

## July Newsletter

### How to beat the Heat!

*Summer is here & so is the heat! As the summer season kicks into full swing, it's the perfect time to enjoy the sunny weather & outdoor activities. However, it's crucial to stay alert of the risks of overheating! Let's look at some tips to help you and your clients enjoy this summer safely!*

- **Drink plenty of water-** always have a glass of water within arms reach
- **Eat hydrating foods-** incorporate fruits and vegetables with high water content; watermelon, cucumbers, oranges
- **Wear lightweight clothing-** choose light colored loose fitting clothing
- **Sun Protection-** protect the face & the body with hats, sunglasses, and plenty of sunscreen
- **Avoid Peak Heat-** try to schedule outdoor activities in the early morning or late evening
- **Rest Often-** Take breaks to cool down in the shade or head inside

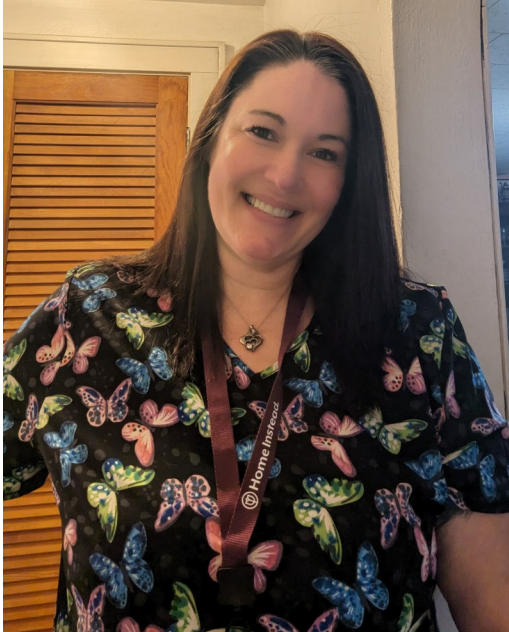
### Know the Signs of Heat Exhaustion

*If you feel as though your client is experiencing any of these heat-related symptoms call 911 right away. Heat exhaustion happens fast and be detrimental.*

- Cool moist skin with goose bumps
- Heavy sweating
- Feeling faint or dizzy
- Sudden Fatigue
- Weak or Rapid Pulse
- Muscle Cramps
- Nausea
- Headache

**Something to Keep In Mind:** While Heat Stroke & Exhaustion can be more detrimental to seniors, it affects people of all ages! Don't over do it & listen to your body!

## CAREGiver of the Month: Dawn Shields



We would like to celebrate Dawn Shields as our CareGiver of the month for July! Dawn goes above and beyond for every client she sees, ensuring that each feels valued and well cared for. Dawn also has an incredible sense of teamwork. She is always ready & willing to step in when needed, whether it's picking up a last minute shift or driving outside of her usual servicing area to see clients. Dawn is truly dedicated to & passionate about helping those in need.

Dawn has been with Home Instead since January of this year. Prior to this she worked in factories, but made the switch because she wanted a job with a purpose! Something where she felt she could give back. Dawn's favorite thing about being a CareGiver is getting to meet new people & making a positive impact in their lives. Outside of work Dawn likes to spend time with her family; her husband, son, and dog. They enjoy going fishing, to the beach, and going to concerts together!

Thank you so much Dawn for all your hard work!

**Reminder:** Quarterly Meeting are this month!! Please let Salomae know if you are unable to attend.

La Porte: **7/22** @ 5 CST

Plymouth: **7/25** @ 3 CST

## HAPPY BIRTHDAY!

Laurie Hardy- 7/14

Deanna Hicks- 7/22

