



Newsletter Summer

5 SUMMER SAFETY TIPS FOR SENIORS

1. Stay Hydrated!

Seniors are more likely to get dehydrated because they lose their ability to conserve water at a certain age.

2. Talk to your doctor.

3. Keep your cool & Stay out of extreme heat.

Check with your doctor to make sure the increase in temperature will not affect your medications or your body's response to them, especially if you notice a difference.

4. Stay in touch with loved ones.

Make sure to stay in contact with loved ones and your GMC family in case of an emergency so that we can assist in any way possible.

5. Wear the right clothing.

Wear sunglasses and hats while in sun. Vision Loss can be common for seniors as well as skin cancer due to UV rays.



Hydration Tip:

Men and women, especially seniors, should drink a gallon of water a day in the summer. Mark a gallon of water if this helps keep track of your daily intake!

SUMMER AT GMC

Why Apply Sunscreen and Bug Spray?

- Everyone, young and old, should wear sunscreen when outdoors.
 - Seniors should wear sunscreen to KEEP them HEALTHY.
- Seniors are particularly PRONE to West Nile Virus and encephalitis.

WHAT'S HAPPENING AT GMC THIS SUMMER ?



Summer Birthdays:

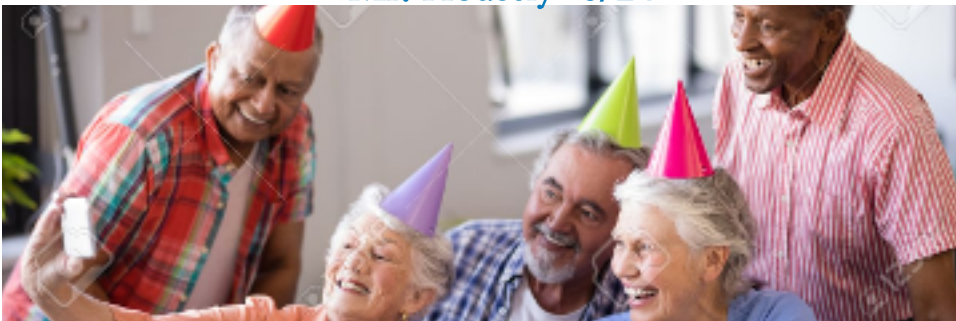
Ms. Chatman-7/29

Mr. Clark-6/8

Mr. Crump-6/9

Mr. Gardner-8/7

Mr. Housely-6/24



Summer Outings:

CiCi's Pizza

Hollywood Movie

Summer Picnic

Arts & Crafts

Library Outing

Community Center Outing

Memphis Zoo

Civil Right's Museum

Water Park Day

Barbecue Day In-House

Levitt Shell/Overton Park

Skateland Raleigh

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