

CEDAR RAPIDS  
319-294-3527

CEDAR FALLS  
319-277-1936

CORALVILLE  
319-248-0270

DAVENPORT  
563-823-0920

**NOW OPEN IN DUBUQUE!!!** (see page 3 for details)

# Comfort Care Chatter

## JUNE BIRTHDAYS

Happy Birthday to YOU!

Kimberly S.	CF	HCA	6.6
Lamesha H.	CO	HCA	6.11
Marcia B.	CR	HCA	6.13
Mellissa B.	HCA	DV	6.14
Sherri M.	CF	HCA	6.14
Kathleen T.	HCA	CR	6.17
Kathleen C.	HCA	DV	6.19
Karen B.	HCA	CR	6.21
Rita S.	HCA	CR	6.21
Yvonne A.	RN	CF	6.25
Linda C.	HCA	CR	6.27

June 2017

[www.comfortcareia.com](http://www.comfortcareia.com)

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### Enjoy the Outdoors!

Being physically active outside is healthy and can help prevent conditions like obesity. But it's important to be sun smart when playing and working outdoors.



## PROTECT ALL THE SKIN YOU'RE IN

**Skin cancer** is the most common cancer in the United States, **but most skin cancers can be prevented!**

### Every year —

- Nearly **5 million** people are treated for skin cancer at a cost of more than **\$8 billion**.
- There are about **72,000** new cases of and **9,000** deaths from melanoma, the deadliest form of skin cancer.



Exposure to **ultraviolet (UV) rays**—from the sun or from artificial sources like tanning beds—is the most common cause of skin cancer.

**Anyone, no matter their skin tone, can get skin cancer.**

## Use a Layered Approach for Sun Protection.



Seek shade, especially during midday hours.



Wear a hat, sunglasses, and protective clothing to shield skin.



Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.



Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.

Obtained from CDC

# EVENT SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Mallard Point BP @ 9-10 CF  
 Waterloo Senior Center @ 11:45 CF  
 BP @Taylor Renaissance 10am DV  
 BP @Jackson Renaissance 11:30am DV  
 BP @Ec. Towers CO

BP @Taylor Renaissance 10am DV  
 BP @Jackson Renaissance 11:30am DV  
 Bingo @Hershey Manor DV

CRCC Car Show Sponsor

BP @Taylor Renaissance 10am DV  
 BP @Jackson Renaissance 11:30am DV  
 BP @Legacy IC CO  
 Bingo @NLLC CO

Bingo @ Mallard Point 2-3  
 Irish District Festival

Bingo CF Senior Center @10:00 CF  
 BP @Taylor Renaissance 10am DV  
 BP @Jackson Renaissance 11:30am DV  
 BP @Legacy CR  
 Craft @Arbor CR  
 Bingo @Ec. Towers CO

BP @Taylor Renaissance 10am DV  
 BP @Jackson Renaissance 11:30am DV  
 Brain Teasers @Walden CO

CF Senior Center BP @ 9:30 CF  
 Evansdale BP @ 11:00 CF  
 Nazareth Lutheran @ 12:00 CF  
 BP @Lowe Park, 11:15am CR

CF Senior Center BP @ 9:30 CF  
 Dunkerton BP @ 11:00 Renaissance @ 2:00  
 BP @Ec. Towers CO

CF Senior Center BP @ 9:30  
 Price is Right @Walden CO

CF Senior Center BP @ 9:30  
 BP Clinic Thunder Ridge @ 10 CF  
 BP @Cumberland 10am DV  
 BP @Oakhill CR

CF Senior Center BP @ 9:30  
 Bingo @Spruce Hills DV

CF Senior Center BP @ 9:30 CF  
 Washburn BP @ 11:30 CF  
 BP @Spruce Hills 10am DV  
 BP @Arbor CR  
 BP @NLLC CO

Senior Connections meeting @ 8:30 CF  
 BP Clinic Thunder Ridge @ 10 CF  
 BP @Cumberland 10am DV  
 BP @Oakhill CR

CF Senior Center BP @ 9:30 CF  
 BP @Spruce Hills 10am DV  
 BP @Ely CR

BP Clinic Thunder Ridge @ 10 CF  
 BP Clinic @ Village Coop 10:45 CF  
 BP @Cumberland 10am DV  
 Craft @Village Place CR

BP Clinic Thunder Ridge @ 10 CF  
 BP @Cumberland 10am DV  
 Grill Out @Arbor CR

BP Clinic @Legacy 2:30 CF  
 BP @Luther Knoll 9:30am DV  
 BP @Thomas Place 1pm DV

BP Clinic @ Legacy 2:30 CF  
 BP @Luther Knoll 9:30am DV  
 BP @Walden CO

Bingo @ Evansdale Senior Residences 1:00 CF  
 BP Clinic @ Legacy 2:30 CF  
 BP @Luther Knoll 9:30am DV  
 BP @Thomas Place 1pm DV

CF Senior Center BP @ 9:30 CF  
 BP @ Spruce Hills 10am DV  
 Craft @Legacy IC CO

CF Senior Center BP @ 9:30 CF  
 Bingo @ Manor Care 2:30 CF  
 BP @Spruce Hills 10am DV  
 Bingo @Luther Knoll DV  
 BP @Hiawatha CR  
 Stories of Nursing Club @Walden CO

BP Clinic @ Legacy 2:30 CF  
 BP @Luther Knoll 9:30am DV  
 BP @Walden CO

BP Clinic @ Legacy 2:30 CF  
 BP @Luther Knoll 9:30am DV  
 BP @Walden CO

Bingo @ Evansdale Senior Residences 1:00 CF  
 BP Clinic @ Legacy 2:30 CF  
 BP @Luther Knoll 9:30am DV  
 BP @Thomas Place 1pm DV

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 BP @Hiawatha CR  
 Stories of Nursing Club @Walden CO

BP Clinic @ Legacy 2:30 CF  
 BP @Luther Knoll 9:30am DV  
 BP @Walden CO

**NOW OPEN IN DUBUQUE!** As of June 1st we opened our 5th location in Dubuque, IA. We are excited to bring our services to the area to help local seniors stay healthy at home! Our office hours in Dubuque are just like our other offices, 8:30am-4:30pm. You can find us at 3100 Cedar Crest Ridge, Suite 6! Stop by and say "hi" to Connor and Amber!



## Beating the Heat

Heat is a potentially deadly problem—nearly 400 Americans die from heat waves each year. Most of them are elderly people who often don't realize when they are overheating and in danger. Part of the problem lies in the fact that older people simply can't handle the heat as well as younger ones, because they don't sweat as effectively and have poorer circulation. Obesity, heart disease, dementia, diabetes and other chronic medical conditions can compound the risk. So can certain medications, especially diuretics or those prescribed for hypertension and Parkinson's disease. To protect seniors, the standard advice is to get them into an air-conditioned building; have them dress lightly; and keep themselves hydrated.

But this is easier said than done, since poorer circulation also makes many seniors feel too cold in air conditioned spaces and want to reach for a sweater, even when it's hot out. And some seniors prefer other kinds of drinks to water, even though they may be too sugary for their sedentary lifestyles or filled with caffeine, which is dehydrating.

Lisa Clark, a Dallas physician who specializes in geriatric medicine, told AgingCare.com that caregivers should stay on the alert for signs of confusion or altered mental states in seniors who are out in hot weather, as it could be a sign of heat stroke. If the elderly person should collapse or pass out, "it's a medical emergency," Dr. Clark said, and 911 should be called immediately. While you are waiting for help, remove as much clothing as possible and pour cold water all over the elderly person's body. Should your relative come to, have a cold drink ready, as hydration is critical.

Here are some other tips to protect seniors from the heat:

--If elderly relatives complain of the cold indoors, turn up the air conditioning a bit. If they won't stay inside, have them sit on a shady porch under a ceiling fan or near a box fan.

--To keep the house cooler without running the air conditioning, close curtains or blinds on the east side of the home during the morning, and the west side in the afternoon.

--If the elderly person doesn't have air conditioning or refuses to use it in a heat wave, make sure they spend at least some time in a cool air-conditioned space like a mall or theater. "Even two or three hours a day can help," Dr. Clark said.

--Offer plenty of drinks that seniors prefer, but stay away from iced coffee and other highly caffeinated drinks, or sodas loaded with sodium, which is bad for heart health. Do not serve alcohol, which is dehydrating.

--Keep frozen treats available that have a high water and low sugar content, like sugar-free Popsicles (you can make your own using juice). Or serve fruit with a high water content, like watermelon.

--Seniors sometimes dress inappropriately for warm weather, so make sure that their clothing is lightweight, not form-fitting and light in color. Hats are useful, but make sure that they are loosely woven or ventilated so they don't trap heat and broad-brimmed so they shade the entire face.

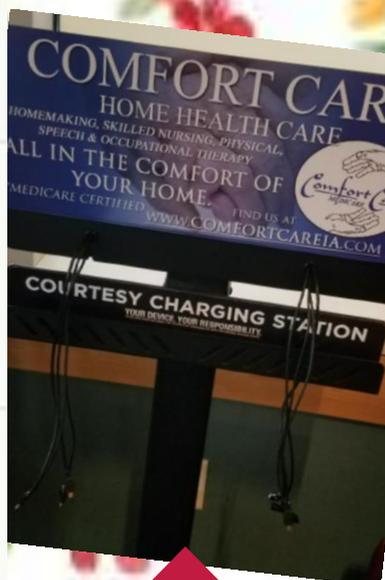
<https://www.agingcare.com/articles/protecting-seniors-from-dangerous-summer-heat-147205.htm>



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MAN BOARD	STAND I	READING	MIND MATTER	ECNALG
TOUCH V	DEATH LIFE	GOING DIET	LE VEL	CYCLE CYCLE CYCLE
BAN ANA NOON LAZY		R ROAD A D	PAS	BJAOCKX
++	XQQQME	NAFISH NAFISH	TIME ABDEF	YOUR REST
DEAL	GESG	III III O O	CLOSE CLOSE CLOSE CLOSE	GROUND ☞☞☞ ☞☞☞

CHECK  
BACK NEXT  
MONTH  
FOR THE  
ANSWERS!



**⚡ CHECK IT OUT!** Comfort Care has their very own charging station at the PCI building in Cedar Rapids! Stop by & charge up any of your devices for free!

Do you have a big announcement? A thank you? A great photo? Send your input for the Chatter to Taylor and she will add it to next month's newsletter!  
**[tfeltes@comfortcareia.com](mailto:tfeltes@comfortcareia.com)**

