

# COMFORT CARE CHATTER

## July Birthdays

Happy Birthday to YOU!

Becki G.	DV	RN Case Mngr.	7/1
Candace N.	CF	HCA	7/1
Jodi S.	CF	RN	7/2
Norma A.	CR	HCA	7/2
Mary K.	CF	LPN	7/6
Laura L.	CF	LPN	7/9
Catherine R.	CF	LPN	7/10
Amy C.	CR	HCA	7/13
Jane B.	CO	HCA	7/20
Theresa M.	CR	RN Case Mngr.	7/20
Christine A.	CR	HCA	7/21
Pam S.	CR	Clin. Sup.	7/21
Connie A.	CR	HCA	7/23
Dawn S.	CF	HCA	7/25
Kristin F.	CR	RN	7/26
Molly B.	CR	HCA	7/27
Kathleen G.	DV	RN Case Mngr.	7/28
Latasha W.	CF	HCA	7/30

## July 2018 Issue

Also available at

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

## IN THIS ISSUE

**PAGE 2:** Heatstroke-check out this article by our very own Signe H. to find out how you can stay safe from the heat this summer! Also available for reading on our blog!

**PAGE 3:** Comfort Care Cedar Falls gets **1<sup>st</sup> Place** at the Sturgis Falls Parade!

**PAGE 4:** Brain Teasers/Trivia

Check out this  
winning float &  
more on page 3!!!



# HEATSTROKE

Signe Henderson

Summer months are upon us and with summer comes the heat. Heat rash, heat exhaustion (which can lead to heatstroke) and heatstroke are all risks associated with hot weather.

Heatstroke is caused when your body overheats, usually from increased exposure to or physical exertion in hot temperatures. Heatstroke is the most serious of the body's reactions to the heat. It can happen when your body temperature rises to 103 F (orally) or higher.

Heatstroke always requires emergency treatment. Untreated heatstroke can damage your brain and body. The damage worsens the longer you delay treatment, increasing your risk of serious complications or death.

Heatstroke signs and symptoms include:

- **Elevated body temperature.** A temperature of 103 F (oral) or higher is the main sign of heatstroke.
- **Changes in behavior.** Confusion, irritability, slurred speech, seizures and coma can all result from heatstroke.
- **Change in perspiration.** During heatstroke, your skin may feel hot and dry to the touch. Heatstroke brought on by strenuous exercise can cause your skin to feel dry or slightly moist.
- **Upset stomach.** You may feel or be sick to your stomach.
- **Flushed skin.** Your skin can turn red as your body temperature rises.
- **Increased breathing.** Your breathing can become rapid and shallow.
- **Racing heart.** Your pulse might increase into the 100's because heat stress places a major burden on your heart to help cool your body.
- **Throbbing head.** Your head may pound or throb.

If you think you or someone you know show signs of heatstroke, seek medical assistance.

Act immediately to cool the overheated person while waiting for emergency treatment.

- Get the person to a cooler area, the shade or indoors.
- Remove excess clothing.
- Cool the person with cool towels or cold packs on their head, neck, armpits and groin.
- Use fans and cool mist to cool a person down.
- Keep them quiet.

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# COMFORT CARE CEDAR FALLS GETS 1<sup>ST</sup> PLACE AT THE STURGIS FALLS PARADE



Check out the Comfort Care Cedar Falls office! They participated in the Sturgis Falls Parade in Cedar Falls on June 23<sup>rd</sup> and their float, featuring “Red Carpet Treatment” at Comfort Care, got **FIRST PLACE!** Way to go Cedar Falls!!! We are **proud** to have you as part of the Comfort Care team!



## REMINDER

CLIENTS & COMFORT CARE STAFF, PLEASE REMEMBER TO CALL THE OFFICE WHENEVER YOU HAVE A SCHEDULE CHANGE!

# BRAIN TEASERS

## 4th Of July Trivia

1. It was actually on July \_\_\_\_\_ that Congress ruled in favor of independence.
2. The Declaration of Independence was signed by \_\_\_\_\_ men from \_\_\_\_\_ colonies.
3. The average age of the Signers of the Declaration of Independence was \_\_\_\_\_.
4. Benjamin Franklin proposed the \_\_\_\_\_ as the national bird but was overruled by John Adams and Thomas Jefferson, who recommended the \_\_\_\_\_.
5. \_\_\_\_\_ people were living in the U.S.A. on July 4<sup>th</sup>, 1776.
6. The \_\_\_\_\_ was the first newspaper to print the Declaration of Independence.
7. One out of \_\_\_\_\_ signers of the Declaration of Independence were educated at Harvard.

## Last Month's Answers

1. Sand
2. Short
3. An Anchor
4. Mt. Rushmore

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)

