Summer Safety for Seniors

Staying safe during hot weather is especially important for seniors, are more vulnerable to heat-related illnesses. Older adults don't adjust as well to sudden temperature changes. They may have chronic health conditions or take medications that affect their body's ability to regulate temperature or sweat. They may not feel thirsty compared to younger people, leading to dehydration.

Tips to Stay Safe from the Heat:
Stay Hydrated, consume plenty of fluids, like water, fruit or vegetable juices, or electrolyte drinks. Don't wait until you're thirsty to drink, avoid sugary, alcohol and caffeine beverages.

Stay Cool, spend time in air-conditioned buildings as much as possible. If you don't have air conditioning, consider visiting public spaces like libraries, shopping malls or grocery stores. Use fans, but don't rely solely on them in extreme heat.

Additional suggestions include:

- Limit the use of ovens or stoves.
- Take *cool showers* or bath.
- Dress appropriately by wearing loose-fitting, lightweight, and light-colored clothing.

Try a New recipe:

Melon Feta Salad   2 to 4 Serving

Ingredients:

Salad:	Dressing:
½ cup chopped honeydew melon	¼ cup olive oil
½ cup chopped cantaloupe	3 Tablespoons balsamic vinegar
½ cup chopped watermelon	1 orange juiced
¼ cup crumbled feta cheese	3 mint leaves chopped

Mix the melons in a bowl; whisk the dressing in a separate bowl, Toss together your desired amount of dressing. Garnish with mint leaves, almond slices and drizzle with a small amount of balsamic vinegar.

References: https://www.nih.gov/news-events/news-releases/heat-related-health-dangers-older-adults-soar-during-summer, allrecipes.com/melon-salad-with feta-recipe.

Written by Laurie Zirilli, registered dietitian, contract RD for Oneida County Office for the Aging. Oneida County OFA provides nutrition counseling and education for the aging. Questions about services and programs for older adults and caregivers, including the Senior Nutrition Program, should call Oneida County Office for the Aging at (315) 798-5456.