

# WESTPORT COUNCIL ON AGING

## 75 REED RD WESTPORT, MA 02790

### Council on Aging Board Members

Marcia Liggin-Board Chair  
Karin Bergeron –Vice Chair  
William Gifford-Treasurer  
Muriel Kokoszka  
Cathy Davis  
Ed Thadeu  
Irene Buck

**Director: Beverly Bisch**



## EVERGREEN NEWSLETTER

### JULY/AUGUST 2018

**MISSION STATEMENT:** The primary function of the Westport Council on Aging is to identify and meet the needs of Westport's elder population and to inform elders and the community of available services.

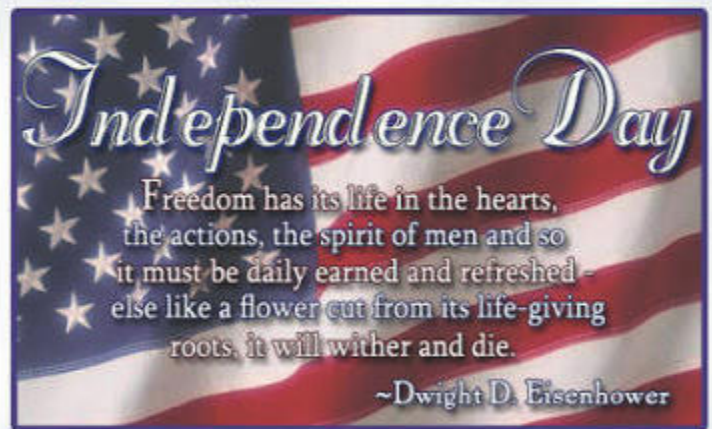
**The 2018 Annual Senior Picnic and Summerfest has been CANCELLED in order to complete the ground work still being done.**

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### **\*UNTIL HELP ARRIVES\***

**Tuesday, August 21st from 1-4PM.**

*You Are the Help Until Help Arrives* is a new program designed by the Medical Reserve Corps to educate and empower the public to take action in emergency situations and provide lifesaving care before professional help arrives. The Medical Reserve Corps is a national network of local groups of volunteers engaging local communities to strengthen public health, reduce vulnerability, build resilience and improve preparedness, response and recovery capabilities. This presentation is **open to the public. Please RSVP to the Westport Council on Aging (508) 636-1026.**



**HAPPY FOURTH OF JULY!!!!**



**\*\*\*\*\* FREE FUN FRIDAYS\*\*\*\*\***

**July 6th through August 31, 2018. For information call 617-969-8900 or go to HighlandStreet.org**

### ***SENIOR CENTER CLOSING POLICY:***

If the Westport Community Schools announce closings due to weather emergencies, the Senior Center will close for classes, transportation, and other activities. The center office may operate for routine administrative operations only.

**Monday-Friday 8:30AM-4:00PM Tel: 508-636-1026 / Fax 508-636-1034**

Visit us on Facebook: [www.facebook/wcoa.council.9](http://www.facebook/wcoa.council.9)

If you would like to view the Evergreen online, go to: [ourseniorcenter.com/find/westport-council-on-aging](http://ourseniorcenter.com/find/westport-council-on-aging)

## PROGRAMS FOR MIND, BODY AND FITNESS

**\*\*There is a waiting list for Aerobics and Stretch & Tone. Please give your name at the office.\*\***

- |   |   |
|---|---|
| Balance & Bones: Mon., Wed., Fri. 9:45-11:00AM  | \$12.00/month due the 25th of the month |
| *Aerobics: Monday, Wednesday and Friday 8:30-9:30AM   | \$30.00/month due the 25th of the month |
| *Stretch & Tone: Tuesday and Thursday 8:30-9:30AM   | \$25.00/month due the 25th of the month |
| T'ai Chi: Friday, Advanced 12:30PM Intermed. 1:30PM   | \$8.00/Class                            |
| Yoga: Monday 2:15-3:15 and Wednesday 12:45-1:45PM   | \$5.00/ Class                           |
| Watercolor: Wednesday, 9:00 AM-12 Noon  | \$10.00/Class plus your own supplies    |
| *Men's Exercise Class: Mon., Wed., Fri. 10:00-11:00AM   | \$30.00/month due the 25th of the month |
| * Instructor approval and a physician medical form, which is available at the COA, is required. |   |

### BALANCE and BONES

**Mon., Wed., and Fri., 9:45 AM—11:00 AM.**

**Fee \$12.00 per month**

An exercise program for people with at risk for falls. Participants will learn about osteoporosis, fall risks, and everyday activities that will improve their muscle and bone strength. An authorization form, which is available at the WCOA, must be completed by your physician for this class.

### WALKING-HIKING GROUP

Every **Tuesday**, starting at 8:45AM, the group leaves from the WCOA. Are you interested in walking/hiking with others who love the outdoors? Have you wanted to walk some of the wonderful trails in our area but have some reservations about heading out alone? Come to the WCOA on a Tuesday morning and join the group.

### STROLLING GROUP

**\*\*Stroll your way to fitness\*\***

Join us at the WCOA at 9 AM on Thursday mornings, if you would like to walk short distances at a relaxed pace with a group.

### BINGO

Every Thursday at 12:30 PM, Coffee and Pastry served.

**Bingo callers needed!!!!**



### LEES COMMUNITY PARTNER'S PROGRAM

**The WCOA is a recipient of this program. Drop off your Lees Market register receipts in the box at the front entrance of the WCOA. Thank you for your participation.**



### 24/7 SAFE DISPOSAL OF EXPIRED OR UNUSED MEDICATION

A free medication disposal box, to safely dispose of your expired or unused drugs, is located in the Westport Police Station lobby at 818 Main Rd. For additional information, contact the Westport Police Department at 508-636-1122.



### LOCATION FOR THE FOOD PANTRY

**The Westport Food Pantry is LOOKING FOR A NEW LOCATION.** As of now, they are no longer located at the Westport Middle School.



**LEGAL CORNER -The 3rd Wednesday of each month from 10:00AM to 11:30AM** 30 minute appointments). Jennifer Heald, a local attorney, is experienced in a broad variety of legal areas with expertise in Basic Estate Planning, including Living Trusts and Wills. **By appointment only. Summer dates 7/8 and 8/15.**

### BLOOD PRESSURE CLINIC

~Every 2nd Tuesday of the month from 10:00AM to 11:00AM with a Nurse from Gentiva Home Health.

~Linda Pierce, Westport's New Town Nurse, will also be taking blood pressure. Call for date & time. (508) 636-1026.

**NO FEE. NO APPOINTMENT NEEDED.**



**REP. PAUL SCHMID - Every 1st Monday of the month at 9:00 AM. Summer dates 7/2 and 8/6.**

**SEN. MICHAEL RODRIGUES - Every 3rd Monday at 9:00 AM. Summer dates 7/16 and 8/20.**

### SUPPORT GROUPS

#### Alzheimer's & Dementia Caregivers-Hope Health

Family Resource Center 45 Rock St, Fall River, MA. **1st and 3rd Friday** of each month 11:00-12:30 PM  
Must register, please call (508) 775-5656.

**OR**

**2nd Tuesday** of each month from 12:30 -2:00 PM and  
**4th Tuesday** of each month from 6:00-7:30 PM  
**Catholic Memorial Home 2446 Highland Ave.**  
**Fall River, MA.**

#### Caregiver Support Group

**2nd Tuesday** of every month from 1:30-3:00 PM  
St. Julie Billiart Church 494 Slocum Rd. N. Dartmouth, MA.

#### Grandparents Raising Grandchildren

Meets the **3rd Tuesday** of every month, 6-8 PM  
at 181 Hillman Street, Lower Level, New Bedford, MA.

#### Parkinson's Disease

Meets the **2nd Thursday** of every month, 1:00 PM  
at the Dartmouth COA on Dartmouth St. S Dartmouth, MA.

#### Scleroderma

Meets on the **3rd Tuesday** of each month 6:30-8:30 PM  
at Stop & Shop, 2nd floor conference room, 501 Rodman St.  
Fall River, MA. Donna Bernier, 774-488-6775

#### Visually Impaired People

Meets **Tuesdays** from 11:00 AM to 12:00 PM  
St. Peter's Episcopal Church, 351 Elm St, Dartmouth, MA .

#### Brookdale/Sakonnet Bay

**2nd Wednesday** of every month, 1:30PM Library on 3rd floor. 1215 Main Rd, Tiverton, RI, 401-624-1880.  
7/11-Depression & Dementia \*\* 8/8 Cross train your brain.



**Friends of Westport  
Council on Aging**

**Officers:**

Susan Read-President  
Elizabeth Brinkerhoff-Vice President  
Margie Zeller-Secretary  
Rose Rego-Treasurer

**FRIENDS OF THE WESTPORT  
COUNCIL ON AGING, INC.**

*Supporting the Senior Center  
P.O. Box N-192  
Westport, MA 02790*

**GREETINGS from the FWCOA**



**Summer is here** and the Friends wish you a healthy and joyous summer, filled with family, friends, and many memorable days in our beautiful Westport.

The **expanded parking lot** is now completed! Seniors now have more ease and safety as they come to participate in Senior Center programs and activities. The Friends are pleased to have been able to provide supplementary support to the town for this worthwhile improvement.

We know many of you stopped by our table at River Day, where we joined with local non-profit groups in celebrating our beautiful natural environment. The Friends gave away rubber jar openers that day, imprinted with our logo and goal of **Supporting Seniors**. If you would like one, please stop by the Senior Center where you are always welcome.

We appreciate the community support we have received over many years, and hope we can count on you in the future as we support the WCOA. As you read this, you should have received our **Annual Membership Mailing**, with its new look and showing some of the many activities sponsored here at the Senior Center.

Please join us as a member and show your support for the Friends. **THANK YOU!**

*All good wishes from the Friends for a wonderful summer!*

## HEAT-RELATED ILLNESSES

### WHAT TO LOOK FOR

### WHAT TO DO

#### HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

#### HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water
- Get medical help right away if:
  - You are throwing up
  - Your symptoms get worse
  - Your symptoms last longer than 1 hour

#### HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

- Get medical help right away if:
  - Cramps last longer than 1 hour
  - You're on a low-sodium diet
  - You have heart problems

#### SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

#### HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash



# SENIOR HAPPENINGS CALENDAR

# JULY/AUGUST 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>July 2</b> 8:30 Social Day 8:30 Aerobics 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 11:30 Lunch 12:00 Mahjong 12:30 <b>SHINE/Appt. only</b> 2:15 Yoga	<b>July 3</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:00 Games/Billiards 11:30 Lunch 1:00 Knitting	<b>July 4-CLOSED</b> <b>AUGUST 1</b> 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Class 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 11:30 Lunch 12:45 Yoga	<b>July 5/August 2</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling group 9:00 Games/Billiards 11:30 Lunch 12:30 Bingo 1:00 Quilting	<b>July 6/August 3</b> 8:30 Social Day 8:30 Aerobics 9:00 Games/Billiards 9:45 Balance & Bones 11:30 Lunch 12:00 Advanced Bridge 12:30 Tai Chi-Adv <b>cancelled</b> 1:30 Tai Chi-Int <b>cancelled</b>
<b>July 9/August 6</b> 8:30 Social Day 8:30 Aerobics 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 11:30 Lunch 12:00 Mahjong 2:15 Yoga	<b>July 10/August 7</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:00 Games/Billiards 11:30 Lunch 1:00 Knitting	<b>July 11/August 8</b> 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Class 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 11:30 Lunch 12:45 Yoga 1:45 <b>Poetry/Poetry</b>	<b>July 12/August 9</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling group 9:00 Games/Billiards 11:30 Lunch 12:30 Bingo 1:00 Quilting	<b>July 13/August 10</b> 8:30 Social Day 8:30 Aerobics 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 11:30 Lunch 12:00 Advanced Bridge 12:30 Tai Chi-Adv 1:30 Tai Chi-Int
<b>July 16/August 13</b> 8:30 Social Day 8:30 Aerobics 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 11:30 Lunch 12:00 Mahjong 12:30 <b>SHINE/Appt. only</b> 2:15 Yoga <b>cancelled</b>	<b>July 17/August 14</b> 8:00 <b>WCOA Meeting</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:00 <b>Dr. Spiri/Appt. only</b> 9:00 Games/Billiards 11:30 Lunch 1:00 Knitting	<b>July 18/August 15</b> 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Class 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 12:45 Yoga	<b>July 19/August 16</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling Group 9:00 Games/Billiards 11:30 Lunch 12:30 Bingo 1:00 Quilting	<b>July 20/August 17</b> 8:30 Social Day 8:30 Aerobics 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 11:30 Lunch 12:00 Advanced Bridge 12:30 Tai Chi-Adv 1:30 Tai Chi-Int
<b>July 23/August 20</b> 8:30 Social Day 8:30 Aerobics 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 11:30 Lunch 12:00 Mahjong 2:15 Yoga	<b>July 24/August 21</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:00 Games/Billiards 11:30 Lunch 1:00 Knitting	<b>July 25/August 22</b> 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Class 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 12:45 Yoga 1:45 <b>Poetry/Poetry</b>	<b>July 26/August 23</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling Group 9:00 Games/Billiards 11:30 Lunch 12:30 Bingo 1:00 Quilting	<b>July 27/August 24</b> 8:30 Social Day 8:30 Aerobics 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 11:30 Lunch 12:00 Advanced Bridge 12:30 Tai Chi-Adv 1:30 Tai Chi-Int
<b>July 30/August 27</b> 8:30 Social Day 8:30 Aerobics 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 11:30 Lunch 12:00 Mahjong 2:15 Yoga	<b>July 31/August 28</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Walking/Hiking 9:00 Games/Billiards 11:30 Lunch 1:00 Knitting <b>*PLEASE NOTE*</b> <b>JULY DATES ARE IN RED</b>	<b>August 29</b> 8:30 Social Day 8:30 Aerobics 9:00 Watercolor Class 9:00 Games/Billiards 9:45 Balance & Bones 10:00 Men's Exercise 12:45 Yoga <b>AUGUST DATES ARE IN BLUE</b>	<b>August 30</b> 8:30 Social Day 8:30 Toning/Stretching 8:45 Strolling Group 9:00 Games/Billiards 11:30 Lunch 12:30 Bingo 1:00 Quilting	<b>August 31</b> 8:30 Social Day 8:30 Aerobics 9:00 Games/Billiards 9:45 Balance & Bones 11:30 Lunch 12:00 Advanced Bridge 12:30 Tai Chi-Adv 1:30 Tai Chi-Int

## HELP PROTECT YOUR FAMILY

With a home security system monitored by ADT professionals 24 hours a day, 7 days a week. As an added benefit, installing a Security System may qualify you for a Homeowners Insurance discount.

**CALL NOW! 1-888-862-6429**



## PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



**\$29.95/MO**

**BILLED QUARTERLY**

**PLUS SPECIAL OFFER**

**CALL NOW! 1.877.801.5055**  
**WWW.24-7MED.COM**

### Elder Abuse is a Serious Issue

If you have cause to believe that you or someone you know who is 60 or older is being abused, neglected, or exploited, call the Elder Abuse Hotline at 1-800-922-2275 to file a confidential report.

## OUTREACH INFORMATION

### **Are you or anyone you know in need of assistance?**

Our Outreach staff meet with the elderly and disabled Westport residents either in their home or in the office to assess the individual's needs, to explain community programs and benefits, and assist with applications for programs such as Fuel Assistance, Food Stamps, and other benefits. The Outreach Workers also assist elders in crisis; they are mandated reporters for suspected elder abuse, neglect, and financial exploitation.

The Outreach Workers strive to include family members in meetings, if the elder or disabled individual agrees. The Outreach Workers and all Council on Aging staff are bound by strict confidentiality laws and are not allowed to release any information without permission.

Referrals come from many different sources including family members, police and fire departments, health professionals, community agencies, nursing homes, and the elders and disabled themselves.

**If you would like to make a referral to the Council on Aging Outreach Workers contact Andrea, Cindy or Susan at 508-636-1026.**

**OUR OUTREACH DEPARTMENT IS IN NEED OF GRABBERS or REACHERS, SOCK AIDES, BED RAILS, SHOWER CHAIRS AND BENCHES, TRANSFER CHAIRS, WHEELCHAIRS AND WALKERS.**



The WCOA has a durable medical equipment “loan closet” with wheelchairs, canes, commodes, shower chairs, etc., for Westport elderly and disabled individual. We would like to thank our many generous donors for the equipment we are able to loan the Westport Community. We accept clean, gently used medical equipment and unopened supplies. Without your generosity, we would not be able to sustain this program.

**Our Outreach workers are looking for donations of bird seed for their client's pets.**

## WESTPORT SUPPORTIVE DAY PROGRAM

This supportive day program provides a safe, structured environment for seniors who are isolated, experience memory loss, recovering from personal illness or injury, or have certain physical restrictions because of age related disabilities. This community care program allows elders to remain in their homes, providing much needed respite for caregivers. These services are provided in a non-medical facility.

### **Our program includes:**

Trained Professional Staff  
Daily structured and supervised activities  
Morning/afternoon snacks  
Nutritious Lunch  
Educational Programs  
Current Events

Therapeutic Games  
Day Trips  
Health Clinics  
Sing-a-longs  
Gentle Exercise  
Creative Activities



**Transportation is Available**

**Financial Aid is Available**

**Join us for a FREE Trial Day**

**Supportive Day Program Director– Connie McQuoid**

**Assistant Director-Catherine Lynch**

### TRANSPORTATION

Transportation is available for any Westport elder or disabled person and Supportive Day Program attendees from local towns. Call to schedule an appointment.

**Monday– Friday 10:00AM-2PM** The donation is \$3.00 one way \$5.00 round trip.

**Medical Appointments Local Grocery Stores Local Shopping Centers Pharmacies**

When you make your appointment, call us immediately to schedule a ride.

Please have the exact business or doctor's name, street address, telephone number, and approximate duration of your appointment (pick up time ),when you call.

**Please give a two week notice.**



### WESTPORT FREE PUBLIC LIBRARY OUTREACH TO THE HOMEBOUND HOME DELIVERY SERVICE

Know of a relative, friend, or neighbor who is homebound and has no access to our local library?

The Westport Free Public Library now offers a Home Delivery Service of library books (some in **LARGE-PRINT**), audio books, DVDs, and more to homebound Westport residents. **Call 508-636-1100.**



## **Climate Change and Health**

Scientists believe that changes in climate can affect your health in many ways. For example, a severe heat wave may have a more serious effect on a person who works outdoors or who has breathing problems. Extreme heat, particularly, in urban areas, is often associated with very poor air quality. Why? Heat waves are often accompanied by periods of stagnant air, which increases air pollution such as ground-level ozone. The combination of heat stress and poor air quality can pose a major health risk to vulnerable groups. Summertime activity, whether on the playing field or the construction site, must be balanced with actions that help the body cool itself to prevent heat-related illness. Heat-related deaths and illnesses are preventable. Despite this fact, approximately **618** people in the United States are killed by extreme heat.

Extreme heat causes more deaths than any other weather-related hazard—more than hurricanes, tornadoes, or flooding. In addition, thousands of people who are exposed to extreme heat seek medical treatment each year. In fact, each summer more than **65,000** Americans on average visit an emergency room for acute heat illness every year.

### **What is Extreme Heat?**

Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average. Because some places are hotter than others, this depends on what's considered average for a particular location at that time of year. Humid and muggy conditions can make it seem hotter than it really is.

**What Causes Heat-Related Illness?** Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs. Some factors that might increase your risk of developing a heat-related illness include: high levels of humidity, obesity, fever, dehydration, prescription drug use, heart disease, mental illness, poor circulation, sunburn and alcohol use.

### **What happens to the Body as a Result of Exposure to Extreme Heat?**

People suffer heat-related illness when the body's temperature control system is overloaded. The body normally cools itself by sweating, but under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions that can limit the ability to regulate temperature include old age, youth (age 0-4), obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug use and alcohol use.

### **Who is Most at Risk for Bad Health Effects from Climate Change?**

At highest risk are older adults, the very young, and people with mental illness and chronic diseases. At high risk are the disabled, the low income, or those living alone and people with existing medical conditions such as heart disease or asthma. However, even young and healthy people can be affected if they participate in strenuous physical activities, during hot weather.

### **Why are Older Adults More Prone to Heat Stress?**

Older adults do not adjust as well as young people to sudden changes in temperature. They are more likely to have a chronic medical condition that changes normal body responses to heat. They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

**Even in cool temperatures, cars can quickly heat up to dangerous temperatures very quickly. Leaving a window open is not enough- temperatures inside the car can rise almost 20 degrees Fahrenheit within the first 10 minutes, even with a window cracked open. Don't leave children, pets, or persons with mobility problems alone in cars for any amount of time. Your pet can suffer from heat-related illness too! Children are especially at risk of getting a heat stroke or dying. To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver. When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep in the car. Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting. (See chart on page 3 for more information)**

## What to Do In Extreme Heat?

### Stay Cool



### Stay Hydrated



### Stay Informed



**Stay Cool:** Stay indoors, when air quality is poor. Stay in air conditioned buildings or cooler locations as much as possible, especially during heat waves. Do not rely on a fan as your main cooling source when it's really hot outside. Keep in mind: Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Wear appropriate clothing. Choose loose fitting, lightweight, light-colored clothing. Use your stove and oven less to maintain a cooler temperature in your home. Avoid hot and heavy meals. They add heat to your body!

**Stay Hydrated:** Drink more water than usual, no matter how active you are, and don't wait until you're thirsty to drink. **Warning:** If your doctor limits the amount you drink or has you on water pills, ask how much you should drink, while the weather is hot. Stay away from very sugary or alcoholic drinks. These actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps. Replace salt and minerals. Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat. If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports beverage or taking salt tablets.

Do not engage in very strenuous activities and get plenty of rest. Schedule outdoor activities carefully. Try to limit your outdoor activity to when it's coolest, like morning and evening hours. If you must exercise outdoors during the hottest hours of the day (usually 10 a.m. to 5 p.m.). Rest often in shady areas so that your body has a chance to recover. Pace yourself: Cut down on exercise, during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, **STOP** all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

**Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions. **Tip:** Look for sunscreens that say "broad spectrum" or "UVA/UVB protection" on their labels- these products work best. **Keep Your Pets Hydrated:** Provide plenty of fresh water for your pets, and leave the water in a shady area.

**Stay Informed:** Check your local news for health and safety updates, extreme heat alerts and safety tips and to learn about any cooling shelters in your area. Check on a friend or neighbor and have someone do the same for you. Learn the signs and symptoms of heat-related illnesses and how to treat them. Use a buddy system when working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness. If you are 65 years of age or older or at high risk for heat-related illness have a friend or relative call to check on you twice a day, during a heat wave. Monitor those at high risk and closely watch them for signs of heat exhaustion or heat stroke.

\*\*\*\*\*

**DID YOU KNOW?** Almost everyone has been bitten by a mosquito, tick, or flea. These can be vectors for spreading pathogens (germs). A person who gets bitten by a vector and gets sick has a vector-borne disease, like dengue, Zika, Lyme, or plague. Between 2004 and 2016, more than 640,000 cases of these diseases were reported, and 9 new germs spread by bites from infected mosquitoes and ticks were discovered or introduced in the US. The number of reported cases of disease from mosquito, tick, and flea bites has more than tripled. Diseases from mosquito and tick bites occur in every state and territory. Disease cases from ticks have doubled. Mosquito-borne disease epidemics happen more frequently. Chikungunya and Zika viruses caused outbreaks in the US for the first time. Seven new tickborne germs can infect people in the U.S. Commerce moves mosquitoes, ticks, and fleas around the world. Mosquitoes and ticks move germs into new areas of the U.S., causing more people to be at risk. Infected travelers can introduce and spread germs across the world.

**Problem: Increasing Threat, Limited Capacity to Respond:** The US is not fully prepared. Local and state health departments and vector control organizations face increasing demands to respond to these threats. State and local health departments and vector control organizations are the nation's main defense against this increasing threat. Better control of mosquitoes and ticks is needed to protect people from these costly and deadly diseases. Yet, more than 80% of vector control organizations report needing improvement in 1 or more of 5 core competencies, such as testing for pesticide resistance. .

Independent Living | Assisted Living | Avita Memory Care



**AUTUMN GLEN**  
at Dartmouth

A Northbridge Assisted Living Community

Learn about the wonderful way of life at Autumn Glen.

Contact Melinda Silva: **508.992.8880**  
email: [melinda@autumnglenatdartmouth.com](mailto:melinda@autumnglenatdartmouth.com)

239 Cross Road in N. Dartmouth, MA

Find us online: [autumnglenatdartmouth.com](http://autumnglenatdartmouth.com)

## Oriental Pearl Restaurant

CHINESE & AMERICAN FOOD

TAKE-OUT ORDERS

SAT.-THURS. 11:30AM-1AM

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