Keeping Cool

Utah in August is hot and dry. Salt Lake County’s Divisions usually offer Cool Zones—many of which remain closed or modified due to COVID-19. This requires us to think outside the box and approach the situation from a new direction. In fact, let’s ask the animal kingdom, who always live outdoors, what they might recommend:

- Visit the watering hole often—drink extra water. Drink more than normal. Limit alcohol, soda, and other natural diuretic drinks that can add to dehydration.
- Shop for your food and supplies like a bear, bat, or other crepuscular animals—early in the morning while it’s cool and social distancing is still possible.
- Dress like a Shar Pei Puppy—wear loose fitting clothes that allow for air flow and extra movement. Move the clothes often—air moving against warm skin and sweat actually produce a cooling sensation.
- Put water on your forearms like a Kangaroo and sit in the wind—A kangaroo actually licks its forearms, but we suggest putting a wet washcloth on your arms or forehead while sitting in front of a fan.
- Many animals cool down using ice. Put a frozen jug of water a foot in front of a fan. Position the fan and cold item toward your chair or bed. Let the air push the cool moist air in your direction.
- Many animals use water as a temperature regulator. Fill a tub with warm water and sit in it to help your body acclimate to the warmer air. If you can’t get into a tub, occasionally wipe your face, underarms and other hot zones with a warm wash cloth.
- Dress like a Zebra, who have light colors to reflect heat, and dark colors to increase heat. Wear light colors and materials. Avoid dark colors that absorb heat.
- Stay indoors, under a shade tree, or other covering like small reptiles do—while still allowing air flow. Leave the shades closed during peak heat hours (12 noon to 6 pm). Open windows and blinds during cooler times to allow for a good cross breeze.
- Occasionally move the herd. Leave the house and take a drive in an air conditioned car. It provides mental wellness and a cool break. Take along a bottle of water for extra benefit.
Caregiver Academy*

The Caregiver Academy is now available online as Caregiver Talking Points via WebEx. The WebEx webinars are held most Wednesdays from 12:30 pm to 1:30 pm.

Stress-Busting for Family Caregivers*

Stress Busting is currently on hold. Online classes will be available soon. Watch upcoming newsletters for details.

If you are interested in the above classes, or an online support group or webinar option, call 385.468.3280.

*Caregivers are unable to bring those they care for to class. Thank you for your understanding.

Reasonable ADA Accommodations are available upon request.

Amyotrophic Lateral Sclerosis (ALS)

- Murray Heritage Senior Center. Call 801.264.2635.
- Riverton Senior Center. Call 385.468.3204.

Alzheimer’s & Related Dementia Groups

- Draper Library. Call 801.265.1944.
- Millcreek Senior Center. Call 801.265.1944.
- Jewish Family Services. Call 801.746.4334.
- Dementia Support Groups at the University of Utah Alzheimer’s Center. Call 801.585.7575.

Caregiver Lunch Bunch—1st Thursday each month at 11:30 am. The group is currently held online using WebEx Meeting. Call Dee at 385.468.3248.

Online Caregiver Support Group—2nd and 4th Thursday each month at 3:00 pm. This group meets online using WebEx Meeting. Call Christian at 385.468.3236.

FTD & Related Dementia—Sandy Senior Center. Call 801.231.3442.

Parkinson’s Support Groups in Utah. Call 801.585.2354.


Stress Busting Ideas

Using Zoom, WebEx, Skype, or other online meeting tools, throw a virtual party:

- Try a virtual murder mystery. Companies offer ideas: murdermystery.com or MyMysteryParty.com.
- Hold an online trivia game, scavenger hunt—first person to answer or hold a picture up to their computer camera wins.
- An online costume party. Secretly assign each person a character. Have them dress the part using only items found at home. Have players guess who they are and ask questions.
- Watch Temple Square “Pipping Up” organ recital live, or recorded on YouTube.com.
- Visit the new Virtual Events page on NowPlayingUtah.com for other options.

Visit nowplayingutah.com, seniorsbluebook.com, slco.org senior center and caregiver calendars for more options.

Support Groups - Call for Options

Amyotrophic Lateral Sclerosis (ALS)

- Murray Heritage Senior Center. Call 801.264.2635.
- Riverton Senior Center. Call 385.468.3043.

Alzheimer’s & Related Dementia Groups

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Visit Pinterest.com for other quotes and insights.

What does water do for the body?

According to the Center for Disease Control (CDC), water helps:
- Keep body temperature normal
- Lubricate and cushion joints
- Protect spinal cord and other sensitive tissues
- Get rid of wastes through urination, and bowel movements

The body needs more water when in hot climates, running a fever, or having diarrhea or vomiting.

Visit cdc.gov for more on these and other insights, tools and ideas.

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