



The Caregiver News

August 2017

Staying Safe in a Heat Wave

Many of us know about sunburn, dehydration and heat stroke, but there are other important effects and concerns that are heat related.

- **Medication and Heat.** [Consumer Reports](#) (CR) states that diuretics, including some high blood pressure medication, can make you less thirsty and increase your risk of dehydration. Antidepressants and over-active bladder drugs may reduce the ability to sweat, which makes it difficult for the body to regulate a proper temperature. Even Ibuprofen and certain types of anti-biotics can create photosensitivity. Read medication labels carefully and speak with a pharmacist to determine the heat risk of any medication you may be taking.
- **Anxiety.** Summer can be a [trigger for anxiety](#), as well as Seasonal Affective Disorder (SAD)—which has now been shown to occur in all seasons, not just winter. Anxiety symptoms may include agitation, insomnia and sometimes suicidal thoughts. Never hesitate to call 911 or a doctor's office when witnessing behaviors or symptoms you or others are experiencing.
- **Body Temperature.** Prolonged heat exposure affects the [central nervous and circulatory systems](#), as well as kidney function. Isolated seniors in urban locations who do not have access to air conditioning are found to be at a higher risk for heat related illness.
- **Stay Hydrated.** Limit alcohol and caffeine ([which is a mild diuretic](#)) consumption and increase water and other liquids. Pets also need extra water and time in the shade.
- **Stay Cool.** Seniors and other low income individuals may not be able to pay to cool their homes as needed for summer heat. Salt Lake County offers [Cool Zones](#) (air-conditioned locations) where individuals can beat the heat. Cool Zones include Senior Centers. Call 385.468.3200 for a center near you or to ask about the distribution of donated fans from Salt Lake County Aging & Adult Services.
- **Interesting Reading.** When searching for more information about heat and health, look for topics such as heat intolerance, seasonal depression and the [urban heat island effect](#).

Finding a Place to Stay Cool



[Cool Zone Interactive Map](#)



[Ice Cream Location Map](#)



[Water Parks in Utah](#)

The Tip Jar

Stay Active at Sundown

- Many individuals feel sad or confused during twilight and sunset.
- Staying active can help relieve the stress associated with the setting sun.
- Allow early afternoon naps.
- The **Joy Kit** has 40 pages of adaptable activities to assist caregivers.

The **Joy Kit**, **Caregiver Guide** and other useful tools and resources are found on the slco.org/caregiver website under the resource tab.

Reasonable ADA Accommodations Contact: Susan Hoepfner 385.468.3191 shoepfner@slco.org

Classes

Stress-Busting for Family Caregivers

Stress Busting is a free nine week evidence-based program for family caregivers who care for individuals with Dementia. Participants are introduced to eight stress therapy options.

Caregiver Academy

The Caregiver Academy is a free six week skill workshop where caregivers learn to manage a care environment, run family meetings, cope with behaviors, and much more. Classes start again on Aug 17 at the **Sandy Senior Center**.

Visit the slco.org/caregiver calendar for classes near you. Call **385.468.3280** to sign up for a class.

Stress Busting Ideas

- Enjoy the **Tour of Utah** Bike Race. Participants will be riding in Cottonwood Canyon on August 2 from 11:00 am to 2:00 pm. Details and daily maps available on tourofutah.com.
- **Friday Night Flicks** available at the Utah Olympic Oval, 5662 Cougar Lane, Kearns. Free event. August 4 movie will be The Secret Life of Pets. Movie starts approximately 8:30 pm.
- **Midnight Moon 5K**, August 11, Alta Canyon Park, 9565 South Highland Drive. Race starts at midnight. \$25 registration fee. Call 801-568-7100 for details.



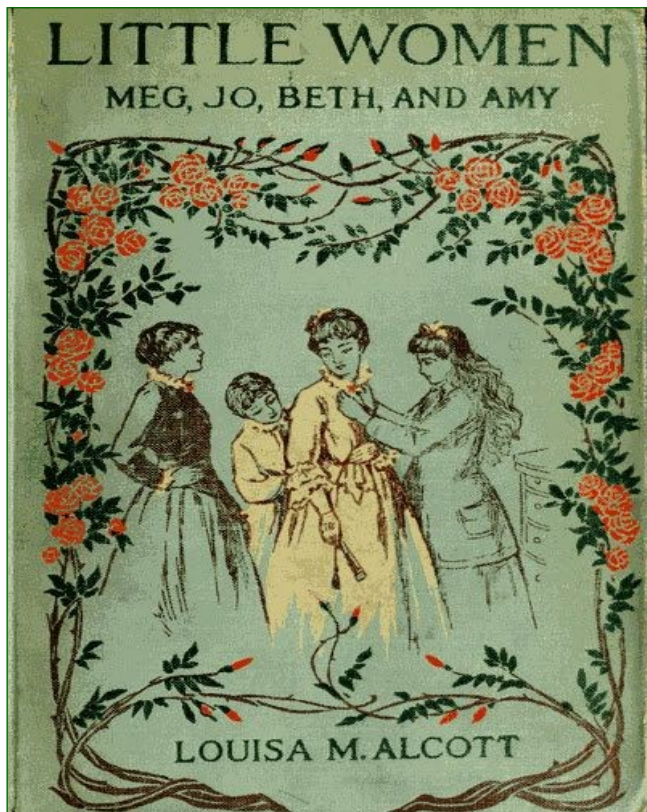
4th Annual Summer Dance Festival

August 19, doors open at 12:00 noon. Viridian Event Center, 8030 S 1825 W.

Call 801-699-6809 for details.

Visit nowplayingutah.com, seniorsbluebook.com, slco.org [senior center](#) and [caregiver](#) calendars for more options.

Free E-Books



ProjectGutenberg.org/ebooks

Read a book—step away from stress. Visit slcolibrary.org or pinterest.org/slcoaging for other e-book options or respite ideas.

Support Groups

- **Amyotrophic Lateral Sclerosis (ALS)**—**Murray Heritage Senior Center**. Call 801.264.2635.
- **Alzheimer's & Related Dementia Groups**
 - ♦ **Draper Library**. Call 801-265-1944.
 - ♦ **Sandy Senior Center**. Call 385.468.3410.
 - ♦ **Millcreek Senior Center**. 801-265-1944.
- **Caregiver Lunch Bunch**—a peer group for family caregivers. The next group will be held August 9 from 11:30 am to 1:00 pm at **Archibald's**, Gardner Village, 1100 W 7800 S. Call 385.458.3281.
- **FTD & Related Dementia**—**Sandy Senior Center**. Call 801.231.3442.
- **General Caregiver Groups**
 - ♦ **Millcreek Senior Center**. Call 385.212.9071.
 - ♦ **South Jordan Senior Center**. Call 801.819.9739.
 - ♦ **Magna Kennecott Senior Center**. Call 385.468.3281.
 - ♦ **Mt Olympus Senior Center**. Call 801.424.2200.
- **S.A.G.E./LGBTQ Seniors**—**Tenth East Senior Center**. Call 385-468-3140.

Visit the slco.org/caregiver calendar for details.