

Summer Tips For You and Your Loved Ones

By Donna Deos

Welcome to July! This month I'd like to give you some pointers on keeping yourself and your aging loved ones happy and safe during the summer months (these all work for kids too!).

As things heat up we have several basics we need to remember. As we all end up running our usual routines and staying busy and distracted, I thought it was worth it to remind you of these things you likely already know.

Stay Hydrated

As we get warmer we don't always realize that it is so very important to increase the amount of liquids we take in. However, when you stop and think about it, when you are warmer and sweating more, you are putting out more liquid from your body, so you really need to put more in to offset this.

Here are some ideas to help with this:

- Keep water handy. Bottled water, glasses of water at various favorite sitting locations around the house, etc.
- If water isn't your thing, keep iced tea, lemonade, juices or other beverages handy. Make them easily accessible and in containers that welcome people to grab one and go.
- A nice way to make water tasty and refreshing is to add fruit to it to infuse it with flavor. Some people add mint or other herbs and even sliced cucumbers to the water to add taste and appeal to it.
- Some other drinks which are great to have on hand are V-8's and drinks like Ensure or Boost. These give us key nutrients and proteins depending on the drink. Plus, they usually come in small containers and so they are a good pick me up throughout the day.

The key is to find ways in which to easily stay hydrated and ways that people want to do it without thinking about it. Let's face it no one likes to be constantly reminded "you need to drink more, you need to stay hydrated." It is true, but the more we harp on things the less receptive people are to hearing it, no matter how true it is.

Use Sun Screen

We all know to use sun screen now a days. However, back when our parents and grandparents were growing up covering yourself in baby oil and sitting in the sun was common and sun screen wasn't as prevalent. People didn't know the dangers of sun exposure. Today most everyone does and I have not seen an older adult slather up in baby oil, however, how often do



you see them think to use sun screen at the family gathering?

If you are having an outdoor sunny gathering remember to try and provide shade for people, have sunscreen ready and maybe even a shady hat or two on hand just in case. Likewise, if you're going to an outdoor gathering – even if it's just in your own yard with your spouse – bring a shady hat!

Properly Maintain Your Cooling Mechanisms

Here's one I bet you hadn't thought about! How often do we stop and make sure our fans and air conditioner filters are cleaned out or replaced? This is something that should be done regularly and so you need to stop and think about this for your loved ones, who may not realize that this is necessary.

Likewise, they may have really old and potentially inefficient equipment that should perhaps be updated. You always wonder what to get the Mom or Dad who has everything. Well, maybe it's time that they receive a new piece of equipment or you give them the gift of doing some maintenance and cleaning on the one(s) they already have.

Touch Base With Each Other Regularly

No matter what time of year it is we should be checking in with our loved ones regularly. But hey, life gets in the way. I understand. However, when it's warm we still need to check in and make sure everything's okay. Make sure they have all the food and water they need, that the windows and doors open and close as they want and need them to to maximize air flow. That their screens are in good shape, and that they are staying well fed and hydrated.

One sidebar thing to think about is what the settings for their AC and their Heating systems are at. I've heard many times about people who have these two systems fighting each other because they forgot to turn back the heat thermostat when it became time for the AC to go on! Sounds silly, but it happens more often than you would like to think.

Until then, enjoy these beautiful days!

All my best, Donna



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WHO GETS THE CANE? ARE YOU THE OLDEST RESIDENT IN BOW?



A tradition that began in Boston in 1909 is still being carried out today in Bow, New Hampshire as the Selectmen seek nominees for the oldest resident in town.

Nominations will be accepted through September 15, and the only requirement is that the person must be a resident of Bow for the previous 12 consecutive years. Please nominate a neighbor, loved one, or even yourself!

The Selectmen look forward to bestowing an honorary Boston Post Cane and recognition to our oldest resident. Nomination forms are available at the Municipal Building, Library and Recreation Department as well as on the town website www.bownh.gov. Or you can call (603) 228-1187 ext. 110 to request a form by mail.

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