

Tips to Stay Safe in the Heat

Staying Safe in Hot Weather



As summer temperatures rise, it's important for older adults to take extra precautions to stay safe in the heat. Here are some essential tips:

1. **Stay Hydrated:** Drink plenty of water throughout the day, even if you don't feel thirsty. Avoid alcohol and caffeinated beverages, as they can dehydrate you.
2. **Dress Appropriately:** Wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses can provide additional protection from the sun.
3. **Stay Indoors During Peak Heat:** Try to stay indoors during the hottest parts of the day, typically between 10 a.m. and 4 p.m. If you need to go out, plan your activities for early morning or evening.
4. **Keep Cool:** Use air conditioning if possible. If you don't have air conditioning, visit public places such as libraries, shopping malls, or community centers. Taking cool showers or baths can also help lower your body temperature.
5. **Know the Signs of Heat-Related Illness:** Be aware of symptoms like heavy sweating, weakness, dizziness, nausea, and headache. If you or someone else experiences these symptoms, seek a cool place and medical attention if necessary.
6. **Check on Neighbors:** If you have older neighbors or family members, check on them regularly to ensure they are coping well with the heat.

Stay cool and safe this summer!

Staying Safe in Hot Weather



Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse

Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Department of
Transitional
Assistance



Mass
Cultural
Council



EBT CARD TO CULTURE

The Department of Transitional Assistance and the Mass Cultural Council have partnered to offer discounted admissions to many of the Commonwealth's museums and cultural institutions. Because of the generosity of the participating organizations, DTA clients can receive free or discounted admissions by showing their EBT card.



Participating organizations include:



and so many more!

FOR COMPLETE LIST AND MORE INFORMATION CLICK
HERE

the
healthy living
Center of Excellence

A Matter of Balance

Sign Up Today for **Free** Eight Week Workshop!



Sponsored by Tri-Valley, Inc.
Wednesdays, 1:00-3:00 pm
July 10th - August 28th
West Brookfield Senior Center

**Register at the Senior Center
Or contact Gina Metras
phone: 508-949-6640 ex 3339
email: gmetras@tves.org**

Visit our website at www.healthyliving4me.org

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.



Learn to

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce the risk of falling
- Exercise to increase strength and balance

Who should attend

- Anyone concerned about falls
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling
- Anyone interested in improving balance, flexibility and strength



**ARE YOU INTERESTED
IN GROWING YOUR SKILLS TO SECURE
A NEW JOB IN HUMAN SERVICES
...AND GETTING PAID TO DO IT?**

**WHAT IS CASE MANAGEMENT
ACCELERATED TRAINING (CMAT)?**

CMAT is an 11-week workforce development opportunity that pays you to gain the skill set needed to be a successful applicant for case management jobs in Massachusetts. This program is funded through an EOHHS workforce development grant.

Earn a certificate
that verifies you
have gained the
skills to be a
successful
applicant for case
management jobs

Earn Pay
in an innovative
career development
opportunity

**"Full Circle"
Training**
with classes on
career development
and Jobs Fair, CMAT
puts you in front of
employers

SPREAD the WORD about CMAT!!

Case Management Accelerated Training (CMAT) is a unique workforce development opportunity that educates and trains aspiring case managers! Some benefits of CMAT include:

- Earn a paycheck (CMAT is tuition-free, program hours are paid at \$18.00/hour)
- Learn from college professors and experts in the human services field
- Get out of the classroom and into the field with on-the-job training
- Post program job placement support
- Build a career helping others and serving your community

Next CMAT Session begins in **September 2024.**

To learn more and **APPLY**, visit www.trivalleyinc.org/cmatt



**OFFICE HOURS
10 MILL STREET, DUDLEY MA**



Need help with
Masshealth, SNAP or
other public
assistance
applications?
Certified Application
Counselors are
available!

Tuesdays, 10am-1pm
Wednesdays, 1pm-4pm
Thursdays, 10am-1pm

**CALL NOW TO SCHEDULE AN
APPOINTMENT!**



508-949-6640, EXT. 7250

NEED A BREAK?

WE C.A.R.E. ABOUT CAREGIVERS

The Caregiver Assistance for Respite Expenses (C.A.R.E.) program will provide support to caregivers who live in our service area. The C.A.R.E program will be working with grandparents raising grandchildren under 18 and caregivers caring for adults over age 65 or a loved one with a disability or a dementia related diagnosis. Requests are reviewed on an individual basis.







CAREGIVER RELIEF

The C.A.R.E. program will offer different respite alternatives to meet the needs of your current caregiving situation. The caregiver must be over age 18. Caregivers for the C.A.R.E. program include raising and caring for a(n)

FUNDS AVAILABLE

C.A.R.E. provides caregivers access to a variety of supports at no cost. Tri-Valley will be able to pay or reimburse for supports such as:

-  SUPPLEMENT COSTS OF ENRICHMENT PROGRAMS
-  TRANSPORTATION & ATTENDANCE TO AN ADH FACILITY (UP TO 3 DAYS IN A 2 MONTH PERIOD)
-  SELF ARRANGED RESPITE SUPPORT

-  ELDERLY PARENT(S)
-  LOVED ONE WITH A DISABILITY
-  LOVED ONE WITH DEMENTIA/ALZHEIMER'S DIAGNOSIS
-  GRANDCHILD OR GRANDCHILDREN

Contact Us For More Information!



Tri-Valley, Inc.
508-949-6640
www.trivalleyinc.org



Resources and Tips to Help You

- [Massachusetts SNAP Restaurant Meals Program \(RMP\)](#)
- [Meals on Wheels Volunteers Needed in your area](#)
- [Earn more SNAP dollars with HIP!](#)

Tri-Valley, Inc., a private, non-profit agency, receives funding from the Commonwealth of Massachusetts through the Executive Office of Elder Affairs and federal financial support under the Older Americans Act furnished by the Central Mass Agency on Aging and the Massachusetts Executive Office of Elder Affairs. Funds are also received from public and private sources.

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Dudley, MA 01571

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Volunteer With Us

Contact Us



Try email marketing for free today!