



## CAREGIVER NEWSLETTER

Volume 1 / Issue 5

May 2022

### CAREGIVER SPOT- LIGHT:

This month caregiver  
spotlight is

### ASHLEY BRANTLEY:

Although she has only been with us a few short months she has been a ROCKSTAR! Always willing to help when needed she has been a reliable caregiver and her clients seem to really enjoy her! Thanks Ashley we appreciate you! Thank you for your hard work!

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*"Take care of your body. It's the only place you  
have to live."*

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### ***Fun Self-Care Activities to Brighten Your Day***

Caregivers are often dealing with heavy life situations, but we all need to laugh and play (even as adults!) as part of maintaining our well-being. Start exploring what brings you joy or makes you smile and dedicate some time to it today.

1. Draw or sketch without judgment about what you create
2. Watch a do-it-yourself or home hacks video and try it out
3. Play an instrument or sing your favorite song
4. Color in a coloring book (try using crayons to bring out your inner child)
5. Shape something out of clay or dough
6. Put on your favorite music and have a dance party in your kitchen
7. Watch one of the millions of funny videos online
8. Re-watch a comedy movie you loved as a kid
9. Talk to a friend about something funny that happened recently
10. Fake laugh and see how long it takes to turn into genuine laughter

# LEARN HOW TO AVOID HEAT-RELATED ILLNESS

The human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage and even death.

People most at risk include:

- Those who work in the heat
- Infants and young children, especially if left in hot cars
- People 65 and older
- People who are ill, have chronic health conditions or are on certain medications
- People who are overweight

Knowing the symptoms and proper response to these illnesses can save a life.

## Heat Exhaustion

When the body loses excessive water and salt, usually due to sweating, heat exhaustion can occur. Signs and symptoms include:

- Pale, ashen or moist skin
- Muscle cramps (especially for those working or exercising outdoors in high temperatures)
- Fatigue, weakness or exhaustion
- Headache, dizziness or fainting
- Nausea or vomiting
- Rapid heart rate

Uncontrolled heat exhaustion can evolve into heat stroke, so make sure to treat victims quickly:

- Move victims to a shaded or air-conditioned area
- Give water or other cool, nonalcoholic beverages
- Apply wet towels, or have victims take a cool shower

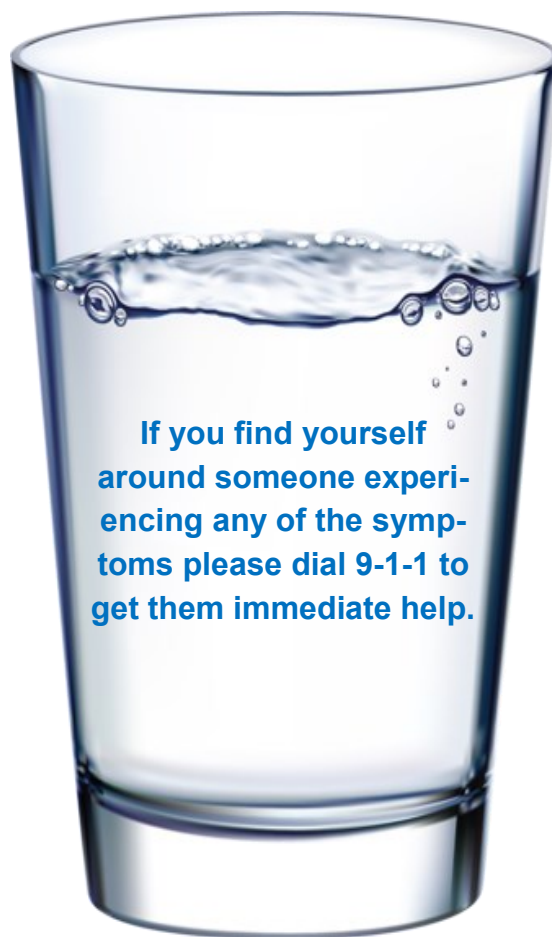
## Heat Stroke

Seek medical help immediately if someone is suffering from heat stroke. Signs include:

- Body temperature above 103 degrees
- Skin that is flushed, dry and hot to the touch; sweating has usually stopped
- Rapid breathing
- Headache, dizziness, confusion or other signs of altered mental status
- Irrational or belligerent behavior
- Convulsions or unresponsiveness

Immediately take action:

- Call 911
- Move the victim to a cool place
- Remove unnecessary clothing
- Immediately cool the victim, preferably by immersing up to the neck in cold water (with the help of a second rescuer)
- If immersion in cold water is not possible, place the victim in a cold shower or move to a cool area and cover as much of the body as possible with cold, wet towels
- Keep cooling until body temperature drops to 101 degrees
- Monitor the victim's breathing and be ready to give CPR if needed



**If you find yourself around someone experiencing any of the symptoms please dial 9-1-1 to get them immediate help.**

## **DO NOT:**

- Force the victim to drink liquids
- Apply rubbing alcohol to the skin
- Allow victims to take pain relievers or salt tablets

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. According to the Centers for Disease Control and Prevention:

- Air conditioning is the best way to cool off
- Drink fluids, even if you don't feel thirsty, and avoid alcohol
- Wear loose, lightweight clothing and a hat
- Replace salt lost from sweating by drinking fruit juice or sports drinks
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Wear sunscreen; sunburn affects the body's ability to cool itself
- Pace yourself when you run or otherwise exert your body

### **REMEMBER THOSE MOST AT RISK ARE :**

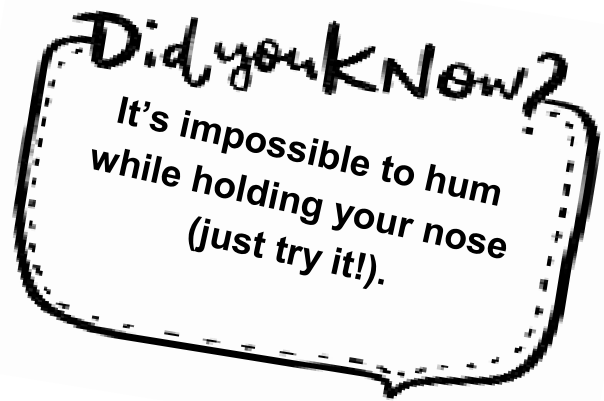
- **THOSE WHO WORK IN THE HEAT**
- **INFANTS AND YOUNG CHILDREN**
  - **65 AND OLDER**
- **THOSE WHO ARE ILL, HAVE CHRONIC HEALTH CONDITIONS OR ARE ON CERTAIN MEDICATIONS**
- **THOSE WHO ARE OVERWEIGHT**

## **Keep Each Other Safe**

In your community, please check in on neighbors who are elderly, house-bound or otherwise may be reluctant to ask for help. You can offer to host them in the air-conditioned comfort of your living room on hot days, drive them to a local cooling center, or call relatives or city services to arrange for them to stay cool.

## Summer Safety Tips

- Check the weather forecast
- Wear Sunglasses
- Stay Hydrated
- Use Insect Repellent
- Keep Sanitizer on Hand
- Wear sunscreen (SPF 30 or higher)
- Do not forget your mask!
- Get you Move on & Exercise
- Keep Good Sleep Practices
- Eat Healthy Foods





# Happy Birthday!



<b>Brittany Jordan</b>	<b>Dell Marie Brunk</b>
<b>Jocelyn Sites</b>	<b>Catherine Starkey</b>
<b>Kimberly Clark</b>	<b>Roseann Stewart</b>
<b>Angela Young</b>	<b>Caressa Milton</b>
<b>Kya Jeffries</b>	<b>Margaret Quickel</b>
<b>Debra Becker</b>	<b>Levina McMillan</b>
<b>Margaret Murray</b>	<b>Karla Nunez</b>
<b>Joanna Sager</b>	<b>Kayley Prestopine</b>
<b>Nora Ramirez Diaz</b>	<b>Reina Zapata</b>
<b>Alexandra Schild</b>	<b>Renee Ramer</b>
<b>Sherry Bumbaugh</b>	<b>Zugeil Maldonado</b>
<b>Danna Marros</b>	<b>Alexandra Mayton</b>

# UPCOMING EVENTS

- ◆ May is **Mental Health Month**
- ◆ **SUMMER TRAINING – JULY**

PLEASE BE ON THE LOOKOUT FOR EMAILS FROM **Rich Farbman**

## VACATION

With summer vacation months approaching, please remember that we require:

- **30 days notice** for vacation requests greater than 1 day.
- Requests need to be submitted on a vacation request form and turned in to the office.
- Vacations are not considered approved until you have received confirmation of approval.

Also, please be aware of your accrued vacation that is listed on your check and your anniversary date as the vacation allowed to be carried over from your anniversary date is limited



# SUMMER FUN

## Word Search Puzzle



W A T E R P A R K V A C A T I O N  
F R I E N D S W S T Z G H N A I G  
T S A Z Q P A B Q C N P N M D C S  
E W O N C H I I Y I A S U R X E N  
B I C Y C L E C P C R Y O Z M C F  
O M P W I Z J M N E F J A A P R R  
U M E I F M A T L I U I G M O E I  
T I H G A C O K X C C B S N P A S  
D N N J X O N P S M B K E H S M B  
O G W V F I I P X D R T R A I X E  
O O U E R R O C O O K O U T C N E  
R A R P T L F U W S S C V Q L H G  
S A S D F O L E M O N A D E E T A  
B A A P E Q R S U N S H I N E M N  
W O I F A I R G R O U N D P X B M  
R L W N F E K N B A S E B A L L X  
F B B M Y P M V T D G I S W O R V



BAREFOOT	FISHING	PICNIC
BASEBALL	FLIP FLOPS	POPSICLE
BEACH	FRIENDS	ROAD TRIP
BICYCLE	FRISBEE	SPRINKLERS
CAMPING	GAMES	SUNSHINE
COOKOUT	ICE CREAM	SWIMMING
FAIRGROUND	LEMONADE	VACATION
FIREWORKS	OUTDOORS	WATER PARK

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If there is something you would like to see in the newsletter or have a story you would like to share, please do not hesitate to send your ideas to [fiscal@penncares.org](mailto:fiscal@penncares.org) we want to hear from you!!!