



Successful Aging
Institute

JULY E-NEWSLETTER

Successful Aging Institute July Classes:

Enhance your spring with some Lane Community College Successful Aging Institute classes. Contact SAI at 541.463.6262 or lanecc.edu/sai for registration, costs, location and other information.

ABC's of Home buying: 07/18 (9:00-5:00)

Become a Senior Companion: 07/22(10:00-11:30)

Be An Acrylic Impressionist: 07/09-08/27(2:00-4:00)

Compost Garden and Volunteer: 07/25 (5:30-7:30)

Culinary Tuscan Care: 07/11-07/18 (12:00-3:00)

Demystifying Medicare: 07/21-08/11 (1:30-3:00)

Enjoy Colored Pencil Drawing: 07/10-08/28 (10:00-12:00)

Improv Your Life: 07/14-08/25 (6:00-8:00)

iPad for the Intermediate User: 07/02-07/09 (10:00-11:30)

Urban Homesteading 101:07/01-08/26 (7:00-9:00 PM)

Yogalattes: 07/02-07/30 (7:00-8:15)

Ongoing: AARP Driver Safety Program. Visit lanecc.edu/sai/course-descriptions for dates, times and locations.

You are invited!!

8th Annual Spin Fair

(Senior Provider Information Network)

Saturday August 1st 2015

10:00-2:00

Campbell Community Center 155 High St. Eugene

Free giveaways, activities, entertainment, refreshments and fun for boomer, seniors, family and friends

Lane Community College appreciates our 10 financial sponsors! Scroll down & visit them all today: Waterford Grand, Pinnacle Healthcare, Cascade Manor, Willamette Oaks, Marquis Springfield, Banner Bank, ElderCare Resources, ElderHealth & Living, Addus HomeCare, and Trillium CHP!

To find out how YOUR organization can benefit through sponsorship, please contact Barbara Susman, Director, at susmanb@lanecc.edu or 541-463-6264."

Community Connections Event June 11, 2015



The third annual *Community Connections* networking workshop, organized by Lane Successful Aging Institute Advisory Council, attracted 40 participants representing a wide array of area businesses, non-profits, and governmental agencies. New solutions and partnerships were generated by participants through facilitated brainstorming sessions. To make sure YOUR organization is on the invitation list for next year's workshop, email SAI director Barbara Susman at susmanb@lanecc.edu.

7 Tips for Avoiding Heat Stroke & Exhaustion



*Last Updated: April 21, 2015 * aPlaceforMom.com*

Hot weather is dangerous, and seniors are particularly prone to its threat. Elderly heat stroke and heat exhaustion are a real problem. In fact, a recent University of Chicago Medical Center study found that 40% of heat-related fatalities in the U.S. were among people over 65.

There are several reasons for elderly heat vulnerability. People's ability to notice changes in their body temperature decreases with age. Many seniors also have underlying health conditions that make them less able to adapt to heat. Furthermore, many medicines that seniors take can contribute to dehydration. Fortunately, a few simple precautions are all that's needed to keep safe.

Here are some guidelines for keeping safe in hot weather:

1. **Drink Plenty of Liquids**

Dehydration is the root of many heat related health problems. Drink plenty of water or juice, even if you're not thirsty. But remember to avoid alcoholic or caffeinated drinks, as they can actually contribute to dehydration.

2. **Wear Appropriate Clothes**

An old Swedish saying says, "There's no such thing as bad weather, only bad clothes." When it's hot out, wear light-colored, lightweight, loose-fitting clothes and a wide-brimmed hat.

3. **Stay Indoors during Mid-day Hours**

During periods of extreme heat, the best time to run errands or be outdoors is before 10am or after 6pm, when the temperature tends to be cooler.

4. **Take it Easy**

Avoid exercise and strenuous activity, particularly outdoors, when it's very hot out.

5. **Watch the Heat Index**

When there's a lot of moisture in their air (high humidity), the body's ability to cool itself through sweating is impaired. The heat index factors humidity and temperature to approximate how the weather really feels. The current heat index can be found on all popular weather websites, and is also usually announced on local TV and radio weather reports during periods of warm weather.

6. **Seek Air-conditioned Environments**

Seniors whose houses aren't air-conditioned should consider finding an air-conditioned place to spend time during extreme heat. The mall, library or movie theater are all popular options. During heat waves, many cities also set up "cooling centers," air-conditioned public places, for seniors and other vulnerable populations. Seniors without convenient access to any air-conditioned place might consider a cool bath or shower.

7. **Know the Warning Signs of Heat-related Illness**

Dizziness, nausea, headache, rapid heartbeat, chest pain; fainting and breathing problems are all warning signs that help should be sought immediately.

COMMUNITY PARTNER SPOTLIGHT

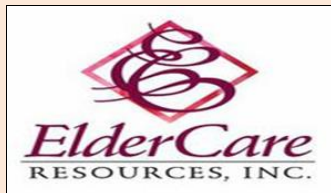


SCHOOL GARDEN PROJECT OF LANE COUNTY

The mission of the School Garden Project is to help Lane County Schools create, sustain, and use onsite gardens by providing resources, professional consultation, and educational programming. We envision a future in which school garden education helps children become healthy adults who eat their fruits and vegetables, know the basics of growing food, and contribute to a thriving community.

info@schoolgardenproject.org

Please Visit our Sponsors



We also thank *The Lane Senior Guide* for publicizing SAI

Thank you, for taking the time to read our newsletter.

We welcome your input at sai-eneeds@lanecc.edu