

2001 South Lee Street
Americus, GA 31709
229.931.5923

www.magnoliamanor.com

Aging Accents

Cottage Open House

August 21, 2015
2:00 p.m. - 4:00 p.m.

Glow Run

September 12, 2015

Contact:

Lydia @ 229-931-5923
Macy @ 229-931-5938



“August is typically the hottest month of the year.”

The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips:

Stay Hydrated. Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. Remember to drink water often, and be sure to pack some for those long summer drives.

Talk to Your Doctor. Check with your medical team to be sure any medications you are taking won't be affected by higher temperatures, especially if you don't have air conditioning in your home.

Keep Your Cool. Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. Shopping malls, movie theaters and libraries provide welcome, cool spaces if a senior's own home isn't air conditioned.

Stay in Touch. High temperatures can be life-threatening, so communication plays an important role in ensuring the safety of the elderly. For seniors, you should let friends and family know if you'll be spending an extended period of time outdoors, even if you're only gardening.

Meet Your Neighbors. Get in touch with those who live in your neighborhood and learn a bit about them and their schedules. If you are elderly, see if a younger neighbor--perhaps even one of their kids--can come by and check on you occasionally to make sure everything is all right.

Know Who to Call. Prepare a list of emergency phone numbers and place them in an easy to access area. This way, the right people can be called to help quickly prevent further issues.

Rub on Sunscreen & Wear Hats. Everyone, young and old, should wear sunscreen and hats when outdoors.

Wear the Right Stuff. Everyone, including seniors, should dress for the weather. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable.

Protect Your Eyes. Vision loss can be common among the elderly, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

Know the Risks of Hyperthermia. During the summer, be particularly cautious about abnormally high body temperatures known as hyperthermia. Heat stroke is an advanced form of hyperthermia and can be life-threatening. Know the warning signs:

- Change in behavior, such as acting confused, agitated or grouchy.
- Dry, flushed skin.
- Nausea and vomiting.
- Headache.
- Heavy breathing or a rapid pulse.
- Not sweating, even in the heat.
- Fainting.

Apply Bug Spray. The elderly are particularly prone to West Nile Virus and encephalitis. Use mosquito repellent to help reduce this risk.

Exercise Smart for a safe, fun summer.

Magnolia
Manor

A United Methodist Ministry for Older Adults

Americus

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Columbus 706.327.5032	St. Marys 912.673.7713
Macon 478.741.6684	St. Simons Island 912.638.3844

Seniors can Beat the Heat!



- Keep Cool
- Beware of dehydration
- Curtail Physical activity
- Avoid heavy meals & alcohol
- Limit salt use
- Wear loose fitting, lightweight clothing.
- Wear a hat or carry an umbrella when you are outdoors.

Dizziness, rapid heartbeat, diarrhea, nausea, headache, chest pain, mental changes or breathing problems are warning signs to seek immediate medical attention.

Cool baths or showers, ice bags and wet towels can provide relief. Remember malls, library, senior centers, movie theater or a place of worship are cool areas if you don't have air conditioning.

Independent Living Personal Care Assisted Living Memory Care



From the Resident Sales Director

Hi, my name is Lydia Romero and I look forward to meeting you and sharing all we can do to add excitement and make these retirement years the best years.

Magnolia Manor offers a wide variety of Retirement Living options which include Villas, Cottages and Apartments for independent retirees. When you need more assistance, the Retirement Center is here for you.

In addition to the great accommodations, there are fun and exciting activities, trips and celebrations to enjoy. If you prefer some alone time, there are nice peaceful areas

to walk, sit and even fish. If you choose to be healthier, there is a wellness center at your disposal which is *free* for Magnolia Manor residents.

Maybe you are overwhelmed with the burdens of home ownership and tired of living alone. We take care of the upkeep and maintenance for you leaving more time to make new friends.

Beat the Heat and call me today at 229-931-5923 to schedule a visit and see all we have to offer.

Lydia Romero

Lydia Romero
Resident Sales Director