

## PRESS RELEASE

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## Beating the heat for seniors Helpful information for the elderly during the hottest time of the year

(MEADOWBROOK, PA) – Beating the summer heat is a challenge for many – particularly for older adults. According to the Pennsylvania Department of Health, there are approximately 175 heat related deaths within a year and the elderly are the most common victims.

"As we enter the warmest time of the year, we should be mindful of the seniors in our lives," says Terre Mirsch, vice president of Holy Redeemer's Home Care and Hospice Services. "By taking simple steps, you can help them prevent serious issues such as heat stroke and heat exhaustion."

Here are several tips Holy Redeemer Home Care recommends for helping seniors avoid heat-related issues:

- Check in on elderly relatives and neighbors visiting older adults during the hottest summer days can help insure their safety, as well as provide them with quicker assistance if they succumb to the heat.
- Watch the weather when hotter weather approaches, make sure seniors are stocked up on necessities, so they don't have to venture out in the heat.
- Take them somewhere cool make arrangements for your relative or neighbor to spend the day at an air-conditioned location like a mall or library, particularly if they have issues with transportation.

- Encourage lightweight, light-colored, loose-fitting clothes. These clothes will aid
  in the evaporation of sweat and this action will keep them cool. Also, clothes that
  cover most of the body will minimize sun damage.
- Reduce use of oven and other heat-generating equipment such as lights and television, if need be. Cover windows in direct sunlight, and draw blinds or curtains during the sunny part of a day.
- Look for the warning signs dizziness, nausea, headache, heavy sweating and a
  rapid pulse are sure signs of heat exhaustion which can quickly lead to heat stroke
  if not treated.

If dealing with a senior suffering from the heat:

- Move them immediately to a cooler location.
- Drink cool liquids and apply cold, wet compresses to the head and neck.
- If heat stroke is suspected, immerse them in cold water or apply cold compresses to the underarms and groin area and call 9-1-1 immediately.

"Even active and healthy seniors have a stronger susceptibility to the heat," adds Mirsch. "By watching out for our older relatives and neighbors, we can help keep them safe during the hottest part of the summer."

Holy Redeemer Home Care, the largest nonprofit provider of home health and hospice services in southeastern Pennsylvania, offers a continuum of services throughout Philadelphia, Bucks and Montgomery counties as well as 11 counties in New Jersey. Some of its services include a wide range of therapies, hospice and palliative care, and unique programs for the elderly. It is part of Holy Redeemer Health System, which was founded by the Congregation of the Sisters of the Holy Redeemer. For more information call 1-888-678-8678 or visit us on the web at www.holyredeemer.com.