

**Looking Ahead**

**August 2nd**

Falls Free Friday  
Walk-ins welcome for balance screenings in our Therapy Dept and use of **Korebalance**

**August 7th**

Staff and Resident Picnic

**August 8th**

Busch Family Fish Farm  
Residents & Staff

**August 29th**

Franklin Park Conservatory and Botanical Gardens  
Residents & Staff



The best time to go fishing is when you can get away.  
-Robert Traver



**July in Review**

A trip to the Columbus Zoo and Aquarium with residents.

A visit to Ohio Caverns



Senior Day at the Logan County Fair



**LSVT BIG and LOUD at Logan Acres**

**Who can benefit?**

Anyone with Parkinson's Disease, Cerebrovascular Disease, Multiple Sclerosis, and other neurological disorders.

**Maintain a strong (LOUD) voice and normalized (BIG) movements.**

For information about this program contact  
**Heather Smith, Director of Therapy**  
**937.599.7075**



**Heat exhaustion** is a condition in which your body overheats. It's one of three heat-related syndromes, with heat cramps being the mildest and heatstroke being the most severe.



Causes of heat exhaustion include exposure to high temperatures, particularly when combined with high humidity, and strenuous physical activity. Without prompt treatment, heat exhaustion can lead to heatstroke, a life-threatening condition. Fortunately, heat exhaustion is preventable.

Signs and symptoms of heat exhaustion may develop suddenly or over time, especially with prolonged periods of exercise. Possible heat exhaustion signs and symptoms include:

- Cool, moist skin with goose bumps when in the heat
- Heavy sweating
- Faintness
- Dizziness
- Fatigue
- Weak, rapid pulse
- Low blood pressure upon standing
- Muscle cramps
- Nausea
- Headache

You can take a number of precautions to prevent heat exhaustion and other heat-related illnesses. When temperatures climb, remember to:

- **Wear loose-fitting, lightweight clothing.** Wearing excess clothing or clothing that fits tightly won't allow your body to cool properly.
- **Protect against sunburn.** Sunburn affects your body's ability to cool itself, so protect yourself outdoors. Apply sunscreen generously, and reapply every two hours — or more often if you're swimming or sweating.

- **Drink plenty of fluids.** Staying hydrated will help your body sweat and maintain a normal body temperature.
- **Take extra precautions with certain medications.** Be on the lookout for heat-related problems if you take medications that can affect your body's ability to stay hydrated and dissipate heat.
- **Never leave anyone in a parked car.** This is a common cause of heat-related deaths in children. When parked in the sun, the temperature in your car can rise 20 degrees Fahrenheit (more than 6.7 C) in 10 minutes.
- **Take it easy during the hottest parts of the day.** If you can't avoid strenuous activity in hot weather, drink fluids and rest frequently in a cool spot. Try to schedule exercise or physical labor for cooler parts of the day, such as early morning or evening.
- **Get acclimated.** It can take several weeks for your body to adjust to hot weather.
- **Be cautious if you're at increased risk.** If you take medications or have a condition that increases your risk of heat-related problems, such as a history of previous heat illness, avoid the heat and act quickly if you notice symptoms of overheating.

## Stay Hydrated

Don't wait until you notice symptoms of dehydration to take action. Actively prevent dehydration by drinking plenty of water. What about that 8 x 8 rule?

You've probably heard the commonly accepted recommendation for eight, 8-oz glasses of water per day.

This is a good place for the average, healthy person to begin.

