

AGING & NUTRITION SERVICES

SUMMER NEWSLETTER

2018

Aging and Nutrition Services

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Director's Message



Meal On Wheels Recipients,

I hope this short update finds you in good health and good spirits. So far we have had a mild winter which has made deliveries very consistent and now summer is quickly approaching; hopefully no major late storms will interrupt the record of closures this year. The programs have done very well to continue strong funding and up to this point we haven't heard anything specific about government cuts our programs so we are continuing plan accordingly, expecting to serve nearly 600,000 meals to over 3,800 seniors this year. Your personal support of the program has also shown a slight increase per meal this year over the past few years, so we all thank you so much for that added support. All of you should have or soon will received our annual and state sponsored surveys which is giving us a great deal of positive and useful input to help the planning process. We truly appreciate your input so we can do our best to serve your needs in the way the program is designed and help you to remain as independent, and in your homes for as long as possible. There has been a lot of discussion about funding for Meals on Wheels, however I want to assure you that Volunteers of America is in a good position and will continue to do our best to serve those on the program.

I pray you will continue to be blessed by our services and remember, we are only a phone call away if you need additional resources, information, or to make any changes to your services.

Be blessed!

Dale Elliott

How to Spot and Treat Health Problems Caused by Heat



It's important to recognize when hot weather is making you sick, and when to get help. Here's a list of health problems caused by too much heat:

<p>Dehydration</p>	<p>WHAT IT IS: A loss of water in your body. It can be serious if not treated.</p> <p>WARNING SIGNS: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.</p> <p>WHAT TO DO: Call your healthcare provider or 911. Meanwhile, drink plenty of water and, if possible, "sports drinks" such as Gatorade™, which contain important salts called "electrolytes." Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're</p>
	<p>WHAT IT IS: A very dangerous rise in your body temperature. It can be deadly.</p> <p>WARNING SIGNS: A body temperature of 103 or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion; and passing out.</p> <p>WHAT TO DO: Call 911 immediately. Move to a cool, shady place, take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try and see if you can safely swallow water or sports drinks. Note: If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow.</p>
<p>Heat exhaustion</p>	<p>WHAT IT IS: A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).</p> <p>WARNING SIGNS: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting.</p> <p>WHAT TO DO: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or Gatorade. Call 911 without delay if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.</p>
	<p>WHAT IT IS: Fainting caused by high temperatures</p> <p>WARNING SIGNS: Dizziness or fainting.</p> <p>WHAT TO DO: Lie down and put your feet up, and drink plenty of water and other cool fluids.</p>



When living alone keep yourself safe:

- Doors and screen doors should remain locked at all times.
- Never let a stranger into your home when you are there alone.
- Talk over offers made by telephone salespeople with a friend or family member.
- Always ask for written information about any offers, prizes, or charities and wait to respond until you have reviewed the information thoroughly.
- Do not let yourself be pressured into making purchases, signing contracts, or making donations. It is never rude to wait and discuss the plans with a family member or friend.

Volunteers of America Nutrition Services are funded in part by the Denver Regional Council of Governments' Area Agency on Aging under the Title III of the Comprehensive Older Americans Act. No person shall be excluded from program participation on the basis of race, color, national origin, sex, age, or disability.