



Residents are very happy to have the hair salon open again!



Marilyn and new Grandson Nolan

What are the signs and symptoms of heat illness?

Heat Exhaustion

- High body temperature
  - Confusion and lack of coordination
  - Skin rash
  - Muscle cramps
  - Dizziness or fainting
  - Nausea or vomiting
  - Heavy sweating
  - Headache
  - Rapid breathing and heartbeat
  - Extreme thirst
  - Dark urine and decreased urination
- If you experience any of these symptoms during extreme heat, immediately move to a cool place and drink liquids; **water is best.**

Heat Stroke

- High body temperature
  - Confusion and lack of coordination
  - Dizziness/Fainting
  - No sweating, but very hot, red skin
- Heat stroke is a medical emergency! Call 911 or your local emergency number immediately. While waiting for help—cool the person right away by:
- moving them to a cool place, if you can;
  - applying cold water to large areas of the skin;
  - and fanning the person as much as possible.

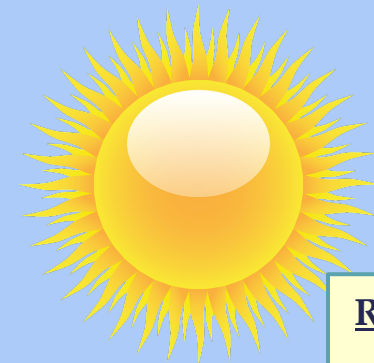


New Resident

Stan S.

New Student

Emily S.



August Birthday Wishes to

Bob W  
Ian C  
Anna F  
Daniel H

Residents Advisory

Friday August 27  
1:00pm 2nd Floor  
Dining Room.  
Everyone welcome!