



Hot Tips for a Cool Summer

Summer is officially here, and the longest day of the year is behind us now! All the “snowbirds” who are going have gone, and that leaves the rest of us here to weather the summer in the beautiful Sonoran Desert. (Glad it’s a dry heat!)

The summertime can be especially difficult for seniors. Many are particularly sensitive to the heat and prone to dehydration, which can lead to other complications. The regular activities of day to day life become more of a challenge simply due to “the heat factor.” And, for many seniors, there is added anxiety because their support network has thinned out for the summer. The friends and neighbors who are usually available to provide a helping hand are simply not around. Let’s buckle down and get through the “90 Day Heat Wave” so we can enjoy the next 9 months in paradise!

Tips to help get you through the dog days of summer...

Plan ahead – do your best to plan your outings for before 10am or after 4pm so you avoid the hottest part of the day.

Keep your cool – get creative with outings to places you can expect to be cool. Restaurants & shopping provide great options as well as the wellness center, town library, and movie theater.

Catch a ride – you can save a lot of energy if someone is available to pick you up and drop you off.

Park in the shade – not only will your vehicle stay cooler, but you will be less likely to get overheated while waiting for it to cool down to a comfortable temperature. Use a spray bottle to mist your seats and dissipate a little heat before you sit.

Stay Hydrated – drink lots of water! Drinks like coffee, tea, soda, and alcohol act as a diuretic, and may do as much harm as good.

Stay Active – someone famous once said “You must do so that you can do”. Be sure to keep moving, even though it’s hot outside! Continued activity will help keep your body going. At least try to do some deep breathing and stretching every day.

Survey your resources – get to know what kinds of services are available in the community, before you need them! A reputable organization like “**Wickenburg Home Services**” (684-8899) can provide a wide variety of support services both in your home and around town.

Consider Relocating to a full-service senior living community. There comes a time when it sounds pretty good to let someone else take care of the “chores,” either because you don’t want to do them, or because you no longer can. Either way, it makes sense to consider a retirement community like **My Father’s Retirement Ranch**, right here in Wickenburg. Maintenance and grounds keeping are included in the monthly rent, and dining services and housekeeping are readily available... making everyday life easier. Be sure to ask about summer move-in specials and promotions like free moving services.

You may be surprised at how affordable full-service retirement living can be!

Contributing writer, Kevin Armstrong, is the Executive Director at My Father’s Retirement Ranch, “Arizona’s Most Unique Retirement Community” www.myfathersretirementranch.com