

# ABSOLUTE HOMECARE

## KEEPING COOL WHEN THE HEAT IS ON

By Mandy Shorter, AHMS Clinical Supervisor

Michigan's weather spectrum can be a challenge. It's important to know what you can do to prevent heat stroke/exhaustion and keep cool in extreme hot temperatures.

Local TV and radio stations are good at notifying the public of extreme heat temperatures, warning temperatures are significantly hotter and more humid than average. Age, obesity, dehydration, and heart disease, are just a few factors that may affect your body's ability to cool itself when the humidity is high. Prolonged exposure can damage the brain or other vital organs and potential death.

Recognizing symptoms of heat stroke and heat exhaustion is the first step in staying healthy. The most common symptoms of heat stroke include: extreme high body temperature (>103F), red hot dry skin, rapid strong pulse, throbbing headache, dizziness and nausea. Heat exhaustion typically develops several days after exposure

to consistent high temperature and may include symptoms like: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, fainting, fast and weak pulse, or fast and shallow breathing.

The good news? Heat related illness and deaths are preventable. To reduce the possibility of either, seek out protective measures like air conditioning, at home, in a public facility (mall, grocery, library), or at public sponsored heat relief location. Taking a cool bath or shower, pacing yourself, wearing loose, lightweight clothing, and avoiding "peak heat" hours are small changes that can offer big relief, too.

It is important to take care of yourself and those around you, like children, elderly neighbors and pets. Snack on fruits and vegetables and avoid big meals, alcohol and caffeinated or sugary beverages. Stay well hydrated and have a healthy and safe summer!

## CELEBRATING NINE YEARS OF EXCELLENCE

Absolute Homecare and Medical Staffing celebrated nine years of service in June. Founded in 2005, owners Becky Bigelow and Bobbie Ray have led a full service home health care agency dedicated to providing professional, high quality in-home services committed to excellence and serving Southwest Michigan.

## “MANY REASONS TO WALK. ONE GOAL.”

*Everyone Has A Reason To End Alzheimer's*

Absolute Homecare and Medical Staffing is proud to partner, support, and participate in the Walk to End Alzheimer's.



Please consider joining AHMS and our local Alzheimer's Association Chapter raise awareness and funds for Alzheimer's care, support and research.

*"Together, we walk on behalf of our families, our friends and our future. Though we all have our own motivation to step up to the start line, our*

*eyes are set on the ultimate finish line- the end of Alzheimer's."*

**Date: September 21**

**Location: Celery Flats Interpretive and Historical Center (Portage)**

**Walk Registration: 12:00pm**

**Ceremony: 1:30pm**

**Walk Start: Immediately following ceremony**

**Length of Walk: 1 and 3 miles**

Start or join a team today at  
[act.alz.org/kalamazoo](http://act.alz.org/kalamazoo)  
800.272.3900

TO LEARN MORE ABOUT ABSOLUTE HOMECARE AND MEDICAL STAFFING PLEASE VISIT OUR WEBSITE: [ABSOLUTEHOMECAREMI.COM](http://ABSOLUTEHOMECAREMI.COM) OR CALL 269.324.8080



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