

August 2024

ILS News

Editor: Greg Peters
Safety Mentor

CAREGIVER SPOTLIGHT

Our Spotlight Employee this month will receive:

Lancaster - Gift Card
Tamaqua - Walmart Gift Card



**Lancaster Office
Anjel Vickers**

A consumer called stating Anjel has gone a long positive way with providing care. Anjel does her job well and is very caring. Consumer was glad to have her as a new PCA.



**Tamaqua Office
Sharron Russell**

Shannon hits it out of the park with each of her consumers. She is always looking for ways to improve and looking to pick up more hours.

Featured Training

Protecting Private Information and the Basics of HIPAA
Completion of this course, you will receive 1 hour paid training time.

Please be Advised as Always!

We need to be providing daily notes on care needs in the participants ILS Binders



Seniors and Heat Illness: Why the Elderly Are More Affected By the Heat

During the summer months, staying hydrated is more important than ever, especially during heat waves. The reason for this is simple: Dehydration diminishes your ability to regulate temperature, and thus, your risk of developing a heat illness rises dramatically.

Heat illnesses are of special concern to senior citizens, because older adults are much more affected by summer heat. For instance, from 1999-2009, roughly 40 percent of all heat-related deaths in the U.S. – nearly 3,000 – were adults over 65 years old.

Why Are Seniors More Prone to Heat Illnesses?

When we age, our bodies become less efficient at regulating temperature for a couple of reasons. Seniors over 65 don't sweat as much as younger adults, which unfortunately is one of the body's most important heat-regulation mechanisms. Also, seniors store fat differently, which complicates heat-regulation in the body further.

There are a variety of lifestyle and health factors that increase the risk of developing a heat-related illness:

- Dehydration
- Chronic illnesses (heart and kidney diseases; blood circulation conditions)
 - Prescription medications that reduce sweating
 - Salt-restricted diets
 - Overdressing
- Lack of airflow or access to air-conditioning

Signs and Symptoms of Heat-Related Illnesses in Elderly Adults

Early warning signs of heat exhaustion, which may precede the more serious heat stroke, include excessive sweating, tiredness, weakness, dizziness, headache and muscle cramps. Then as exhaustion progresses, symptoms may progress to nausea, vomiting and fainting. Heat stroke, though, is more serious, and it can set in within 10-15 minutes.

Heat stroke is caused when internal body temperature rises much faster than it's lowered naturally. If the symptoms of heat stroke are present, call 911. They include extremely high body temperature, the absence of sweating, confusion, seizure and coma.

Here's what you can do to help those suffering from these symptoms: First have someone lie down in a cool place, and if you can put a fan directly on that person even better. Then take steps to lower body temperature. Air-conditioning, offering cool fluids, or providing access to a cool bath will also help.

Happy Birthday

Donna Broadnax 2nd, Krystal Evans 3rd, Luz Mercedes Vilchez 11th
Elisia Vazquez 13th Colleen Serad 21st,
Karla Parrilla & Katharine Moyer 24th

Happy Anniversary

Lori Walker 18yrs, Colleen Serad 13yrs, Latonya Stephany 12yrs
Melissa Macdonald 9yrs, Lisa Searfoss 6yrs, Alesia Jordan 4yrs
Michelle Merz 3 yrs, Elisia Vazquez 2yrs, Shayanna Jusinski & Cookie Shirley 2yrs
Harold Myers & Emma Valentin 1 yr.
Angela Coppola, Carol Kunkle, Ashley Balliet & Felix Morales 1yr.

Your ILS Support Team:

Jared, Ashley, Denise, Lisa, Jen and Barb
Monica, Stephanie, Luz, Lori and Greg