Emergency rooms see an increase in cases of heat stroke and dehydration in July and August.

The American College of Emergency Physicians gives this advice on how to stay safe in hot weather:

* Check the heat index before going out to work, play or practice and plan accordingly.
* Avoid direct sunlight in the middle of the day. Schedule activities for the early morning or early evening hours.
* Wear loose, light-colored clothes and hats. Dark colors absorb more heat.
* Drink lots of water or sports drinks; about 8 ounces an hour when in the sun in order to avoid dehydration.
* Take frequent breaks in the shade or in air-conditioning to cool off.

Calculate the "apparent temperature" before taking part in activities. According to the National Oceanic and Atmospheric Administration:

* At 90 degrees and 50 percent humidity, it feels like 96. At 70 percent humidity, it feels like 106 degrees. Heat exhaustion is likely, so take it easy.

Heat exhaustion can include cramps, heavy sweating, nausea, heart-rate changes and dizziness. Get the victim out of the sun, remove excess clothing and place cool towels on extremities. Fan and give small sips of water.

* At 95 degrees and 50 percent humidity, it feels like 107 degrees. At 70 percent humidity, it feels like 124 degrees. At that temperature and at any higher temperature or humidity, it is extremely dangerous to be outside and heatstroke could occur.

* At 100 degrees, humidity ranging from 35 percent to 55 percent can cause heat exhaustion. At 100 degrees, humidity of 60 percent or higher puts a person into heat stroke territory.

Heatstroke is a medical emergency. Symptoms include confusion, an altered mental state, unconsciousness and hot, dry skin. Call 911. Do not give fluids, which can cause seizures.

Avoid a medical emergency
Heat and humidity add up to danger

Emergency rooms see an increase in cases of heat stroke and dehydration in July and August.

If you missed last month’s speaker, Joyce Young-Milton, you not only missed a great message but she brought dessert!

Emily shares an office with Joyce so let’s see what surprises she has.

NOTE: Below we are re-printing an article from last year about the heat in Bakersfield and ways to deal with it. Might be time for a refresher course. HEAT KILLS!
Nursing Home vs Home Care

Caregiving: Nursing home or care at home? The emotional question

There was a time when Grandma always lived at home and maybe we like to think it was like life with The Waltons where mom and dad and their many kids all honored and cared for crusty old grandma. Sadly, the days of The Waltons are gone, along with big families and the farm life that, in any case, offered few alternatives to care.

What most families have now is one daughter or son who keeps mom or dad at home, trying to attend to daily needs and medical care, mainly alone. It can be rewarding, isolating, and exhausting for both caregiver and patient. According to Caring Steps and Stages, these are the issues that families face when a loved one gets dementia or suffers physical ailments that can no longer be treated independently.

These days, when a person is hospitalized for treatment under Medicare, they often go to a nursing home for rehabilitation, which can last up to 100 days, depending on the patient's progress. During this time, family can make the decision to take the patient home or start a longer term stay in the facility. Here are some primary triggers to consider a nursing home:

- Caregiver’s health declines -- The caregiver must be physically and emotionally able to make meals, maintain housekeeping, cope with emergencies, and provide companionship.
- Senior's health declines -- When skilled medical care becomes a daily necessity, a nursing home becomes a prime consideration. Nursing home medical care often improves a patient's health.
- Cost of home care becomes excessive -- A home aide costs at least $20 per hour ($160 per day). Staffing can become an issue if the senior requires 16- to 24-hour skilled care. A skilled care nursing home costs $220 per day but it also offers 24-hour care. Here are some issues the patient will face:
- Confusion -- Seniors with dementia often do not know where they are initially. They might think they have been arrested, or are in a new home (Where's the kitchen?). They might constantly be worried about paying for dinner (Where's my purse? Waitress!).
- Dissatisfaction -- They might complain about staff, facilities, food, or routine. But they could also accept this and find the bustle of the nursing home engaging.
- Loneliness -- All nursing homes have activities, including church services, shopping trips, and games. Family and staff can help to engage patients. The staff social worker might help to link up those with similar cognitive abilities.

Chocolate Tumeric Truffles

Ancient spice combines with chocolate for a sweet treat. More than 4,000 years ago, tumeric was being used to spice up food and make medicines in India. Today, the spice is still an important crop in India, which produces nearly all of the global supply. About 80 percent of tumeric is used in-country to flavor and color food, enhance cosmetics, and make holistic medicines. It is widely used in South Asian, Middle Eastern, and South African cuisines and is notable for its use in curries and rice.

Recent research on two chemical compounds found in the plant have shown some promise for future treatment of Alzheimer's disease, according to the Alzheimer's Society.

One chemical, curcumin, has shown some effect on amyloid-beta plaques found in the brains of Alzheimer patients. The other chemical, turmerone, has been shown to stimulate stem cells into making new brain cells, potentially aiding neurogenerative diseases.

Here's a recipe from Paleohacks.com for a sweet, but nutritious dessert featuring Turmeric: Chocolate Tumeric Truffles

Ingredients:
1 cup unsweetened, shredded coconut
1/2 cup raw honey, softened
1 tablespoon coconut oil, melted
1 teaspoon ground turmeric
1/4 cup dark chocolate chips
1/4 teaspoon sea salt

Mix all dry ingredients together and ensure the coconut is evenly spiced. Next, pour in the coconut oil and honey and stir until completely mixed. Roll the mixture into several small balls (whatever size you'd like) and then place them on a parchment paper-lined baking sheet in the freezer for 10 minutes. Melt the dark chocolate in a saucepan and then drizzle it over the balls once they are finished setting-up in the freezer. Allow to defrost before enjoying.
**National Dollar Day**

A dollar by any other name . . . Clams, dough, bacon, bread, lettuce. If you're talking food, you could also be talking dollars.

On August 8, 1786, Congress adopted the monetary system of dollars, with a value based on a Spanish coin that popularly was called by the Dutch word: daler.

Over the next 232 years, the dollar and its larger denominations gained other names too. In fact, while low denomination bills often have food names, higher denomination bills have the names of things.

These special slang dollar words have been coined, you might say, by gangsters and gamblers. The words often end up in popular culture. For example, Tony Soprano, lead character in the hit series The Sopranos, often referred to a million dollars as a rock, as in: "This whole thing is going to cost me close to a rock."

That's not the same as roll, which just means you have a lot of scratch. Presumably, Tony's rock was filthy lucre, big lolly, loot or plunder. In other words, OPM, other people's money. Now if you have a frog, you're probably a gambler who just put $50 on a horse. That is if you have a lot of frog skins. If you have a rack, a yard or a stack, you've got at least a thousand smackers.

That's a lot of lettuce for some bread!

"Says here that 36% of adult children are now living with their parents."
Golf Lesson (Even if you don’t golf)

The golf pro asked four old men, "Did you guys have a good game today?"

The first old guy said, "Yes, I had three riders today."

The second old guy said, "I had the most riders ever. I had five."

The third old guy said, "I had 7 riders, the same as last time."

After they went into the locker room, another golfer who had heard the old guys talking said, "I have been playing golf for a long time and thought I knew all the terminology of the game, but what's a rider?"

The pro said, "A rider is when you hit the ball far enough to get in the golf cart and ride to it."

Editor's note: My only round of golf had 18 riders—I was the designated driver!!!

Quotes

Someday you will be old enough to start reading fairy tales again—C.S. Lewis

Joy is what happens to us when we allow ourselves to recognize how good things really are—Marianne Williamson

Becoming is better than being—Carol S. Dweck

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